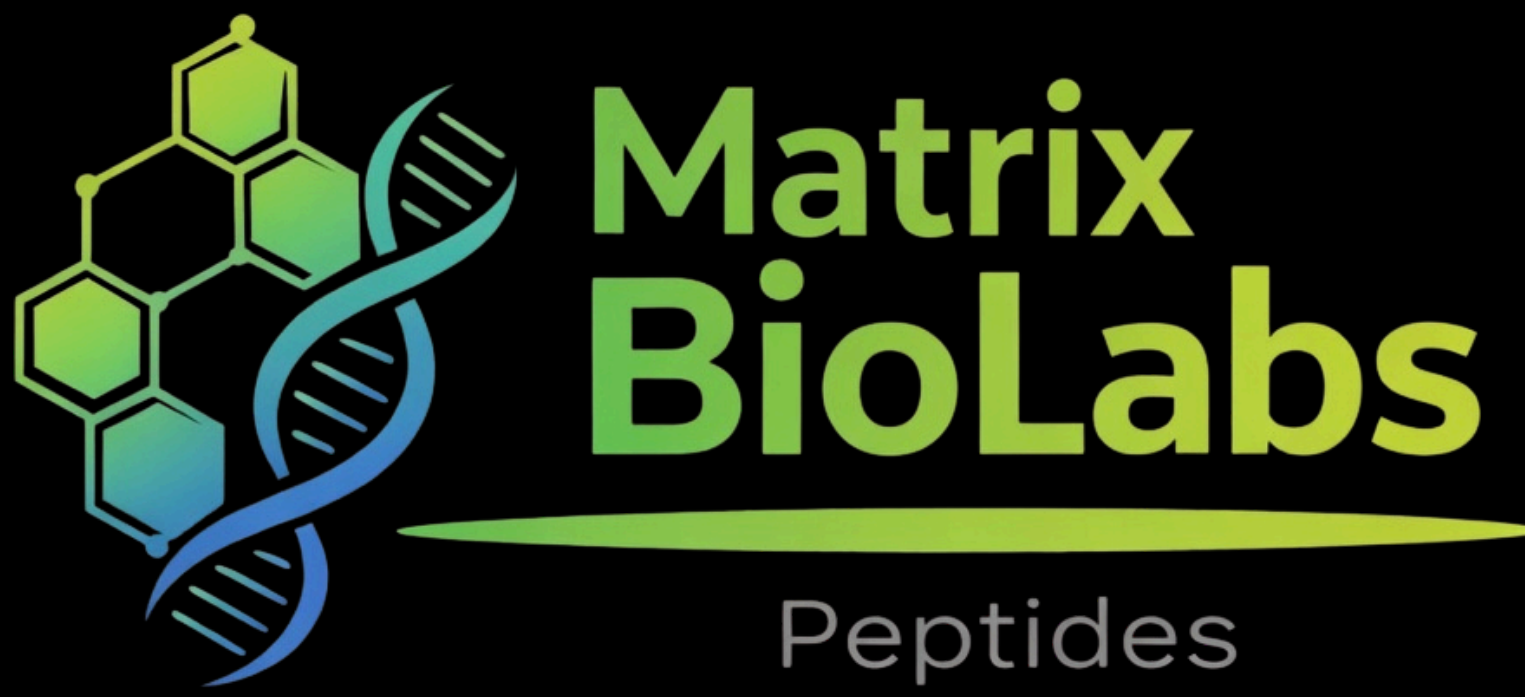




MOTs-c 40mg

Overview

MOTs-c is a mitochondrial-derived peptide (MDP) encoded in mitochondrial DNA. It is researched as a metabolic regulator that activates AMPK, improves mitochondrial function, and mimics some effects of exercise and fasting on energy metabolism and insulin sensitivity.

Benefits

Key benefits include enhanced metabolic flexibility, improved insulin sensitivity and glucose uptake, increased exercise capacity and endurance, support for fat loss and energy production, and potential longevity/anti-aging effects at the cellular level.

Dosage

1–5 mg per day via subcutaneous injection. Adjust based on research goals and tolerance.

Reconstitution

Add 3ml of BAC water to the 40mg vial. This yields approximately 13.33 mg/ml concentration.

- 1 mg dose $\approx$ 7–8 units on a U-100 insulin syringe
- 5 mg dose $\approx$ 37–38 units on a U-100 insulin syringe

Store the reconstituted solution in the refrigerator and follow standard stability guidelines.