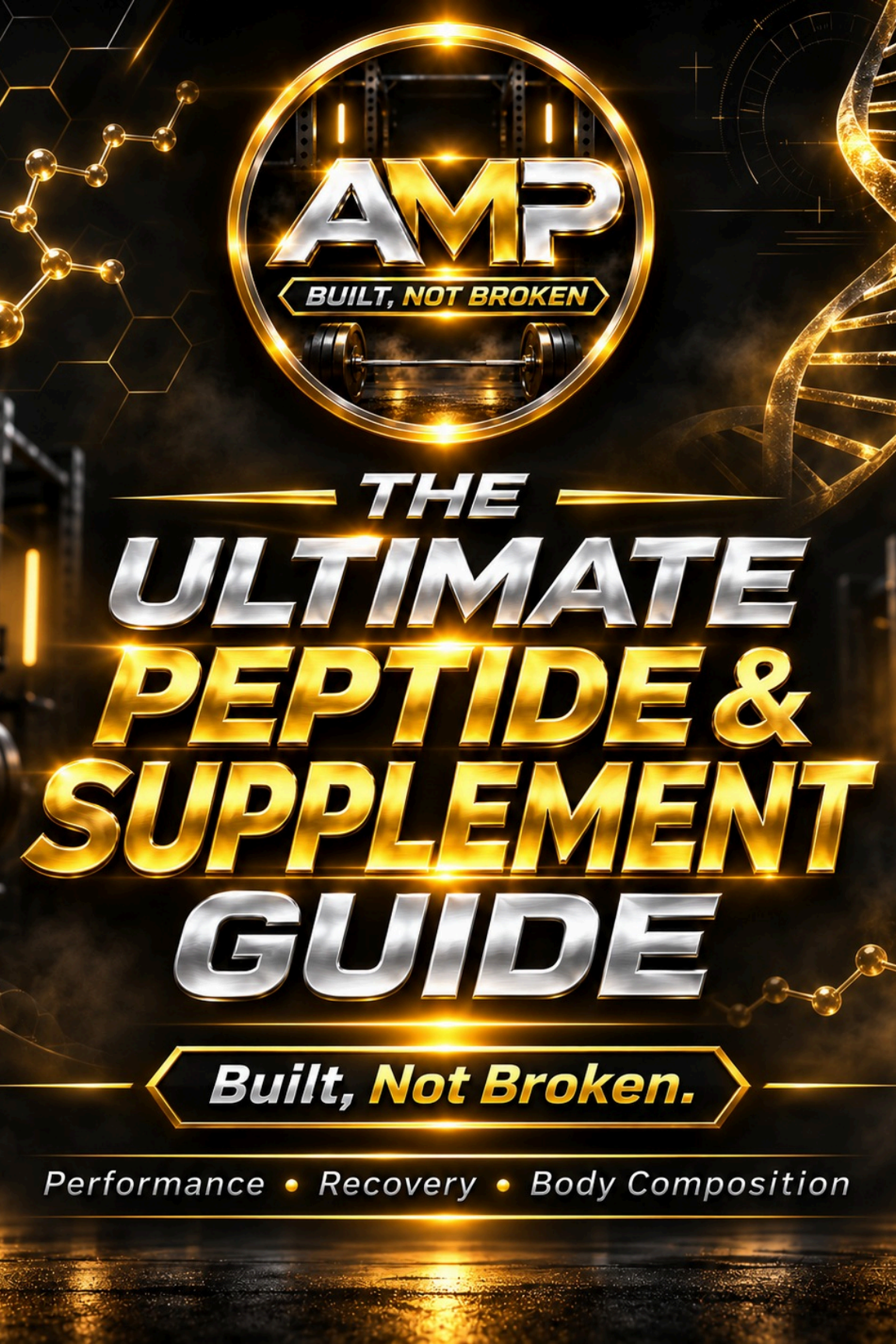

AMP
BUILT, NOT BROKEN
THE
ULTIMATE
PEPTIDE &
SUPPLEMENT
GUIDE
Built, Not Broken.
Performance • Recovery • Body Composition

READ THIS FIRST

MEDICAL DISCLAIMER

This book is for education and information only. It is not medical advice, and reading it does not create a nurse–patient or provider–patient relationship. I am not your nurse and I am not your doctor. Nothing here replaces a licensed provider who knows your history, your medications and your bloodwork. Talk to one before you start, stop or change anything.

Many compounds in this book are sold as research chemicals labeled not for human consumption. Several are prescription drugs. Some are investigational and not approved by the FDA for any use. Many are banned by WADA and every drug-tested sport. Laws differ by state and country. Know yours.

There are no doses in this book, on purpose.

Do not use anything here if you are under 21, if you are pregnant, nursing or trying to conceive, or if you have a heart, liver, kidney, hormonal or psychiatric condition, unless a provider is supervising you. Do not stack stimulants. Never combine methylene blue with an SSRI, SNRI or MAOI. Never combine tadalafil with nitrates.

STOP AND GET HELP NOW

Call 911 for chest pain, trouble breathing, a severe headache, fainting, a big change in blood pressure, confusion, severe agitation, an allergic reaction, or any new weakness, numbness or vision change. If you are thinking about hurting yourself, call or text 988.

You are responsible for your own decisions. By reading on, you accept that.

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alignedmanproject.com

INSIDE

CONTENTS

—	WHO I AM	WHY THIS BOOK EXISTS
—	START HERE	HOW TO RUN THIS BOOK

THE REBUILD · 9 PHASES

01	FOUNDATION	PROTECT THE ENGINE
02	SLEEP	GET YOUR NIGHTS BACK
03	HEAL	THE WOLVERINE STACK
04	MIND	CLEAR THE FOG
05	DRIVE	HORMONES & LIBIDO
06	LOSE IT	FAT LOSS, MUSCLE KEPT
07	BUILD	MUSCLE & STRENGTH
08	LONG GAME	LONGEVITY & CELLULAR ENERGY
09	THE RECOMP BLOCK	ADVANCED ONLY

REFERENCE

—	YOUR BLOODWORK CHECKLIST	BASELINE TO FINISH
—	WHERE I BUY	SOURCING
—	THE COMMUNITY	FREE & PREMIUM ON SKOOL
—	YOUR NEXT STEP	FREE CALL

WHO WROTE THIS

I'VE BEEN WHERE YOU ARE



I'm Rob. I'm not writing this from the top of the mountain. I'm writing it from the climb.

I lost both my parents in my early thirties and took care of them through the end. My left hip has been through three surgeries and a full replacement at 32. I went back to school at 35 while raising two boys and became a nurse at 39. I've been sober ten years. I've been heavy, worn out and lost, and I've had to rebuild more than once.

For five years I worked inside the supplement industry as an athlete manager at Enhanced Labs, side by side with the athletes and the people running these compounds every single day. I saw what worked, what didn't, and what hurt people.

This book is what I took from those years and from my own body. It's not a catalog. It's the order I'd rebuild in if I were starting over today: protect the engine, fix your sleep, heal what's hurting, clear your head, get your drive back, then lose the fat and build the man. Body and mind, together.

If you're going through a divorce, a breakup, a loss, a job gone, or you just looked in the mirror and didn't recognize the guy, this is for you. You're not broken. You're being rebuilt.

— Rob Gonnerman

FOUNDER, THE ALIGNED MAN PROJECT



BEFORE YOU START

HOW TO RUN THIS BOOK

1 **START WITH WHAT'S BROKEN**
Pick the phase that matches where you are this quarter. Not the compound that trended last week.

2 **RUN THE PHASES IN ORDER**
Foundation and Sleep come before everything else. A body that can't sleep or recover can't build.

3 **ONE PHASE AT A TIME**
Add the next one when the first is dialed in. Stack three in week one and you learn nothing about any of them.

4 **START HERE BEFORE EARN IT**
Every phase has a Start Here table (widest safety margin, longest track record) and an Earn It table. Run the first properly before anything from the second goes in.

5 **BLOODWORK BOOKENDS EVERYTHING**
Baseline before, mid-cycle on anything hormonal or thyroid-active, and again after. The checklist is in the back.

THE REBUILD ORDER

01 FOUNDATION · 02 SLEEP · 03 HEAL · 04 MIND · 05 DRIVE · 06 LOSE IT · 07 BUILD · 08 LONG GAME · 09 THE RECOMP BLOCK

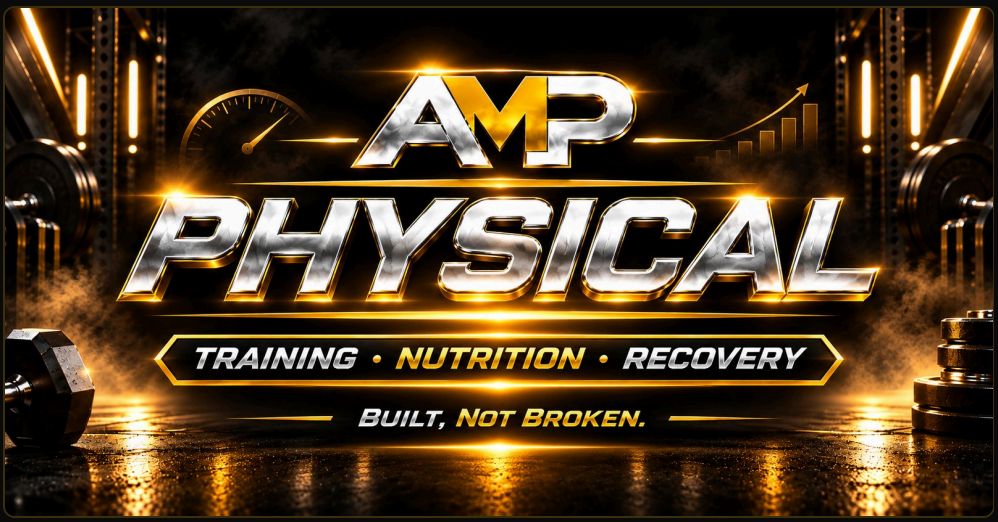
WHY THERE ARE NO DOSES

The right amount depends on your bloodwork, your history, your medications and your goal. A number printed in a book can't see any of that. Build your plan with someone who can, starting with a free 15-minute call at **alignedmanproject.com/freecall**.

READING THE TABLES

SC › Swiss Chems · NC › NextChems · EL › Enhanced Labs

Tap a button to open the product page. "Run it for" is cycle length, with time off where it applies.



PHASE 01

01 FOUNDATION

PROTECT THE ENGINE

THE TARGET

Liver, kidneys, heart, blood pressure and cholesterol. The numbers that decide whether you get to keep going.

When I started rebuilding, I wanted the exciting stuff first. That is backwards.

Men rarely get taken out by the compound. They get taken out by blood pressure that crept up for two years, a cholesterol panel nobody read, and liver numbers that got flagged and ignored. This phase is boring. It is also the one that lets you run every other phase in this book. It is not seasonal. It never comes off.

HOW TO RUN IT

1. **BLOODWORK FIRST**
   Get a baseline before anything goes in. Without numbers you are guessing. The checklist is in the back of this book.
2. **BUY A BLOOD-PRESSURE CUFF**
   Check weekly, same time of day, sitting down. It costs less than one month of anything here and catches the thing that actually hurts men.
3. **ORGAN SUPPORT GOES IN FIRST**
   TUDCA and Organ Health are on hand before the first oral compound. They stay in.

4 THE CHEAP STUFF DOES THE HEAVY LIFTING

Creatine, magnesium, D3 + K2 and CoQ10 cover strength, sleep, bone and heart for pennies a day.

KNOW BEFORE YOU RUN IT

Telmisartan, ezetimibe and T3 are prescription medicines. They belong with a prescriber who has your labs. T3 is tapered, never stopped cold.

START HERE

7 COMPOUNDS · WIDEST SAFETY MARGIN

Compound	What it does	Run it for	Get it
CREATINE MONOHYDRATE	The fastest energy recycler in muscle and brain. Strength, recovery and slow, steady lean mass. The best value in this book.	Forever	EL ›
TUDCA	Keeps bile moving and protects liver cells under load. In before the first oral compound, and it stays in.	4–12 wks or ongoing	EL ›
ORGAN HEALTH	Antioxidant and nutrient cover for liver, kidneys and heart when you are pushing hard.	Ongoing	EL ›
MAGNESIUM	Deeper sleep, calmer nerves, muscle function and blood-sugar control. Most men run low and never know it.	Ongoing	EL ›
D3 + K2 MK-7	Bone, immune system, mood and hormones. The K2 sends calcium to bone instead of your arteries.	Year-round	EL ›
UBIQUINOL ACTIVE COQ10	The form of CoQ10 your body can use. Heart and cellular energy. Matters more every year past 40.	Ongoing	EL ›
JOINT GUARD	Cartilage, connective tissue and joint comfort for men who have beaten their bodies up.	Ongoing	EL ›

EARN IT

4 COMPOUNDS · AFTER START HERE IS DIALED

Compound	What it does	Run it for	Get it
HEART & BLOOD PRESSURE			
TELMISARTAN	Blood-pressure medicine that also helps metabolic markers. Heart protection while you push. Prescription.	On cycle or long-term	SC › NC ›
EZETIMIBE	Blocks cholesterol absorption in the gut to bring LDL down. Prescription.	As prescribed	NC ›

THYROID & CELLULAR

LIOTHYRONINE T3	Active thyroid hormone. Raises metabolic rate and energy. Dosed off a lab panel, never off a feeling. Prescription.	**4–8 wks, then taper**	SC ›
NAD+	Cellular energy and DNA repair. Levels fall with age.	**Loading block, then maintenance**	SC ›

PHASE 02

02 SLEEP

GET YOUR NIGHTS BACK

THE TARGET

Deep sleep, a steady body clock and real recovery.

When my life was coming apart, sleep went first. Everything else followed it down.

Growth hormone pulses in deep sleep. Tissue repairs in deep sleep. Your mood resets in deep sleep. If you are running on five broken hours, every dollar you spend on compounds is money on fire. Fix the night and the day starts fixing itself.

HOW TO RUN IT

1. **FIX THE ROOM BEFORE YOU BUY ANYTHING**
   Dark, cool, quiet. Same wake time every day, weekends included. Phone out of the bedroom.
2. **CUT THE SABOTEURS**
   Caffeine done by early afternoon. Alcohol out while you rebuild. It wrecks deep sleep even when it knocks you out.
3. **ONE GH PEPTIDE AT A TIME**
   If ipamorelin runs here, it does not also run in Build. Same compound, one slot.
4. **BIOREGULATORS RUN IN BLOCKS**
   Epitalon and pinealon go in short blocks twice a year, not every day.
5. **JUDGE IT OVER A MONTH**
   How you feel at 3 p.m. tells you more than night one.

KNOW BEFORE YOU RUN IT

If you snore hard, wake up gasping, or wake exhausted after a full night, get checked for sleep apnea. No peptide fixes a blocked airway.

START HERE

2 COMPOUNDS · WIDEST SAFETY MARGIN

Compound	What it does	Run it for	Get it
MAGNESIUM	Deeper sleep, calmer nerves, muscle function and blood-sugar control. Most men run low and never know it.	**Ongoing**	EL ›
ASHWAGANDHA KSM-66	Brings cortisol down so you can actually switch off. Better sleep, steadier mood, healthier testosterone. Builds over weeks.	**8-12 weeks**	EL ›

EARN IT

5 COMPOUNDS · AFTER START HERE IS DIALED

Compound	What it does	Run it for	Get it
SLEEP & BODY CLOCK			
IPAMORELIN	The cleanest growth-hormone peptide. A natural GH pulse while you sleep for recovery, lean mass and fat loss.	**8–12 wks, then 4 off**	**SC ›**
DSIP DELTA SLEEP PEPTIDE	Deeper sleep and better stress regulation.	**As needed, 4 on / 2 off**	**SC ›**
MOTS-C	Mitochondrial peptide. Insulin sensitivity, energy, fat use and a reset body clock.	**8–12 weeks**	**SC ›**
BIOREGULATORS			
EPITALON	Body clock, melatonin rhythm and cellular-aging pathways. A short block, twice a year.	**10 days, twice a year**	**SC ›**
PINEALON	Brain and body-clock bioregulator for memory and healthy cognitive aging.	**10–20 days, twice a year**	**SC ›**

PHASE 03

03 HEAL

THE WOLVERINE STACK

THE TARGET

Tendons, joints, gut lining and skin. The damage that never fully closed.

Three surgeries on my left hip. A full replacement at 32. I know what it is to train around pain and pretend it is fine.

Tendons and ligaments get almost no blood supply, which is why the shoulder that started bugging you in March is still there in September. These peptides work where circulation does not reach. The gut matters just as much. A beat-up gut lining means the food you are paying for never reaches the muscle you are trying to build.

HOW TO RUN IT

1. **BPC-157 + TB-500 IS THE CORE**
   BPC-157 is local repair. TB-500 is whole-body repair. Together they cover more ground than either one alone. That pairing is the Wolverine stack.
2. **INJURY NEAR THE SITE, GUT BY MOUTH**
   Injectable for structural damage. Oral BPC-157 targets the gut lining instead. Both can run together.
3. **RUN IT AS A BLOCK**
   Four to eight weeks, then stop and reassess. These were never studied as forever compounds.
4. **FIX THE INPUT**
   No peptide outruns the food that is causing the gut problem. Find the trigger while the block runs.
5. **GHK-CU IS SLOW**
   Collagen builds over weeks. Judge skin and hair at the end of the block, not the start.

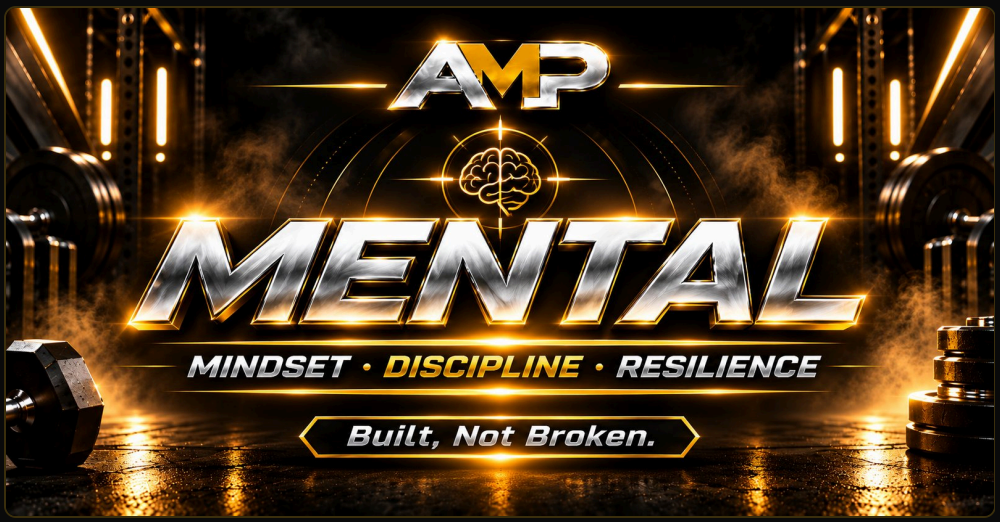
KNOW BEFORE YOU RUN IT

Peptides do not replace a surgeon for a torn tendon or a joint that is mechanically broken. Melanotan increases pigment response: see a dermatologist before and during, and get any changing mole checked.

THE PROTOCOL

8 COMPOUNDS · ADVANCED ONLY

Compound	What it does	Run it for	Get it
JOINTS & SOFT TISSUE			
BPC-157 + TB-500 THE WOLVERINE BLEND	Both repair peptides in one. Local and whole-body healing working together.	4-6 weeks	SC ›
BPC-157 INJECTABLE	Repairs tendon, ligament, muscle and gut lining while calming inflammation.	4-8 weeks	SC ›
TB-500 THYMOSIN BETA-4	Whole-body repair. Cell migration, new blood vessels and flexibility.	4-6 wks, then maintenance	SC ›
THYMOSIN ALPHA-1	Immune support for stretches of heavy stress or getting sick all the time.	4-8 weeks	SC ›
GUT			
BPC-157 ORAL	Targets the gut lining. Bloating, inflammation and absorption.	4-8 weeks	SC › NC ›
KPV LYS-PRO-VAL	Calms gut inflammation and supports the gut barrier.	4-8 weeks	SC ›
SKIN & HAIR			
GHK-CU COPPER PEPTIDE	Collagen, skin quality, wound healing and hair.	10 wks on, 4 off	SC ›
MELANOTAN II	A faster tan from less sun, with appetite and libido effects.	As needed	SC ›



PHASE 04

04 MIND

CLEAR THE FOG

THE TARGET

Focus, calm under pressure, drive and memory.

Divorce, loss, a job gone, a body you do not recognize anymore. It all lands in your head first. I have fought my own head for years, and I am ten years sober. I know the difference between a sharp mind and a hurting one.

Compounds can sharpen a mind. They cannot heal one that is hurting. If you are in a dark place, talk to someone first. In the US, call or text 988. Then come back to this page.

Most men decide nootropics do not work because they skip the basics. Acetylcholine is the bottleneck almost nobody feeds. And wakefulness, motivation and calm are three different problems with three different tools.

HOW TO RUN IT

1 ALPHA-GPC IS THE PREREQUISITE
Feed the system before you push it. Skipping it is the classic racetam headache.

2 ONE STIMULANT PER DAY
Modafinil-type compounds, Rage 3.0 and Maximus Stim all fill the same slot. Never layer them. Before noon or you lose the night.

3 PAIR CALM WITH DRIVE
Selank or L-theanine alongside a stimulant takes the edge off without taking the output.

4 PLASTICITY NEEDS SOMETHING TO LEARN

Run those compounds during a real learning phase and judge at eight weeks, not eight days.

KNOW BEFORE YOU RUN IT

Never combine methylene blue with an SSRI, SNRI or MAOI antidepressant. Serotonin syndrome is a medical emergency. If you take any psychiatric medication, talk to your prescriber before anything in this phase.

START HERE

5 COMPOUNDS · WIDEST SAFETY MARGIN

Compound	What it does	Run it for	Get it
CREATINE MONOHYDRATE	The fastest energy recycler in muscle and brain. Strength, recovery and slow, steady lean mass. The best value in this book.	Forever	EL ›
ALPHA-GPC	Choline for acetylcholine. Memory, learning and mental output. Feeds everything downstream.	Ongoing	SC ›
L-THEANINE	Relaxed focus. Smooths the edge off caffeine and stimulants without dulling them.	Ongoing	SC ›
ASHWAGANDHA KSM-66	Brings cortisol down so you can actually switch off. Better sleep, steadier mood, healthier testosterone. Builds over weeks.	8-12 weeks	EL ›
ENHANCED EAA	Essential amino acids plus focus ingredients for training energy.	Ongoing	EL ›

EARN IT

11 COMPOUNDS · AFTER START HERE IS DIALED

Compound	What it does	Run it for	Get it
FOCUS & DRIVE			
FL.MODAFINIL CRL-40,940	Wakefulness and sustained mental output through fatigue, with less jitter than stimulants.	6 wks on, 1 off	NC ›
SEMAX	Fast-acting peptide for clear thinking, focus and brain protection under stress.	30 on, 10 off	SC ›
9-ME-BC	Motivation and dopamine-related support for sustained drive.	Short blocks	NC ›
BROMANTANE	Motivation, mental energy and stress resilience. Builds over days.	Short blocks	NC ›

NOOPEPT	Focus and processing speed through BDNF-related signalling.	**2 months on, 1 off**	SC ›
CALM			
SELANK	Calm focus and stress resilience through GABA signalling, without sedation.	**30 on, 10 off**	SC ›
MEMORY & LEARNING			
PRAMIRACETAM	The strongest racetam for attention and memory formation. Needs choline.	**4 wks on, 1 off**	SC ›
FASORACETAM	GABA-B modulation for mood balance and resetting nootropic tolerance.	**8 weeks**	SC ›
NSI-189	Studied for new-neuron growth in the memory center, with mood and flexibility effects.	**4–8 weeks**	SC ›
BRAIN ENERGY			
METHYLENE BLUE	Helps the mitochondria make energy. Mental clarity and endurance. Never with SSRIs, SNRIs or MAOIs.	**Cycled or continuous low**	SC ›
PQQ	Builds new mitochondria instead of just pushing the old ones harder.	**Ongoing**	SC ›

PHASE 05

05 DRIVE

HORMONES & LIBIDO

THE TARGET

Desire, function, blood flow, and keeping your own testosterone online.

Nobody talks about this part of a rebuild, and every man going through one feels it. After a breakup or a few hard years, drive drops everywhere: the gym, work, the bedroom.

It breaks in three different places. Blood flow is plumbing. Desire is brain chemistry. Production is hormones. Use the wrong tool on the wrong problem and nothing happens. Libido is also the cheapest early-warning system you own. It moves before your bloodwork does.

HOW TO RUN IT

1. **FIND THE REAL PROBLEM**
   Tadalafil does nothing for desire. PT-141 does nothing for blood flow.
2. **TEST BEFORE YOU GUESS**
   Total and free testosterone, estradiol, LH, FSH, SHBG and prolactin. Then pick the tool.
3. **PROTECT YOUR OWN PRODUCTION**
   Enclomiphene keeps LH and FSH running through anything suppressive and makes the exit easier.
4. **PT-141 IS AS-NEEDED**
   Not daily. Nausea and flushing are common the first time.

KNOW BEFORE YOU RUN IT

Never combine tadalafil or any PDE5 inhibitor with nitrates, including nitroglycerin and poppers. Blood pressure can crash. Enclomiphene and tadalafil are prescription medicines. Yohimbine raises heart rate and blood pressure.

START HERE

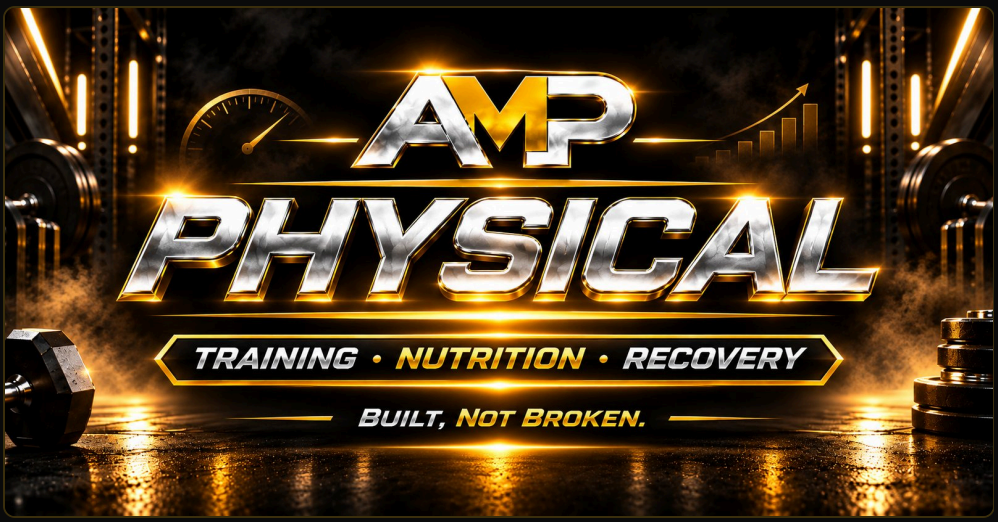
6 COMPOUNDS · WIDEST SAFETY MARGIN

Compound	What it does	Run it for	Get it
BLACK OX TEST SUPPORT	Natural testosterone, energy and libido support.	6 wks on, 1 off	EL ›
BLUE OX TEST SUPPORT	Testosterone, libido, energy and healthy aging.	6 wks on, 1 off	EL ›
ENHANCED TEST STACK BLUE OX + BLACK OX	Both together for natural output, drive and mood.	6 wks on, 1 off	EL ›
TOP T	Testosterone and performance support. Libido, daily energy and strength.	8-12 wks or ongoing	EL ›
TURKESTERONE PHYTOTURK	Plant ecdysteroid for strength and recovery without hormonal shutdown.	8-12 weeks	EL ›
ALPHA YOHIMBINE	Raises adrenaline for appetite control, energy and stubborn-fat release, plus blood flow. More is not better.	4-8 weeks	EL ›

EARN IT

5 COMPOUNDS · AFTER START HERE IS DIALED

Compound	What it does	Run it for	Get it
PRODUCTION			
ENCLOMIPHENE	Raises LH and FSH so your own testosterone keeps running. Protects fertility. Prescription medicine.	Continuous or 8-12 on / 4 off	SC ›
KISSPEPTIN-10	The upstream signal for your own testosterone. Libido and fertility.	As needed	SC ›
DESIRE			
PT-141 BREMELANOTIDE	Works on desire in the brain, not blood flow. Arousal and interest.	As needed	SC ›
OXYTOCIN	Bonding, trust and emotional connection with your partner.	As needed	SC ›
BLOOD FLOW			
TADALAFIL	PDE5 inhibitor. Erections, pumps and circulation. Prescription. Never with nitrates.	As needed or cycled	NC ›



PHASE 06

06 LOSE IT

FAT LOSS, MUSCLE KEPT

THE TARGET

Appetite under control, more energy burned, and the muscle stays while the weight comes off.

I know the weight. I carried it. Here is what nobody told me: fat loss fails for one of two reasons.

Either you cannot hold the deficit, which is an appetite problem. Or you hold it and the scale will not move, which is an energy-burn problem. Figure out which one is yours before you buy anything. And remember the goal was never a lower number. It is less fat with the muscle still there. That is what the second half of this phase is for.

HOW TO RUN IT

1. **DIAGNOSE FIRST**
   Cannot stop eating means appetite tools. Eating right and stuck means energy-burn tools. Running both blind costs you muscle.
2. **GLP-1S GO SLOW**
   Start at the bottom and climb over weeks. Rushing buys nausea, not faster results.
3. **PROTEIN HIGH, LIFT HEAVY**
   Strong appetite suppression eats muscle unless you defend it every single day.

4 ONE STIMULANT AT A TIME
Shred products, yohimbine and pre-workouts all add heart strain. Pick one.

5 PLAN THE EXIT
The rebound after a hard cut is where most men lose what they built.

KNOW BEFORE YOU RUN IT
Retatrutide is still in clinical trials and is not approved. BAM-15 is a mitochondrial uncoupler with a narrow safety window; overheating is the danger sign. Cardarine was dropped from drug development after it caused cancers in animal studies. S-4 can cause temporary vision changes. Tesofensine raises heart rate and blood pressure.

START HERE

5 COMPOUNDS · WIDEST SAFETY MARGIN

Compound	What it does	Run it for	Get it
ALPHA YOHIMBINE	Raises adrenaline for appetite control, energy and stubborn-fat release, plus blood flow. More is not better.	4-8 weeks	EL ›
ENHANCED SHRED	Thermogenic, energy and appetite support through the day.	8 weeks	EL ›
ALL DAY SHRED	Steady thermogenic support without a heavy stimulant spike.	8 weeks	EL ›
SHRED XT	Fat mobilization and appetite control without heavy stimulants.	Ongoing	EL ›
ENHANCED GLP-1 SUPPLEMENT	Natural support for appetite and blood sugar. A supplement, not the drug.	Ongoing	EL ›

EARN IT

10 COMPOUNDS · AFTER START HERE IS DIALED

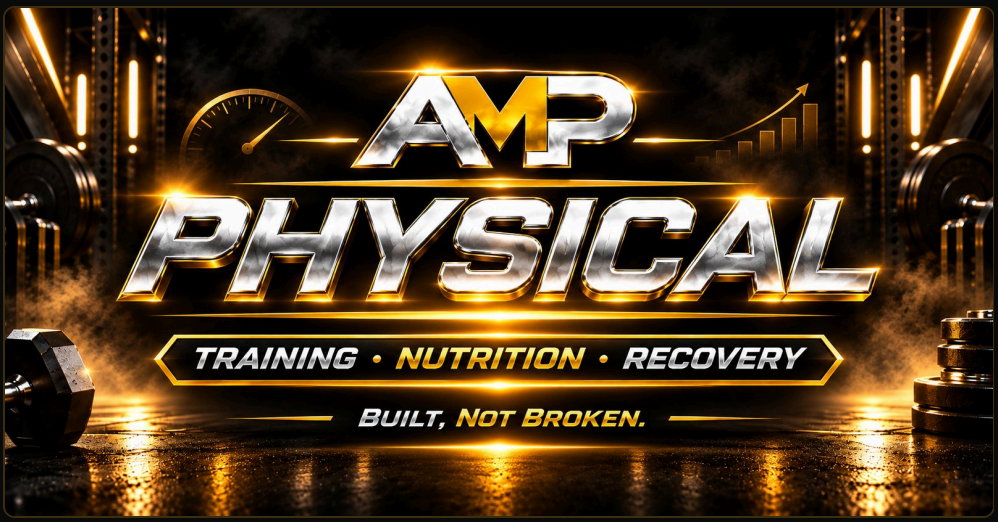
Compound	What it does	Run it for	Get it
APPETITE			
RETATRUTIDE	Triple GLP-1, GIP and glucagon agonist. Appetite, blood sugar and energy burn. Investigational.	Ongoing to goal	NC ›
TESOFENSINE	Cuts appetite and food reward through brain chemistry.	8-16 weeks	SC ›

ENERGY BURN

TESAMORELIN	GH-releasing peptide studied for visceral fat, the deep belly fat around the organs.	12+ weeks	SC ›
5-AMINO-1MQ	Fat metabolism and insulin sensitivity while sparing lean mass.	8–12 wks or ongoing	SC › NC ›
SLU-PP-332	Exercise mimetic. Raises energy burned and fat use, and supports endurance.	4–6 weeks	SC ›
MOTS-C	Mitochondrial peptide. Insulin sensitivity, energy, fat use and a reset body clock.	8–12 weeks	SC ›
BAM-15	Mitochondrial uncoupler. Raises energy burned and fat use. Narrow window.	4 weeks	SC ›

KEEP THE MUSCLE

S-4 ANDARINE	SARM. Holds muscle and strength in a deficit. The dry, hard look late in a cut.	6–8 wks, then recovery	SC › NC ›
GW-501516 CARDARINE	Keeps the body burning fat instead of muscle. Endurance through the cut. Read the warning.	6–8 weeks	SC › NC ›
SR-9011	Body-clock and metabolic support for energy burn and exercise capacity.	8 weeks	SC › NC ›



PHASE 07

07 BUILD

MUSCLE & STRENGTH

THE TARGET

Strength and muscle that stays after the cycle ends.

This is the part people can see. Muscle runs on three levers. The androgen receptor drives strength and protein building. The growth hormone and IGF-1 axis drives growth and repair. Myostatin is the brake on the whole system.

Most men pull one lever. Pulling all three is where results get big, and it is also where the risk piles up. That is why you earn the advanced table.

HOW TO RUN IT

1. **EARN THE ADVANCED TABLE**
   Run the start-here layer properly first. Training, food and sleep dialed for 8–12 weeks.
2. **ONE ANDROGEN, ONE GH, ONE GROWTH FACTOR**
   RAD-140, MK-677 and IGF-1 LR3 mid-cycle is the reference build. Everything else is a swap, not an add.
3. **DO NOT DOUBLE THE GH SIGNAL**
   MK-677, CJC-1295 and ipamorelin push the same axis. Pick one.
4. **IGF-1 RUNS MID-CYCLE**
   Four to six weeks in the middle turns first-block strength into tissue.

5 **BLOODWORK BOOKENDS IT**

Baseline, mid-cycle and after. Lipids, liver and a full hormone panel.

KNOW BEFORE YOU RUN IT

SARMs (RAD-140, S-23, AC-262, YK-11) shut down your own testosterone, can push cholesterol the wrong way, and have been linked to liver injury. 3-AD is a prohormone. Follistatin has very thin human data. None of these are approved for human use, and all are banned in tested sport.

START HERE

9 COMPOUNDS · WIDEST SAFETY MARGIN

Compound	What it does	Run it for	Get it
CREATINE MONOHYDRATE	The fastest energy recycler in muscle and brain. Strength, recovery and slow, steady lean mass. The best value in this book.	Forever	EL ›
IO PREMIUM WHEY	Protein. If you are not hitting your number, nothing else in this book matters.	Daily	EL ›
SLIN	Carb handling and nutrient partitioning. Steadier blood sugar, fuller muscle. Pairs with MK-677.	While MK-677 runs	EL ›
MUSCLE PRO	Multi-pathway support for strength, recovery and lean mass.	8 wks on, 2 off	EL ›
EPIMUSCLE EPICATECHIN	Nitric oxide and myostatin-related support. Blood flow and muscle retention.	6 wks on, 1 off	EL ›
ARACHIDONIC ACID	Amplifies the signal training uses to trigger growth.	6 wks on, 1 off	EL ›
MAXIMUS STIM	Pre-workout energy, focus and drive. Counts as your one stimulant.	As needed	EL ›
MAXIMUS PUMP	Blood flow and pumps with no stimulants.	As needed	EL ›
RAGE 3.0	Stimulant and nootropic support for energy, motivation and focus.	6 wks on, 1 off	EL ›

EARN IT

9 COMPOUNDS · AFTER START HERE IS DIALED

Compound	What it does	Run it for	Get it
ANDROGEN RECEPTOR			
RAD-140 TESTOLONE	SARM. Selective androgen-receptor activation for strength, lean muscle and recovery.	8 wks on, 2+ off	SC › NC ›
AC-262 ACCADRINE	SARM. Lean muscle and strength with a milder androgen profile.	8 wks on, 2+ off	SC › NC ›
S-23	SARM. A strong androgen signal for muscle, strength and a harder look.	6-8 weeks max	SC › NC ›
3-AD	Prohormone-style anabolic for strength, fullness and lean mass.	8 wks on, 2+ off	EL ›
GH AXIS			
MK-677 IBUTAMOREN	Oral GH secretagogue. Raises GH and IGF-1 for recovery, sleep, appetite and lean mass. Watch fasting glucose.	8-12 weeks	SC › NC ›
CJC-1295 WITH DAC	Long-acting GH-releasing peptide for recovery, sleep and body composition.	8-12 weeks	SC ›
GROWTH FACTOR			
IGF-1 LR3	Long-acting IGF-1. Turns the strength you built into muscle tissue.	4-6 wks, mid-cycle	SC ›
MYOSTATIN BRAKE			
YK-11	Myostatin-related signalling. Takes the brake off growth and protects muscle in a deficit.	8 weeks	SC › NC ›
FOLLISTATIN-344	May reduce myostatin. Experimental, thin human data. Last in, first out.	4-6 weeks	SC ›

PHASE 08

08 LONG GAME

LONGEVITY & CELLULAR ENERGY

THE TARGET

The energy inside every cell, and still being here in thirty years.

I lost both my parents in my early thirties. I took care of them at the end. That changes how you think about the long game.

Every result in this book, from strength to focus to recovery to aging, bottoms out at the mitochondria: how well your cells turn fuel into energy and how much damage they take doing it. This phase has no felt effect on day one. The return shows up over years, and in being the father who is still standing.

HOW TO RUN IT

1. **CONTINUOUS AND LOW**
   More is not better here. Some of these turn around at the top of the range.
2. **THE METHYLENE BLUE RULE AGAIN**
   Never with an SSRI, SNRI or MAOI. The most important interaction in this book.
3. **BIOREGULATORS TWICE A YEAR**
   Epitalon runs in short blocks. See the Sleep phase.
4. **TRACK IT OVER MONTHS**
   Bloodwork, energy and recovery across a season, not a week.

KNOW BEFORE YOU RUN IT

Dihexa is a frontier compound with almost no human data. C60 quality varies widely between sellers; buy tested product only.

START HERE

2 COMPOUNDS · WIDEST SAFETY MARGIN

Compound	What it does	Run it for	Get it
UBIQUINOL ACTIVE COQ10	The form of CoQ10 your body can use. Heart and cellular energy. Matters more every year past 40.	Ongoing	EL ›
PQQ	Builds new mitochondria instead of just pushing the old ones harder.	Ongoing	SC ›

EARN IT

5 COMPOUNDS · AFTER START HERE IS DIALED

Compound	What it does	Run it for	Get it
NAD+	Cellular energy and DNA repair. Levels fall with age.	**Loading block, then maintenance**	SC ›
METHYLENE BLUE	Helps the mitochondria make energy. Mental clarity and endurance. Never with SSRIs, SNRIs or MAOIs.	**Cycled or continuous low**	SC ›
C60 CARBON 60	Free-radical scavenger in oil. Oxidative-stress protection at the cellular level.	**Continuous**	SC ›
DIHEXA	Synapse formation and neuroplasticity for long-term cognition. Frontier compound.	**Cycled**	SC ›
EPITALON	Body clock, melatonin rhythm and cellular-aging pathways. A short block, twice a year.	**10 days, twice a year**	SC ›

PHASE 09

09 THE RECOMP BLOCK

ADVANCED ONLY

THE TARGET

Lose fat and build muscle at the same time, without reaching for the harshest steroids.

This is the most aggressive page in the book, and it is last for a reason. It is for the man who has run the phases before it, has his bloodwork, and still wants more.

It chases the physique people go to the harshest steroids for, through a different route. The sleep they lose, the strain on the heart, the temper that wrecks relationships: that is the bill this block is built to avoid. The part that matters most is the support at the bottom of the table.

HOW TO RUN IT

1. **TWELVE WEEKS, PLANNED FROM DAY ONE**
   RAD-140, SLU-PP-332, MK-677, Slin and enclomiphene run the full block. Everything else phases in and out.
2. **ENCLOMIPHENE IS NOT OPTIONAL**
   It runs all twelve weeks and four more after. That is what makes the exit survivable.
3. **ONE EXTRA ANDROGEN AT MOST**
   YK-11 or S-23 if RAD alone is not enough. Never both hard.
4. **IGF-1 LR3 MID-BLOCK**
   Four to six weeks in the middle.
5. **BLOODWORK AT BASELINE, WEEK 6 AND WEEK 12**
   Lipids, liver, blood pressure and a full hormone panel. TUDCA and Organ Health the whole way.

KNOW BEFORE YOU RUN IT

Every warning in Build applies here, stacked. If your labs, blood pressure, sleep or mood go the wrong way, stop.

THE PROTOCOL

10 COMPOUNDS · ADVANCED ONLY

Compound	What it does	Run it for	Get it
BASE			
RAD-140 TESTOLONE	SARM. Selective androgen-receptor activation for strength, lean muscle and recovery.	8 wks on, 2+ off	SC › NC ›
SLU-PP-332	Exercise mimetic. The fat-loss half of the base.	12 weeks	SC ›
ENCLOMIPHENE	Raises LH and FSH so your own testosterone keeps running. Protects fertility. Prescription medicine.	Continuous or 8-12 on / 4 off	SC ›
ADD-ONS			
YK-11	Myostatin-related signalling. Takes the brake off growth and protects muscle in a deficit.	8 weeks	SC › NC ›
S-23	SARM. A strong androgen signal for muscle, strength and a harder look.	6-8 weeks max	SC › NC ›
MK-677 IBUTAMOREN	Oral GH secretagogue. Raises GH and IGF-1 for recovery, sleep, appetite and lean mass. Watch fasting glucose.	8-12 weeks	SC › NC ›
IGF-1 LR3	Long-acting IGF-1. Turns the strength you built into muscle tissue.	4-6 wks, mid-cycle	SC ›
SUPPORT			
SLIN	Carb handling and nutrient partitioning. Steadier blood sugar, fuller muscle. Pairs with MK-677.	While MK-677 runs	EL ›
TUDCA	Keeps bile moving and protects liver cells under load. In before the first oral compound, and it stays in.	4-12 wks or ongoing	EL ›
ORGAN HEALTH	Antioxidant and nutrient cover for liver, kidneys and heart when you are pushing hard.	Ongoing	EL ›

REFERENCE

YOUR BLOODWORK CHECKLIST

Numbers, not feelings. Pull this list at baseline, around week 6 of anything hormonal, at the end, and again 4 to 6 weeks after you stop. Take it to your provider.

THE PANEL

- ☐ **CBC** — red cells, hematocrit, white cells
- ☐ **CMP** — liver, kidneys, glucose, electrolytes
- ☐ **Lipid panel** — plus ApoB if you can get it
- ☐ **A1c and fasting insulin**
- ☐ **Total and free testosterone**
- ☐ **Estradiol** — sensitive assay
- ☐ **LH and FSH**
- ☐ **SHBG**
- ☐ **Prolactin**
- ☐ **TSH, free T3, free T4**
- ☐ **IGF-1** — if running any GH compound
- ☐ **Vitamin D**
- ☐ **PSA** — over 40, or family history
- ☐ **GGT** — extra liver check on orals

AT HOME, EVERY WEEK

- ☐ **Blood pressure** — same time, seated
- ☐ **Resting heart rate**
- ☐ **Weight and waist** — same day, same time
- ☐ **Sleep** — hours and how you feel at 3 p.m.
- ☐ **Mood and libido** — 1 to 10
- ☐ **Training log** — are the numbers moving

RED FLAGS: STOP AND CALL YOUR PROVIDER

Blood pressure climbing week over week, liver enzymes rising, hematocrit high, a mood shift you or the people around you notice, chest pain, or vision changes.

SOURCING

WHERE I BUY

Gray markets punish people who shop on price alone. Buy from sellers that publish third-party test results (a certificate of analysis), match the batch number on what arrives to the certificate, and keep your records. If a deal looks too good, it is.

EL **ENHANCED LABS**
Supplements, natural test support, fat burners and organ protection.
ENHANCEDLABS.COM ›

SC **SWISS CHEMS**
Peptides, research compounds and bioregulators.
SWISSCHEMS.IS ›

NC **NEXTCHEMS**
Research compounds and capsule orals.
NEXTCHEMS.COM ›

These are my links. I earn a commission when you buy through them, at no extra cost to you, and Enhanced Labs sponsors me. It's how I keep making this work.

THE COMMUNITY

FREE GETS YOU IN THE ROOM



This book gives you the map. The AMP community on Skool is where men actually do the work together, every day.

- ☐ **Free:** the community feed, the Start Here course and the free video library.
- ☐ **Premium:** everything in Free, plus the full library on every topic, live Q&A calls with me and the replays, The AMP Rebuild course, monthly challenges and new videos every week.

Free members see what I teach. Premium members get me live, plus everything I've ever made.

JOIN FREE ON SKOOL ›

UPGRADE TO PREMIUM ›



YOUR NEXT STEP

DON'T REBUILD ALONE

A book can tell you what exists. It can't look at your bloodwork, your schedule, your history or what you're carrying right now. That's what the call is for. Fifteen minutes, free, with me. We figure out where you are, what phase you start in, and what your rebuild looks like.

BOOK YOUR FREE 15-MIN CALL ›

GET THE FREE STACK CHEAT SHEET ›





YOU'RE NOT BROKEN.
YOU'RE BEING REBUILT.

The Ultimate Peptide & Supplement Guide is the order Rob Gonnerman would rebuild in if he were starting over today: nine phases, from protecting the engine to building the man, with every compound explained in plain English and no guesswork about where to start.

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