2025 EDITION

THE PGR BLUEPRINT

The Data-Driven Edge for Performance

PGR LABS

INTRODUCTION

Welcome to the 2025 Peak Gains Research Blueprint.

Inside: 4 research protocols scientists are testing right now — compiled into one manual.

Each protocol track outlined below is informed by peer-reviewed findings and supported by products available through PGR Labs. All research compounds are intended for laboratory use only.

Disclaimer: This document is for informational purposes only and does not provide or imply medical advice. All compounds listed are intended strictly for research use.

METABOLIC

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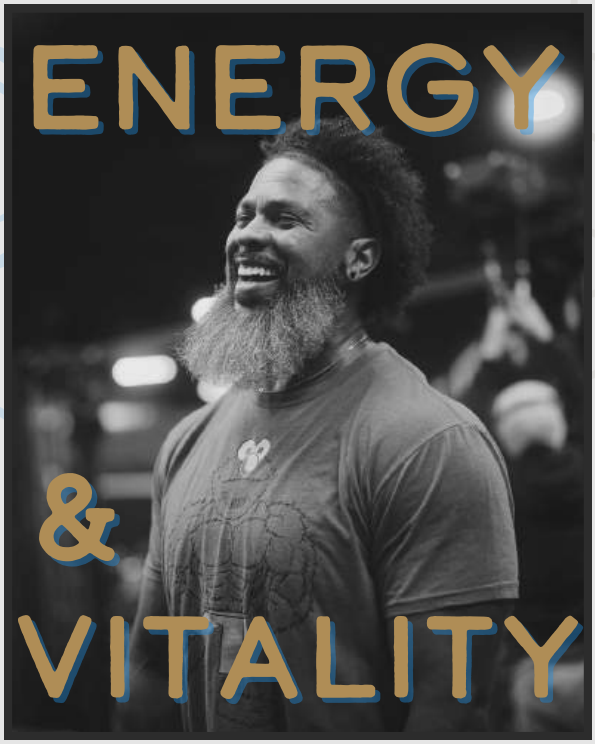
Goal: Target metabolic function, appetite signals, and glucose response systems.

Suggested Research Compounds:

- RTR (Retatrutide analog)
- SMG (Semaglutide analog)
- TRZ (Tirzepatide analog)
- RAD-140
- Tesamorelin

Backed by:

- GLP-1 receptor agonists have been studied for their role in appetite regulation and energy balance.[1]
- Retatrutide demonstrated superior weight loss effects in recent multi-arm trials.[2]
- Tesamorelin has shown targeted effects on abdominal fat loss and GH secretion in clinical studies.[9]



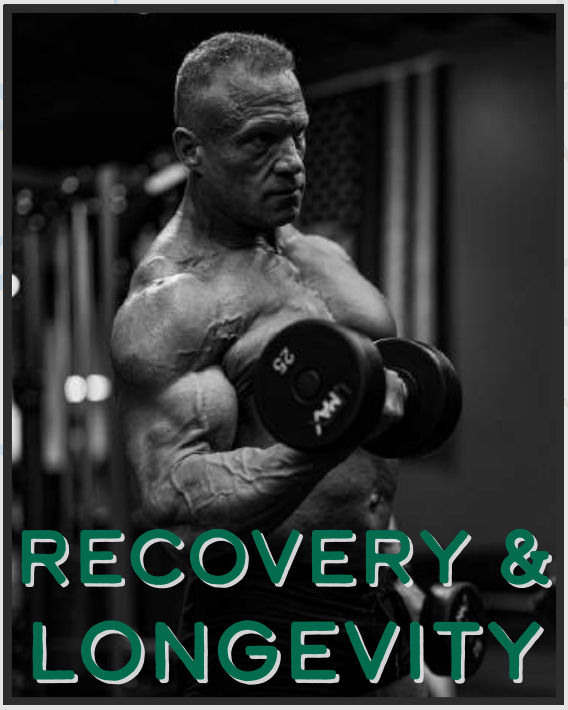
Goal: Improve drive, cellular output, and hormonal resilience.

Suggested Research Compounds:

- Tesamorelin
- CJC-1295 w/DAC
- IGF-1 LR3
- MK-677

Backed by:

- Growth hormone secretagogues have shown effects on lean mass and energy metabolism.[3]
- IGF-1 LR3 is frequently studied for cellular regeneration and endurance applications.[4]



Goal: Enhance tissue resilience, joint repair, and systemic aging factors.

Suggested Research Compounds:

- BPC-157
- TB-500
- NAD+
- HCG (research only)

Backed by:

BPC-157 has been reviewed extensively, with numerous rodent studies showing effects on soft tissue healing and systemic inflammation.[5]
NAD+ precursors are linked to mitochondrial support and age-associated decline.[6]

Goal: Support dermal structure, collagen production, and oxidative balance.

Suggested Research Compounds:

- GHK-Cu
- Melanotan-1 / Melanotan-2
- IGF-1 LR3 (topical research)

Backed by:

- GHK-Cu is studied for skin tightening and wound healing support.[7] It's also been reviewed for protective/regenerative actions.[10]
- Melanotan peptides have been examined for pigmentation and UV protection properties.[8]

NEXT STEPS

Interested in accessing these protocols or exploring future research drops?

- Visit pgrlabs.com or chat with our Concierge Team to explore available formulations.
- Expore all research tracks together inside the Stack Hub
  → Stack Hub

This is a non-clinical research reference document.

All protocols are for experimental research only.

FOOTNOTES & REFERENCES

[1] **GLP-1 receptor agonists** — Effects on appetite regulation and energy balance.
ScienceDirect →

[2] **Retatrutide trial (NEJM, 2023)** — Multi-arm clinical trial showing weight loss effects.
NEJM →

[3] **Growth hormone secretagogues** — Impact on lean mass and metabolism.
PMC →

[4] **IGF-1 LR3 applications** — Cellular regeneration and endurance research.
MDPI →

[5] **BPC-157 studies** — Rodent models showing soft tissue healing and systemic inflammation.
PMC →

[6] **NAD+ precursors** — Role in mitochondrial support and age-associated decline.
PMC →

[7] **GHK-Cu peptide** — Studied for wound healing, skin tightening, and regenerative actions.
PMC →

[8] **Melanotan peptides** — Examined for pigmentation and UV protection properties.
PubMed →

[9] **Tesamorelin research** — Targeted effects on abdominal fat and GH secretion.
PubMed →

[10] **GHK-Cu review** — Copper peptide research highlighting protective and regenerative actions.
PMC →