

# PEPGLO CO.

## Revised Wellness Collections Guide

Educational wellness examples designed to support recovery, energy, movement, healthy lifestyle habits, and overall wellness optimization.

### 1. Foundational Wellness Collection

Designed to support beginners focused on overall wellness, recovery, energy, and healthy lifestyle habits.

- BPC-157 — recovery and wellness support
- GHK-Cu — skin, hair, and wellness support
- Glutathione — antioxidant and wellness support
- Electrolytes + protein-focused nutrition
- Walking + resistance training/Pilates

**Wellness Focus: Building sustainable wellness habits and a strong foundation before incorporating more advanced wellness routines.**

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### 2. Metabolic Support Collection

Designed to support energy, movement, body composition goals, and healthy lifestyle routines.

- GLP-1 support when incorporated into a wellness plan under professional guidance
- MIC/B12 support
- 5-Amino-1MQ
- Protein-focused nutrition plan
- Daily walking + strength training

**Wellness Focus: Supporting consistency, energy, movement, and sustainable wellness habits.**

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### 3. Recovery & Mobility Collection

Designed to support recovery, mobility, active lifestyles, and wellness-focused movement routines.

- BPC-157
- TB-500
- Omega-3 support
- Collagen + hydration support
- Mobility work, Pilates, and recovery-focused movement

**Wellness Focus: Supporting recovery routines, mobility, and physical resilience.**

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## 4. Glow & Longevity Collection

Designed to support healthy aging routines, skin wellness, hydration, and overall vitality.

- GHK-Cu
- Glutathione
- Collagen peptides
- Red light therapy
- Hydration + mineral support

**Wellness Focus: Supporting healthy aging habits, appearance-focused wellness routines, and overall vitality.**

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## 5. Nervous System Support Collection

Designed to support mental clarity, recovery routines, resilience, and balanced wellness habits.

- Semax (as-needed support)
- Magnesium glycinate
- Electrolyte/mineral support
- Sleep optimization habits
- Walking + nervous system regulation routines

**Wellness Focus: Supporting focus, recovery, resilience, and balanced daily wellness habits.**

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## 6. Energy & Vitality Collection

Designed to support energy, recovery, movement, and wellness-focused daily routines.

- GHK-Cu
- Glutathione
- Protein-forward nutrition
- Strength training + Pilates
- Sleep and recovery habits

**Wellness Focus: Supporting sustainable energy, movement, recovery, and healthy lifestyle consistency.**

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## 7. Everyday Energy Collection

Designed to support busy lifestyles, simple wellness habits, and sustainable daily routines.

- B12 or MIC support
- Glutathione
- Electrolytes
- Protein-forward meal structure
- Simple movement routine

**Wellness Focus: Supporting realistic wellness habits without creating an overwhelming routine.**

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## **8. Performance & Recovery Collection**

Designed to support active lifestyles, movement, recovery capacity, endurance, and overall wellness performance.

- BPC-157 — recovery and soft tissue support
- TB-500 — mobility and wellness support
- MOTS-C — mitochondrial and endurance support
- Electrolytes + hydration support
- Protein-focused nutrition
- Creatine monohydrate
- Mobility work + recovery days + quality sleep
- Optional add-ons: GHK-Cu, SS-31, Glutathione

**Wellness Focus: Supporting recovery, endurance, movement, resilience, and performance-focused wellness habits.**

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**Disclaimer:** This guide is intended for educational and informational wellness purposes only and is not medical advice. Always consult a licensed healthcare provider before beginning any wellness, supplement, peptide, or lifestyle routine. These products are not intended to diagnose, treat, cure, or prevent any disease.