

MAKE Wellness Bioactive Precision Peptides

MAKE Wellness is the first to bring these oral, non-synthetic, non-injectable peptides to the world — and they're changing lives.

Peptides are short chains of amino acids or proteins. They are found in nature and are naturally occurring in the human body. They act as the body's messengers and instruct our cells to make decisions and perform important tasks such as tissue repair, cell healing, energy metabolism, and so much more.

Our Bioactive Precisions Peptides (BPPs) are derived from plant sources, are clean and perform specialized tasks. The founders of our company have partnered with a lab in Ireland, Nuritas, where they are using AI technology to identify and isolate these peptides, helping to find the formulations needed to target specific cells and get precise results. Most of our research comes from this lab, where they have been performing double blind, 3rd party, human clinical trials for most of the last decade.

4 Peptides – FIT, LEAN, ENERGIZED, FOCUSED

What does **FIT** do?

1. Maintains and builds lean muscle
 - 54% reduction in lean muscle loss
 - People taking GLP-1 can take fit to decrease muscle mass loss
2. Increases protein synthesis
 - 4 x protein synthesis when compared to whey
 - 5 x when compared to creatine
3. Increase in strength by almost 15kg in 8 weeks
4. 54% increase in recovery performance
5. 21.6% increase in endurance
6. Faster recovery after exercise
7. Reduces muscular fatigue by 47%

8. Decreases low grade chronic inflammation
 9. Decreases muscle soreness
 10. 2.7 fold increase in your own NAD⁺ levels
 - What does NAD do?
 - Boosts energy
 - Decreases pain
 - Decreases inflammation
 - Increases metabolism
 - Improves muscle recovery
 - Protects against age related decline
 - Involved in brain health and cognitive function
 - Support Cardiovascular health
 11. Increases bone mineral density by 1% within 56 days
 12. Reduced aging biomarker
 13. 56% Myostatin inhibition (myostatin inhibits muscle growth)
- Fit is a powder that mixes in water and comes in individual stick packs. Orange flavor.

What does **LEAN** do?

1. Regulates the gut – brain axis to reduce hunger
 - Lowers Ghrelin secretion – not as hungry
 - Increases Leptin (satiety hormone) levels – you feel fuller faster
 - Sweet cravings decreased
 - Lowers the release of Neuropeptide Y from the Hypothalamus which was shown to decrease weight gain, lower serum triglycerides, lower total cholesterol and lower LDL
 2. Increases metabolism without stimulants
 3. Supports metabolic health
 4. Supports weight management
 5. Boosts thermogenesis – burns fat; converts body fat to energy
 6. Targets visceral fat – 65% of fat loss was from the trunk area
 7. Preserves lean muscle mass – no weight loss from muscle loss; 100% fat loss
 8. Works synergistically with FIT to enhance overall body composition
- Lean is in a capsule form. Dose is 2 capsules daily.

What does **ENERGIZED** do?

1. Sustained release caffeine – no energy spikes, no crash
2. Increases energy levels
3. Combats fatigue
4. Improves endurance
5. Enhances physical performance
6. Enhances mood and alertness through increased catecholamine production
7. Supports healthy serotonin and dopamine levels
8. Increased Tyrosine concentration in the brain with leads to increased motivation
9. Supports adrenal gland function to help with stress
10. Improves cellular energy production and improves overall cellular health

Energized is a powder that mixes in water and comes in individual stick packs. Raspberry flavor.

What does **FOCUSED** do?

1. Reduces brain fog
2. Promotes healthy brain function
3. Supports eye health and visual processing, protecting against blue light exposure
4. Has antioxidant properties
5. Improves memory and cognitive function
6. Improves mental focus and attention
7. Increases memory formation and recall of short term memory
8. Enhances retrieval of long term memory
9. May protect against age related cognitive decline

Focused is in the capsule form. One capsule per day.

2 Support Products – HYDRATED, CALM

What does **HYDRATED** do? (peptide support)

1. Supports electrolyte balance for hydration and muscle function
 - Hydration on the cellular level
 - Muscle function and cell signaling improved
2. Aides in fluid retention for improved recovery and performance
3. Optimal blend of electrolytes
 - Magnesium. Chloride, Sodium, Potassium
 - SolarSea™ Sport complex, derived from the Great Salt Lake
 - Coconut water powder – rapid hydration, better exercise performance, supports heart health
 - Glycine – improves absorption of water and electrolytes across cell membranes
4. No artificial dyes or sugar
5. With FIT and LEAN - complete metabolic and muscle support

Hydrated is a powder that mixes in water and comes in individual stick packs. Grapefruit and tropical flavors (tropical only when available).

What does **CALM** do? (peptide support)

1. Naturally lowers Cortisol levels
2. Decreases anxiousness
3. Reduces stress
4. Improves sleep quality
5. Promotes relaxation without drowsiness
6. Decreased nervous system stimulation
7. Enhances mood and cognitive function
8. Supports cardiovascular health

Calm is a powder that is placed directly on the tongue, like a pixie stick. Lemon/citrus flavor.

This is just a brief overview of our peptides. More information about the company, MAKE Wellness, or any of our products can be provided. Please contact the affiliate that sent you this information.