Selank is a derivative of the natural tetrapeptide taftsin. It was originally developed in Russia in the 1990s. Selank has a wide range of uses and benefits, but is best known for its ability to positively affect the central nervous system. Selank has shown notable effects when used for neuropsychotropic, antidepressant, anti-stress, and anti-anxiety purposes. It works in a manner similar to benzodiazepines but without negative side effects, such as addiction, tolerance and amnesia. Selank’s immunomodulatory activity has also been studied; it is now known to have antiviral activity and improve immune function. Selank has completed all phases of clinical trials and is currently available in Russian and Ukrainian pharmacies.

Clinical Effects of Selank

- Possesses antiviral activity
- Improves cognitive function and with antidepressant activity
- Enhances learning and memory
- Activates cerebral serotonin production
- Improves immune dysfunction by mediating gene expression and modulating Th1/Th2/Treg cytokine equilibrium
- Improves mood by increasing endogenous endorphins, as occurs in a runner’s high
- Restores disordered cognitive processes
- Positively influences learning, memory, and attention, especially in conditions of elevated or unpredictable stress
- Has liver protection and rejuvenation effects
- Inhibits anxiety effects by stimulating GABA, which is similar to benzodiazepines such as Valium, Ativan and Klonapin. It does not have any of the negative side effects or addiction potential seen with these medications
- Has neuroprotective effects against toxins, trauma, metabolic stress and aging

Side effects: Selank has an excellent safety profile and stability. Although it acts in a manner similar to benzodiazepines, it’s use does not result in addiction, withdrawal, amnesia, or any other of the negative aspects of benzodiazepines.

Dosing protocol: Selank is typically available as a lyophilized powder. Reconstitute with 5cc bacteriostatic water prior to use. Selank can then be administered nasally or subcutaneously. For nasal administration, insert the needle free access vial adaptor straight through the vial stopper and leave in until vial is empty. Push and twist the syringe into the adaptor and invert the vial. Withdraw the prescribed dose and untwist the syringe. Next push the intranasal device on the top of the syringe with the wide part of the cone onto the syringe. Place the intranasal device into your nostril and push syringe and sniff in Selank. Dosing can be administered in one session as Selank has a long half-life of 12 to 24 hours, or alternatively split up into two doses.

Typical Dosing: Typical dosing is usually 0.1(#10) to 0.3(#30) intranasally or sublingual.