



LVL UP RX · CLIENT EDUCATION SERIES

Selank

Tuftsian Analog · Anxiolytic Neuropeptide

Anxiety Relief · Calm Focus · BDNF · Immune Modulation

A complete research guide to Selank — the Russian-developed anxiolytic neuropeptide that eliminates anxiety without sedation, enhances BDNF, and strengthens cognitive performance under stress.

FOR RESEARCH PURPOSES ONLY

Everything you need to know about Selank and anxiolytic neuropeptide research

01	What Is Selank?	Origins, tuftsin connection & clinical background
02	The Science	GABA modulation, BDNF, serotonin & immune pathways
03	Key Benefits	Anxiety, cognition, sleep, mood & immune modulation
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Selank solves a problem that most anxiolytics make worse: the anxiety-performance trade-off. Benzodiazepines eliminate anxiety by sedating you. Selank eliminates anxiety while simultaneously enhancing memory, focus, and cognitive resilience. The calm it produces is not the absence of engagement — it is the presence of clarity.

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WHAT IS SELANK?

Tuftsins Analog — Russian Anxiolytic Neuropeptide

What Is Selank?

A peptide that eliminates anxiety without impairing your mind

Selank is a synthetic heptapeptide — a chain of 7 amino acids — developed in the 1990s at the Institute of Molecular Genetics of the Russian Academy of Sciences, the same institution that developed Semax. It is an analog of the tetrapeptide tuftsins (Thr-Lys-Pro-Arg), a naturally occurring immunomodulatory peptide found in the Fc region of IgG antibodies, extended with a Pro-Gly-Pro sequence that stabilizes it against enzymatic degradation and enhances its CNS activity.

Selank was developed specifically as an anxiolytic — a compound that reduces anxiety — with a critical design requirement: it must not produce sedation, impair cognition, or create dependency. This goal was achieved. Selank is approved as an anxiolytic pharmaceutical in Russia and Ukraine, where it is prescribed for generalized anxiety disorder, neurasthenia, and post-traumatic stress. Its clinical profile is fundamentally unlike benzodiazepines or most conventional anxiolytics.

What makes Selank remarkable is that it does not trade anxiety reduction for cognitive impairment. Clinical and research data consistently show that Selank improves cognitive metrics alongside anxiety reduction — users become calmer and sharper simultaneously, not calmer and duller. This profile has no precedent in conventional pharmaceutical anxiety treatment.

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AMINO ACIDS
heptapeptide

1990s

DEVELOPED
Russian Academy Sci.

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SEDATION
no cognitive impairment

Nasal

OR SUBQ
dual delivery option

Selank vs Semax — The Sister Peptides

Selank and Semax are often discussed together — they were developed at the same institution, use similar delivery methods, and both modulate BDNF and cognitive function. But they have meaningfully different primary effects and ideal use cases:

- ◆ Semax is activating and stimulating — best for cognitive performance and focus output
- ◆ Selank is calming and grounding — best for anxiety reduction and stress resilience
- ◆ Both raise BDNF, both enhance cognitive function, but through different emotional tones
- ◆ They are complementary, not redundant — many researchers use both strategically
- ◆ Selank is the better choice when anxiety, stress, or sleep disruption is the primary concern

Selank

Tuftsin Analog — Anxiolytic Neuropeptide

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THE SCIENCE

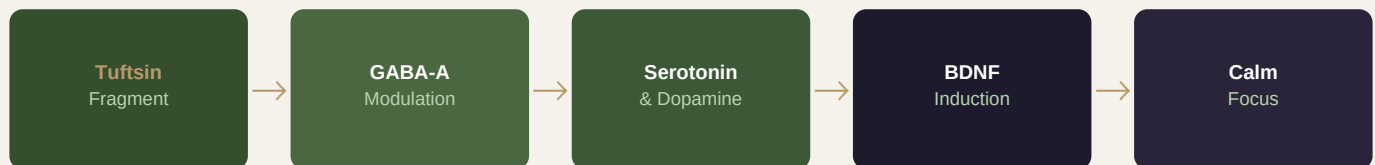
How Selank Works at the Neurological Level

The Science Behind Selank

Multiple brain systems — one coherent anxiolytic effect

The Tuftsin Connection

Tuftsin — the natural peptide Selank is derived from — is produced in the spleen and found in the Fc region of IgG antibodies. It has known immunomodulatory properties and moderate CNS activity. The Pro-Gly-Pro extension added to create Selank dramatically increases its CNS penetration, extends its half-life from minutes to hours, and amplifies its anxiolytic and cognitive effects.



GABA-A Receptor Modulation — The Anxiolytic Core

Selank's primary anxiolytic mechanism involves modulation of the GABA-A receptor system — the same receptor system targeted by benzodiazepines and alcohol. However, where benzodiazepines are full agonists at the benzodiazepine binding site (producing sedation, muscle relaxation, and dependency), Selank's interaction with GABA-A receptors is modulatory rather than agonistic — producing anxiolytic effects without the sedation, tolerance, or withdrawal profile of benzodiazepines. This is the pharmacological explanation for Selank's non-sedating anxiety relief.

Serotonin System Modulation

Selank significantly affects the expression of genes involved in serotonin metabolism — including serotonin transporter (SERT) regulation and serotonin receptor expression. This serotonergic influence contributes to its mood-stabilizing and anti-anxiety effects, and is distinct from SSRI mechanisms. Selank's serotonin modulation is thought to contribute to its rapid onset of action — effects are typically felt within 15–30 minutes of nasal administration.

Dopamine & Norepinephrine Balance

Research indicates Selank modulates dopaminergic and noradrenergic neurotransmission in a way that supports motivation, attention, and calm alertness — without the stimulatory side effects of compounds that directly increase catecholamine levels. This balanced influence on the dopamine system is a key reason why Selank produces anxiety relief with improved — not impaired — cognitive function.

BDNF Upregulation

Like its sister peptide Semax, Selank upregulates BDNF — the primary driver of neuroplasticity and neuronal health. This makes Selank not just an acute anxiolytic but a neuroprotective compound with structural brain benefits that accumulate with sustained use. BDNF upregulation underlies Selank's longer-term improvements in cognitive resilience and stress tolerance.

Selank

The Science — Mechanism of Action

Enkephalin Metabolism Regulation

Selank inhibits the enzymatic breakdown of enkephalins — endogenous opioid peptides that play a role in pain modulation, emotional regulation, and stress response. By extending the activity of these natural mood regulators, Selank produces a sense of wellbeing and emotional ease that is chemically grounded rather than artificially induced.

Immune System Modulation

As a tuftsin analog, Selank retains meaningful immunomodulatory properties. It modulates cytokine production — including IL-6, INF-gamma, and other immune signaling molecules — and enhances natural killer cell activity. This immune dimension is unique among cognitive and anxiolytic research compounds.

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SELANK**Tuftsins Analog · Anxiolytic Neuropeptide***Anxiety Relief · Calm Focus · BDNF · Immune Modulation*

Key Benefits of Selank

Research-supported effects across anxiety, cognition & immunity

Anxiety Relief Without Sedation

Selank's defining and most consistently documented benefit:

- ◆ Significant reduction in generalized anxiety symptoms — documented in human clinical trials
- ◆ Rapid onset: anxiolytic effects typically felt within 15–30 minutes of administration
- ◆ No sedation — users report feeling calmer and more alert simultaneously
- ◆ Reduced physical anxiety symptoms: heart racing, muscle tension, shallow breathing
- ◆ Effective for both acute situational anxiety and chronic generalized anxiety
- ◆ Approved in Russia for generalized anxiety disorder, neurasthenia, and PTSD-adjacent conditions

Cognitive Enhancement Under Stress

- ◆ Improved working memory and information processing speed
- ◆ Enhanced concentration and sustained attention — particularly under stress
- ◆ Better decision-making clarity in high-pressure situations
- ◆ Memory consolidation improvements through BDNF upregulation
- ◆ Cognitive performance maintained or improved even in anxiety-provoking conditions — unlike conventional anxiolytics which trade calm for clarity

Mood, Sleep & Immune Benefits

- ◆ Improved mood stability and reduced emotional reactivity
- ◆ Reduced feelings of worry, dread, and rumination
- ◆ Enhanced sense of wellbeing through enkephalin metabolism support
- ◆ Improved sleep quality — particularly in anxiety-driven insomnia
- ◆ Reduced time to fall asleep; more restorative sleep architecture
- ◆ Modulates cytokine production — relevant to stress-induced immune dysregulation
- ◆ Enhances natural killer cell activity — unique among cognitive/anxiolytic peptides

BENEFIT AREA	KEY MECHANISM	RESEARCH STATUS
Anxiety Relief	GABA-A modulation, serotonin	Human clinical trials; approved Russia/Ukraine
Cognitive Function	BDNF, dopamine balance	Human & animal research
Mood Stability	Serotonin, enkephalin support	Human studies
Sleep Quality	CNS calming, GABA modulation	Clinical observations
Immune Modulation	Tuftsins-derived cytokine mod.	Preclinical + mechanistic

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Selank

Key Benefits — What the Research Shows

Stress Resilience

Multi-system neuroprotection

Human & animal data

Selank

Key Benefits — What the Research Shows

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SELANK VS SEMAX

Sister Peptides — When to Use Each

Selank vs Semax

Two neuropeptides, two emotional profiles — one complete toolkit

Selank and Semax are the two premier neuropeptides in the LVL UP RX catalog. Both modulate BDNF and cognitive function. Both were developed in Russia. Both use nasal and SubQ delivery. But they produce meaningfully different experiential profiles and are best used in different contexts — or together for comprehensive coverage.

SEMAX	VS	SELANK
<i>Stimulating, activating</i> ● Strong cognitive boost ● High mental energy ● Performance-focused ● Less calming		<i>Calming, grounding</i> ● Anxiety elimination ● Calm clarity ● Stress resilience ● Sleep-supportive
Best for: HIGH OUTPUT DAYS		Best for: STRESS & RECOVERY

	SELANK	SEMAX
Primary Effect	Anxiolytic, calming	Cognitive activating
Emotional Tone	Calm, grounded, composed	Sharp, energized, focused
Anxiety	Strong reduction	Neutral to mild reduction
Stimulation Level	Low — non-stimulating	Moderate — activating
BDNF Effect	Yes — significant	Yes — significant
Sleep Support	Yes — calming pre-sleep	No — avoid before sleep
Best Timing	Evening or high-stress periods	Morning / high-output days
Ideal For	Anxiety, stress, recovery	Performance, focus, output
Combined Use	Yes — complementary profiles	Yes — complementary profiles

Using Both Together

For comprehensive neuropeptide coverage, Selank and Semax are used together by many research subjects with a time-of-day approach: Semax in the morning for peak cognitive activation and output, Selank in the afternoon or evening for stress recovery, anxiety management, and sleep support. This creates a complete daily arc — performance when you need it, recovery when you don't.

PROTOCOL EXAMPLE: Semax (nasal) upon waking for morning cognitive performance. Selank (nasal) mid-afternoon to manage end-of-day stress accumulation and support the transition to recovery. Both compounds supporting BDNF throughout the day for cumulative neuroplasticity benefits.

Selank vs Semax

Sister Peptides — When to Use Each

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SELANK VS ANXIOLYTICS

How It Compares to Conventional Options

Selank vs Conventional Anxiolytics

The fundamental clinical distinction

Anxiety is one of the most common and most poorly treated conditions in modern medicine. The dominant pharmaceutical approaches — benzodiazepines and SSRIs — carry significant limitations that Selank does not. Understanding this comparison is essential context for any researcher exploring Selank.

	SELANK	BENZODIAZEPINES	SSRIs	BUSPIRONE
Onset	15–30 min	15–60 min	2–6 weeks	1–2 weeks
Sedation	None	Significant	Variable	Mild
Cognitive Effect	Improves	Impairs	Variable	Min. impairment
Dependency Risk	None documented	High	Low (D/C)	None
Withdrawal	None documented	Significant	Possible	Minimal
BDNF Effect	Raises	May lower	May raise	None documented
Immune Effect	Modulates	None	None	None
Approved Use	Russia/Ukraine	Worldwide	Worldwide	Worldwide

The Benzodiazepine Problem

Benzodiazepines (Xanax, Valium, Klonopin) are effective at reducing anxiety but carry serious limitations: cognitive impairment during use, rapid tolerance development, physical dependency, and potentially severe withdrawal. They are generally not recommended for long-term use. Research on chronic benzodiazepine use has shown reduced BDNF levels — the opposite of what Selank produces.

The SSRI Limitation

SSRIs are the most commonly prescribed first-line treatment for anxiety disorders but require 2–6 weeks to show effect, have significant side effect profiles including sexual dysfunction and emotional blunting, and produce discontinuation syndrome when stopped. They are also not effective for acute anxiety management. Selank can provide anxiety relief within 30 minutes with none of these limitations.

What Selank Cannot Replace

Selank is a research compound, not a licensed pharmaceutical in most jurisdictions. It should not be used as a direct replacement for prescribed medication without medical supervision. For individuals with severe anxiety disorders or psychiatric comorbidities, professional medical care is essential and cannot be substituted by research compounds.

Selank vs Anxiolytics

How It Compares to Conventional Options

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WHO IS IT FOR?

Ideal Candidates & Use Cases

Who Is Selank For?

Ideal research candidates across anxiety and cognitive goals

High-Stress Professionals

Executives, lawyers, healthcare workers, first responders, and anyone operating under sustained high-pressure conditions. Selank addresses the anxiety and stress accumulation that impairs decision-making and performance — without the cognitive dulling of pharmaceutical alternatives. Calmer, sharper, and more resilient under sustained demand.

Social & Performance Anxiety

Individuals whose anxiety is situationally triggered — public speaking, social situations, high-stakes presentations, or evaluative performance contexts. Selank's rapid onset makes it effective for acute situational use: administered 20–30 minutes before the stressor, it produces significant anxiety reduction without impairing the performance it is meant to support.

Chronic Stress & Burnout

Those experiencing sustained stress accumulation that manifests as persistent low-level anxiety, irritability, sleep disruption, or reduced stress tolerance. Selank's GABA modulation, BDNF support, and serotonin regulation make it well-suited for the recovery dimension of burnout — restoring baseline neurochemical balance while improving cognitive resilience.

Sleep Quality Issues Driven by Anxiety

Individuals whose primary sleep problem is an inability to switch off — racing thoughts, anxiety at bedtime, or nighttime arousal. Evening Selank administration addresses the neurochemical drivers of anxiety-related insomnia without the next-day grogginess of sedative approaches.

Cognitive Enhancement Without Stimulation

Those who want improved cognitive function but cannot tolerate stimulating compounds — whether due to anxiety, cardiovascular sensitivity, or personal preference. Selank provides a different cognitive upgrade profile than Semax: not energizing and activating, but clear, focused, and unencumbered by mental noise.

Biohackers & Longevity Researchers

The combination of anxiolytic effects, BDNF upregulation, immune modulation, and neuroprotection makes Selank a uniquely multidimensional compound for comprehensive brain health protocols. Its sister relationship to Semax makes the two together a complete daytime cognitive optimization system.

Delivery Methods

How Selank reaches the brain — and which route suits which goal

Like Semax, Selank is highly effective via both intranasal and subcutaneous routes, with the nasal route being the most widely used clinically and in research. The choice between routes depends primarily on the intended protocol — acute anxiolytic use or sustained neuroprotective coverage.

Intranasal (Nasal Spray) — Primary Clinical Route

- Fast onset: anxiolytic effects typically felt within 15–30 minutes
- Direct CNS access via olfactory pathway — efficient brain delivery
- Needle-free — highest compliance for consistent daily use
- Shorter duration: 4–8 hours per dose
- The route used in Russian clinical trials and approved medical use
- Ideal for acute situational anxiety use and evening sleep support

Subcutaneous (SubQ) Injection

- Higher and more consistent bioavailability than nasal route
- Longer duration of action: 6–12+ hours per dose
- Preferred for sustained neuroprotective and BDNF protocols
- Slightly slower onset: 30–60 minutes
- Standard insulin syringe — abdomen, thigh, or deltoid
- Preferred by research subjects prioritizing neuroplasticity over acute anxiolysis

FACTOR	INTRANASAL	SUBCUTANEOUS
Onset	15–30 minutes	30–60 minutes
Duration	4–8 hours	6–12+ hours
Bioavailability	Good (variable)	High (consistent)
Convenience	High — needle-free	Moderate — injection
Best For	Acute anxiety; situational use; sleep	Sustained neuroprotection; BDNF protocols
Clinical Use	Yes — Russian approved route	Also used in research

Evening intranasal administration is the most common protocol for anxiety and sleep support. Morning SubQ is common for sustained BDNF and neuroprotective protocols. Both can be used in the same overall research period with appropriate timing separation.

Delivery Methods

Nasal vs Subcutaneous — Routes & Considerations

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PROTOCOLS & TIMING

Administration Strategy & Cycling

Protocols & Timing

How to structure a Selank research protocol

Selank protocols are structured around two primary goals: acute anxiety management and sustained neuroplasticity/neuroprotection. These can be pursued simultaneously or sequentially depending on individual research priorities.

Acute Anxiolytic Protocol

- Administer intranasally 20–30 minutes before the anxiety-provoking situation
- Can be used as-needed — no need for daily administration for situational use
- Evening administration: 30–60 minutes before bed for sleep support
- As-needed use carries no dependency risk — one of Selank's key practical advantages

Sustained Neuroprotective Protocol

- Daily nasal or SubQ administration, typically morning or evening
- Consistent daily use preferred for BDNF accumulation and neuroplasticity benefits
- Typical research cycles: 2–4 weeks on, 1–2 weeks off
- Morning use if cognitive enhancement is the primary goal
- Evening use if anxiety relief and sleep improvement are primary goals
- Can be combined with Semax (morning Semax + evening Selank) for full-day coverage

PROTOCOL	DELIVERY	TIMING	FREQUENCY	CYCLE
Situational Anxiety	Intranasal	20–30 min before stressor	As needed	No cycling required
Evening Sleep Support	Intranasal	30–60 min before bed	Daily	2–4 wk on 1–2 wk off
Sustained Neuroprotection	SubQ or nasal	Morning or evening	Daily	2–4 wk on 1–2 wk off
Semax + Selank Combined	Both nasal	Semax: AM Selank: PM	Daily	Coordinated cycles

Reconstitution (SubQ): Add bacteriostatic water slowly to lyophilized powder. Swirl gently — do not shake. Refrigerate after reconstitution. Use within 30–60 days. Never freeze reconstituted Selank. For nasal use: prepare as a dilute solution in sterile saline or bacteriostatic water for nasal spray delivery.

Protocols & Timing

Administration Strategy & Cycling

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STACKING SELANK

Synergistic Combinations for Comprehensive Outcomes

Stacking Selank

Intelligent combinations for enhanced cognitive and systemic outcomes

Selank's multi-system mechanism — GABA modulation, BDNF, serotonin, enkephalin support, and immune modulation — pairs strategically with a range of LVL UP RX compounds.

— The Complete Neuropeptide Stack

Selank + Semax

The most natural and complementary pairing in the catalog. Semax activates and sharpens cognitive performance; Selank calms, grounds, and recovers. Used at different times of day, they create a complete neurological optimization protocol that covers both the performance and the recovery dimensions of brain health. Both raise BDNF — cumulative neuroplasticity benefits are amplified when used together.

BEST FOR: Full-day cognitive optimization · Anxiety + performance · Biohackers · Brain longevity

— The Calm Longevity Stack

Selank + NAD+

NAD+ supports neuronal energy production and sirtuin-mediated neuroprotection. Selank provides BDNF-driven neuroplasticity and anxiolytic calming. Together they address the two primary dimensions of brain aging: energy depletion (NAD+) and structural resilience (Selank). Particularly relevant for the 45+ consumer experiencing both cognitive fatigue and stress-related anxiety.

BEST FOR: Cognitive anti-aging · Stress resilience · Brain longevity · 45+ consumers

— The Stress Recovery Stack

Selank + BPC-157

BPC-157 has documented neuroprotective and gut-brain axis effects — including modulation of dopamine and serotonin systems that overlap with Selank's mechanisms. BPC-157 also supports physical recovery from the somatic manifestations of chronic stress (muscle tension, gut disruption). Combined with Selank's neurochemical stress recovery properties, this stack addresses both the neurological and physical dimensions of stress and burnout.

BEST FOR: Stress & burnout recovery · Physical + mental healing · CNS calming

— The Restorative Night Stack

Selank + CJC-1295 / Ipamorelin

CJC-1295 and Ipamorelin dramatically improve sleep architecture — particularly deep slow-wave sleep. Selank reduces anxiety and quiets the nervous system. Together they create the ideal conditions for restorative sleep: the nervous system calmed and the GH pulse optimized. Evening administration of both compounds creates a protocol specifically designed for recovery, regeneration, and overnight neurological repair.

BEST FOR: Sleep optimization · Anxiety-driven insomnia · Recovery · Anti-aging

Stacking Selank

Synergistic Combinations for Comprehensive Outcomes

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WHAT TO EXPECT

Timeline, Results & Realistic Outcomes

What to Expect

A realistic, research-grounded timeline for Selank

Selank produces effects across two time scales: acute anxiolytic effects felt within 30 minutes of administration, and cumulative neuroplasticity and neurochemical rebalancing effects that build over weeks of consistent use. The acute anxiety relief is typically the first and most noticeable effect.

TIMEFRAME	ACUTE EFFECTS	CUMULATIVE EFFECTS
Same day	Anxiety noticeably reduced; calmer mental state within 30 min	BDNF induction begins; serotonin modulation initiating
Days 3–7	Consistent anxiety relief on administration days; better sleep	Baseline anxiety trending lower; mood improvements emerging
Week 2–3	Significant stress tolerance improvement on use days	Cognitive clarity improving; better emotional regulation
Week 4–6	Reliable anxiolytic effect well established	Sustained mood stability; memory and focus improving
Week 8–12	Peak acute benefits; performance under stress improved	Full neuroprotective effects; cognitive baseline elevated
Post-cycle	Anxiety management still improved; tolerance resets	BDNF gains persist; continue with new cycle

THE SELANK DIFFERENCE: Unlike benzodiazepines where stopping the drug means anxiety returns (often worse), Selank's BDNF-driven neuroplasticity benefits persist after the protocol ends. The brain becomes structurally more resilient — not chemically dependent.

Side Effect Profile

Selank has an exceptional tolerability profile — one of the cleanest in the entire neuropeptide research space:

- No sedation — the defining advantage over conventional anxiolytics
- No dependency or withdrawal documented with standard research protocols
- No cognitive impairment — cognitive metrics improve rather than decline
- Mild nasal irritation possible with intranasal use — typically transient
- Injection site: mild redness or soreness with SubQ; resolves quickly
- Rare reports of mild drowsiness at higher doses — reduce dose if experienced
- No documented hormonal disruption, receptor downregulation, or organ toxicity
- No known significant drug interactions documented in the research literature

As with all research compounds, consult a qualified healthcare provider before beginning any Selank protocol. Those currently taking benzodiazepines or other GABA-active medications should discuss any protocol changes with their prescribing physician before altering their regimen.

What to Expect

Timeline, Results & Realistic Outcomes

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RESEARCH NOTES

Important Information & Compliance

Research Notes & Disclaimer

Please read carefully.

All products offered by LVL UP RX are sold strictly as research compounds for investigational use only. They are not intended for human consumption and are not approved by the FDA or any equivalent regulatory authority in the United States for therapeutic, preventive, or diagnostic use. Selank is an approved pharmaceutical in Russia and Ukraine — it does not hold FDA approval and is sold for research purposes only in this context.

The Research Landscape

Selank has one of the strongest research profiles of any anxiolytic neuropeptide available — combining Russian clinical trial data, regulatory approval in two countries, and a growing international research literature. Its mechanisms are well-characterized across GABA, serotonin, dopamine, BDNF, enkephalin, and immune pathways. Human studies document both acute anxiolytic efficacy and cognitive enhancement without impairment. This guide presents findings accurately and without exaggeration.

What We Will Never Claim

- That Selank treats, cures, or prevents any disease or medical condition in a US context
- That Selank is a substitute for professionally prescribed psychiatric or anxiety medication
- That Selank is FDA approved or safe for human use as medicine in the United States
- That results are guaranteed — individual responses vary significantly
- That Selank should be used to discontinue prescribed psychiatric medications

Selected Research References

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Selank represents something genuinely rare in neuropharmacology — a compound that reduces anxiety and improves cognitive function simultaneously. At LVL UP RX, we believe every person dealing with anxiety deserves to know this option exists. Education is how we get there.

LVL UP RX · PEPTIDES · SCIENCE-BACKED. RESULTS-DRIVEN.

For research use only. Not for human consumption. Consult a qualified healthcare professional.



Research Notes

Important Information & Compliance

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