

Peptides for Men Over 40

The peptides I'd have every man over 40 look at, organized by what each one actually does. All physician-prescribed, made by a licensed 503A compounding pharmacy.

Start with your labs

You can't optimize what you haven't measured. Here's what to ask for, and what each one tells you. Your provider reads the results with you.

Total & free testosterone

How much T you have, and how much is usable. Low free T can explain low energy, drive and belly fat.

PSA

Prostate baseline. Know it before anything that raises testosterone.

Lipids & ApoB

ApoB counts the particles that build plaque. Sharper heart-risk read than LDL alone.

CBC & CMP

Safety check: blood counts, liver and kidney function before starting anything.

Estradiol & SHBG

Estrogen needs to be in balance for mood, libido and body fat. High SHBG means less free T.

A1c & fasting insulin

Average blood sugar, and how hard your body works to hold it there. Insulin often rises years first.

Thyroid panel

A slow thyroid can look like low T: tired, cold, weight gain, brain fog.

hs-CRP

Body-wide inflammation. If it's high, something is driving it: injury, gut, blood sugar.

THE CORE STACK

TESAMORELIN

BODY COMPOSITION, BELLY FAT, ENERGY

\$158/mo

code KATE30 · 30% off

Signals your body to release more of its own growth hormone. Best known for reducing belly (visceral) fat; many people notice more energy and better recovery too. Cycle off several times a year.

[Shop Tesamorelin →](#)

WOLVERINE / GLOW

INJURIES & RECOVERY

\$183/mo

code KATE30 · 30% off

Wolverine is BPC-157 + TB-500, two repair peptides studied for healing tendons, ligaments, muscle and gut lining. GLOW adds GHK-Cu for skin, hair and collagen. Many people rotate between the two.

[Shop Wolverine →](#) · [Shop GLOW →](#)

MOTS-C

PHYSICAL ENERGY & METABOLISM

\$158/mo

code KATE30 · 30% off

A peptide your own mitochondria make. Studied for energy, insulin sensitivity, and exercise performance. Typically cycled on and off.

[Shop MOTS-c →](#)

NAD+

\$158/mo

MENTAL ENERGY & CELLULAR HEALTH

code KATE30 · 30% off

A molecule every cell needs to make energy and repair DNA, and levels drop with age. If MOTS-c is physical energy, NAD+ is the mental side: focus and clarity.

[Shop NAD+ →](#)

TIRZEPATIDE (MICRODOSE)

\$125/mo

INFLAMMATION & LONGEVITY

code KATE30 · 30% off

A GLP-1/GIP medication best known for weight loss, but not used for that here. At a microdose that doesn't suppress appetite, it's used for inflammation, joint and injury recovery, and metabolic health.

My take: at a low dose, one of the best longevity tools out there.

[Shop Tirzepatide →](#)

ALSO WORTH KNOWING

SELANK

\$183/mo

STRESS & CALM WITHOUT SEDATION

code KATE30 · 30% off

Studied for anxiety and stress, without the sedation or dependency of anti-anxiety meds. Comes paired with Semax, studied for focus. [Shop →](#)

PT-141

Coming soon

DESIRE & AROUSAL · NASAL SPRAY

Taken as needed, not daily. Works on desire in the brain rather than blood flow. Nasal spray link coming soon; DM [@nosecretswellness](#) for details.

ENCLOMIPHENE

Coming soon

TESTOSTERONE SUPPORT · NOT A PEPTIDE

An oral prescription that signals your body to make more of its own testosterone. An option for men who aren't ready for TRT.

CJC-1295 + IPAMORELIN

\$183/mo

GROWTH HORMONE · SLEEP & RECOVERY

code KATE30 · 30% off

Signals your body to release its own growth hormone in natural pulses. Men use it for deeper sleep, recovery and lean muscle. A lot of men love it; for us, Tesamorelin was the better fit. [Shop →](#)

Research peptides vs. clinical grade

Research peptides all say "third-party tested, 99.9% pure." But who's actually checking that? They're sold "not for human use," with no prescription and no one accountable for what's in the vial. I've used both, and the difference is night and day. Everything here is prescribed by a licensed physician and made by a licensed 503A compounding pharmacy.

Shop with code KATE30 for 30% off your first 3 months: beyondww.com. DM me [@nosecretswellness](https://www.instagram.com/nosecretswellness) with any questions.

For education only, not medical advice. Kate Houston is a peptide coach and educator, not a physician. Prescription products require evaluation by a licensed provider. Prices are starting rates and may change. I may earn a commission from partner links. · nosecretswellness.com