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SELANK

THE CALM, STRESS & COGNITIVE SUPPORT PEPTIDE

CLEAN RESEARCH REFERENCE • EDUCATIONAL OVERVIEW • NOT MEDICAL ADVICE



1) WHAT IS SELANK?



Selank is a synthetic peptide derived from tuftsin research. It is commonly discussed in research around stress resilience, mood balance, anxiety-related signalling, and cognitive support.

2) WHY IT MATTERS



STRESS RESPONSE SUPPORT

Research discussions often focus on Selank for stress resilience and nervous-system balance.



CALM & MOOD BALANCE

Selank is commonly explored for its potential role in calm, emotional balance, and wellbeing.



COGNITIVE SUPPORT

It is often discussed in research around focus, mental clarity, and brain performance.



NON-STIMULANT INTEREST

Selank is commonly explored as a calming cognitive-support peptide without a heavy stimulant feel.



NEUROLOGICAL RESEARCH

Researchers have shown interest in its possible role in neuroprotection and brain-health pathways.

3) HOW SELANK MAY SUPPORT THE BODY



SUPPORTS STRESS RESILIENCE

May help support a more balanced response to stress-related signalling.



PROMOTES CALM FOCUS

Often discussed in research around focus and mental clarity with a calming profile.



MAY SUPPORT MOOD BALANCE

Research interest includes emotional balance and wellbeing support.



MAY HELP NERVOUS-SYSTEM BALANCE

Explored for possible support of brain and nervous-system pathways.



SUPPORTS COGNITIVE WELLNESS

Commonly included in broader conversations around memory, clarity, and mental performance.

4) WHAT IS SELANK COMMONLY RESEARCHED FOR?

- ✓ Stress-related support research
- ✓ Anxiety-related signalling discussions
- ✓ Mood balance research
- ✓ Focus & brain-fog conversations
- ✓ Sleep quality and calmness discussions
- ✓ Cognitive wellness support

5) WHO MAY LOOK INTO SELANK?



Individuals focused on stress-support research



People interested in calm + clarity support



Those exploring cognitive wellness discussions



Individuals interested in nervous-system support



Wellness-focused users

6) RESEARCH HIGHLIGHT



Research discussions often explore Selank for its possible relationship to GABA-related signalling, stress adaptation, and cognitive function. Research is ongoing and protocols may vary.

7) KEY TAKEAWAY



Selank is commonly discussed as a calming, cognition-support peptide in research around stress resilience, mood balance, focus, and nervous-system support.



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Because informed decisions matter.

✓ NO MEMBERSHIP FEES
✓ NO SUBSCRIPTIONS
JUST GUIDANCE & EDUCATION



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