

AMINOCORE 90 DAY PROTOCOL

PHASE 1: GUT RESTORATION

Time	Compound	Dose	Purpose
6:30 AM	KPV Blend (KPV + BPC-157 + TB-500)	250–500mcg 2x/day	Gut inflammation control + tissue repair
7:00 AM	TA1	1.5mg 2x/week (Mon/Thu)	Immune modulation
8:00 AM	Digestive Enzymes	1 cap	Improve digestion
12:00 PM	Curcumin	1000 mg	Reduce inflammation
9:30 PM	Magnesium	300–400 mg	Motility + recovery

Cycle Strategy: TA1 Weeks 1–6 | KPV Blend Weeks 1–8

PHASE 2: METABOLIC ACTIVATION

Time	Compound	Dose	Purpose
6:30 AM	MOTS-C	5 mg (2x/week fasted)	Mitochondrial optimization
7:00 AM	5-Amino-1MQ	50 mg daily	Fat metabolism
12:00 PM	Berberine	500 mg 2x/day	Glucose control
Weekly	Retatrutide	0.5–1 mg	Metabolic regulation

Cycle Strategy: MOTS-C Weeks 5–10 | Retatrutide Weeks 5–12 | 5-Amino Weeks 5–12

PHASE 3: RECOVERY + PERFORMANCE

Time	Compound	Dose	Purpose
7:00 AM	GHK-Cu	1–2 mg daily	Tissue repair
9:30 PM	CJC-1295 + Ipamorelin	2 mg + 200 mcg nightly	GH optimization

Cycle Strategy: Weeks 9–12

PROTOCOL EXECUTION

Compound	Dosing	Mechanism	Classification
KPV Blend	250–500mcg 2x/day	Gut repair + anti-inflammatory	Primary
TA1	1.5mg 2x/week	Immune modulation	Primary
MOTS-C	5mg 2x/week	Mitochondrial activation	Secondary
Retatrutide	Weekly	Metabolic regulation	Primary
5-Amino-1MQ	Daily	Fat metabolism	Secondary
GHK-Cu	Daily	Repair	Recovery
CJC/Ipamorelin	Nightly	GH axis	Optimization

5-Amino-1MQ	2 units
GHK-Cu	2 vials
CJC/Ipamorelin	2 vials

Total Protocol Value	
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