

PERSONALIZED CARE · PEPTIDE THERAPY

Understanding *Peptide Therapy*

Small messengers. Remarkable possibilities. A more personalized way to support how your body communicates, adapts, and restores.

Your body already speaks the language of peptides. Peptides are short chains of amino acids — the same building blocks that form proteins. Many are naturally made throughout the human body, where they act as highly specific messengers. They help cells communicate and influence processes related to metabolism, tissue repair, sleep, hormone signaling, immune activity, cognition, and more.



A precise sequence creates a specific biological message

WHAT MAKES PEPTIDES SO COMPELLING?

Unlike a one-size-fits-all wellness product, each peptide has its own sequence and biological message. That sequence helps determine which receptor or pathway it interacts with — and what kind of response it may encourage.

- **Targeted:** designed to interact with particular receptors and signaling pathways.
- **Familiar:** inspired by naturally occurring biological messengers.
- **Personalized:** selected around your health history, goals, and clinical findings.
- **Dynamic:** can be reassessed as your symptoms, body, and priorities evolve.

HOW PEPTIDE THERAPY WORKS

- **Step 1 — Signal:** a peptide carries a specific message.
- **Step 2 — Recognition:** a compatible receptor recognizes that message.
- **Step 3 — Response:** the cell activates a related pathway.
- **Step 4 — Adaptation:** over time, the clinician evaluates how you feel, function, and respond.

The goal is not to override the body. It is to thoughtfully work with its existing communication systems and support a desired physiological pathway when clinically appropriate.

Think of peptides as beautifully specific instructions. *The right message, delivered to the right pathway, can become part of a thoughtful plan for feeling, performing, and aging well.*

What can peptide therapy *support?*

Peptide therapy is not one treatment for one problem. Different peptides are studied or used for different biological goals.

Recovery & repair Support for exercise recovery, connective-tissue signaling, mobility, and the body's natural repair processes.	**Metabolic health** Support for appetite regulation, glucose and insulin pathways, body-composition goals, and metabolic efficiency.	**Energy & performance** Support for mitochondrial signaling, cellular energy, endurance, resilience, and physical performance.
Sleep & restoration Support for sleep quality, circadian rhythm, nighttime recovery, and feeling more restored on waking.	**Cognition & calm** Support for focus, mental clarity, stress-response pathways, mood balance, and cognitive well-being.	**Immune balance** Support for immune communication, resilience, and balanced inflammatory signaling.
Hormone & sexual health Support for hormone signaling, libido, reproductive pathways, vitality, and sexual well-being.	**Skin & hair** Support for collagen activity, skin quality, scalp and follicle health, and regenerative-care goals.	**Healthy aging** Support for cellular resilience, recovery capacity, body composition, strength, and long-term vitality.

Your plan may focus on one goal — or connect several. Energy can influence movement. Sleep can influence recovery. Metabolic health can influence inflammation and confidence. **Vivier looks at the whole picture rather than treating each goal in isolation.**

Peptide therapy feels most powerful *when it feels personal.*

At Vivier, the question is not simply "Which peptide is popular?" It is "Which pathway fits your body, your goals, and your complete health story?"

01	02	03	04
Your goals Define what better feels like.	**Your biology** Understand the pathways involved.	**Your plan** Build a clinician-guided strategy.	**Your progress** Measure, learn, and refine.

Personalized — *not picked from a menu*

The most meaningful peptide plan begins with understanding you.

WHO MAY BE INTERESTED?

A peptide consultation may be worth exploring if you want a more individualized approach to:

- Recovery, resilience, mobility, or exercise performance.
- Energy, endurance, or persistent feelings of depletion.
- Sleep quality and nighttime restoration.
- Metabolic health, appetite, or body-composition goals.
- Mental clarity, focus, calm, or stress resilience.
- Hormone, libido, reproductive, skin, or hair-health goals.
- A proactive, clinician-guided healthy-aging strategy.

YOUR PEPTIDE CONSULTATION

LISTEN	Your clinician learns what has changed and what you want to improve.
REVIEW	Health history, medications, supplements, labs, lifestyle, and goals are considered together.
SELECT	Appropriate options are matched to a specific clinical purpose.
TEACH	You receive clear instructions for use, storage, timing, and what to track.
FOLLOW	Progress is reviewed and the plan may be refined as your response becomes clearer.

MORE THAN A SINGLE THERAPY

Peptides may be used as one part of a broader plan that can also include laboratory review, nutrition, movement, sleep support, hormone and metabolic care, IV therapy, wellness injections, body-composition tracking, and other regenerative services.

WHAT PROGRESS CAN LOOK LIKE

Progress is personal. Depending on the therapy and goal, patients may track changes in energy, sleep, recovery, appetite, body composition, mental clarity, sexual well-being, hair or skin quality, exercise performance, symptoms, and relevant laboratory markers.

Some changes may be noticed early; others develop gradually as the body responds over time. Consistency, lifestyle, baseline health, and the peptide selected all influence the experience.

A modern language for *personalized care*

Peptide science continues to grow — connecting the body's own signaling systems with increasingly precise therapeutic possibilities.

A NOTE ABOUT REGULATION

Peptide therapies do not all have the same level of research or regulatory status. Some peptide medications are FDA-approved for specific conditions; others may be compounded or considered investigational. **Compounded drugs are not FDA-approved.** Vivier reviews the evidence, legal availability, source, potential benefits, and individual fit before recommending any therapy.

QUESTIONS PATIENTS OFTEN ASK

Are peptides natural?

Many peptides are naturally produced by the human body. Therapeutic peptides may reproduce, modify, or build upon a naturally occurring sequence to influence a particular pathway.

Are all peptides the same?

No. Their amino-acid sequences, targets, uses, evidence, routes, duration, and regulatory status can be very different.

How quickly will I notice a change?

It depends on the peptide, goal, baseline health, and individual response. Some goals are assessed through symptoms and daily function; others through measurements, labs, or changes over several weeks.

Can peptides be combined with other care?

Often, the best plan is integrated. Your clinician can determine whether peptide therapy fits alongside nutrition, exercise, hormone care, IV therapy, medications, and other treatments.

BEGIN WITH A CONVERSATION

Bring your goals, questions, medication list, supplements, and available laboratory results. Your Vivier clinician will help you understand which possibilities are relevant — and which are not necessary for you.

RESEARCH & TRUSTED READING

1. Wang L, et al. Therapeutic peptides: current applications and future directions. *Signal Transduction and Targeted Therapy.* 2022. Open source
2. Fosgerau K, Hoffmann T. Peptide therapeutics: current status and future directions. *Drug Discovery Today.* 2015;20(1):122–128. PubMed
3. Muttenthaler M, et al. Trends in peptide drug discovery. *Nature Reviews Drug Discovery.* 2021;20:309–325. PubMed
4. U.S. Food and Drug Administration. Compounding and the FDA: Questions and Answers. FDA guidance
5. U.S. Food and Drug Administration. Bulk Drug Substances Used in Compounding. FDA

VIVIER
HEALTH & LONGEVITY

Discover what your body *may be ready to do next.*

A personalized peptide consultation can help translate your goals into a thoughtful, measurable, and clinician-guided plan.

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Patient education only. This guide describes peptide therapy as a category. It does not name, recommend, or offer any specific peptide, diagnose a condition, or replace individualized medical advice or emergency care. Many peptides discussed in wellness settings are not FDA-approved, and compounded drugs are not FDA-approved. No outcome is promised or implied; individual results vary. Call 911 for emergencies.