SELANK

Anxiety Relief | Cognitive Enhancement | Brain Health

What Is Selank?

Selank is a synthetic peptide derived from tuftsin, a naturally occurring tetrapeptide that plays a key role in immune regulation. It was developed as a stable, bioavailable analog designed to cross the blood-brain barrier and exert targeted neurological effects.

Selank is primarily used for its anxiolytic (anti-anxiety), nootropic (cognitive-enhancing), and neuroprotective properties — and is widely utilized to reduce anxiety, improve mood, enhance cognitive function, and support overall brain health.

Unlike traditional anti-anxiety medications, Selank does not cause sedation, dependence, or cognitive impairment. It works with the brain's own chemistry rather than overriding it.

How Selank Works

1. GABA Modulation

Selank influences the GABAergic system — the brain's primary calming network — promoting a state of calm alertness without impairing memory or cognitive function. Unlike benzodiazepines, it does not cause receptor downregulation or dependence.

2. Serotonin & Dopamine Regulation

Selank modulates key neurotransmitters including serotonin and dopamine, supporting mood stability and enhancing mental clarity and focus. Patients often report a sense of emotional steadiness alongside sharper thinking.

3. Immune & Inflammatory Support

Derived from tuftsin — an endogenous immune peptide — Selank retains meaningful immunomodulatory activity. It supports immune balance, exhibits anti-inflammatory effects, and may contribute to neuroprotection through reduced neuroinflammation.

4. Additional Research-Supported Effects

- Cognitive enhancement and working memory support
- Stress resilience and HPA axis modulation
- Potential support in gastric ulcer healing
- Upregulation of BDNF (brain-derived neurotrophic factor)

Key Benefits

→ **Reduces anxiety and stress**

Acts on GABAergic and serotonergic pathways to ease anxiety without sedation — making it suitable for daytime use.

→ **Improves mood stability**

Modulates dopamine and serotonin to support emotional balance and reduce reactivity to stressors.

→ **Enhances cognitive performance**

Supports working memory, focus, and processing speed. Patients often report improved mental clarity under pressure.

→ **Promotes calm without sedation**

Unlike anxiolytics such as benzodiazepines, Selank does not impair alertness, reaction time, or memory formation.

→ **No addiction potential**

Non-habit-forming and does not produce tolerance or withdrawal effects. Safe for ongoing or as-needed use.

→ **Supports immune balance**

Tuftsin-derived immunomodulatory activity helps regulate immune response alongside neurological effects.

→ **Anti-inflammatory effects**

Reduces neuroinflammatory signaling, which may contribute to long-term brain health and neuroprotection.

Who May Benefit Most

- Patients with generalized anxiety or situational stress
- Those experiencing brain fog or difficulty concentrating
- Patients seeking non-pharmaceutical anxiety support
- High-performers wanting mental clarity without stimulants
- Anyone with anxiety compounded by immune or inflammatory issues
- Patients tapering from benzodiazepines (with provider guidance)

Compared to Conventional Options

Selank occupies a unique space — it is neither a sedative nor a stimulant. It supports the nervous system's own regulatory capacity:

- No sedation or next-day grogginess
- No tolerance development or dependence risk
- No blunting of emotion or cognitive performance
- Compatible with most existing protocols and medications

Dosing & Administration

Route	Starting Dose	Maximum Frequency	Clinical Notes
Intranasal spray	1 spray in one nostril daily	Up to 3 times daily as needed	Dosing adjusted based on individual response, anxiety severity, and provider assessment. Use lowest effective dose.

Intranasal administration | As directed by your provider

What to Expect

Selank is typically fast-acting via intranasal delivery. Patients commonly notice:

- Reduced anxiety and mental tension within 20-40 minutes
- Improved focus and mental clarity during use
- A calm, grounded sense of alertness — not sedation
- Mood stabilization with regular use over days to weeks
- Improved sleep quality in patients with anxiety-driven insomnia

Safety & Tolerability

Selank has a strong safety profile in research studies and clinical use:

- No addiction potential or withdrawal effects
- No impairment of memory or reaction time
- Well-tolerated intranasally with minimal local irritation
- No known significant drug interactions at standard doses
- Can be used alongside other peptide protocols