5-Amino-1MQ Peptide

A Muscle-Preserving Metabolic Support Molecule

Especially valuable during perimenopause & menopause

Tecaya Health
Larrea Naturopathic Medicine

What Is 5-Amino-1MQ?

5-Amino-1MQ is a small-molecule compound studied for metabolic regulation and fat loss. It works by inhibiting an enzyme called Nicotinamide N-Methyltransferase (NNMT), which controls how the body stores fat and spends energy.

How It Works

When NNMT is overactive — common in obesity and metabolic dysfunction — the body tends to:

- Store more fat
- Reduce cellular energy expenditure
- Lose metabolic flexibility

Blocking NNMT raises NAD^+ levels, boosts mitochondrial activity, and shifts the body toward a higher metabolic burn state.

Think of it as a metabolic efficiency enhancer — not a stimulant.

Why It Matters in Menopause

Hormonal shifts during perimenopause and menopause commonly cause:

- Increased visceral (belly) fat
- Loss of lean muscle mass
- Slowed metabolism & low energy
- Worsening insulin sensitivity

5-Amino-1MQ targets these root metabolic changes — making it a powerful option for women in hormonal transition.

Key Benefits

Fat Loss Without Muscle Wasting

Studies show reduced fat mass and preserved lean tissue. Unlike appetite-suppressing approaches, this targets cellular metabolism — not hunger signals.

Improved Insulin Sensitivity

NNMT overexpression links to insulin resistance and type 2 diabetes risk. Inhibition may lower fasting insulin, reduce visceral fat signaling, and improve metabolic flexibility.

Mitochondrial & Energy Support

By supporting NAD^+ metabolism, 5-Amino-1MQ may benefit cellular resilience, oxidative energy production, and fatigue states.

Anti-Inflammatory Effects

Reducing fat mass lowers inflammatory markers (TNF-α, IL-6) and may reduce leptin resistance — improving how your body regulates weight signals.

GLP-1 Alternative or Adjunct

Unlike GLP-1 agonists (Ozempic, Wegovy), 5-Amino-1MQ:

- Does NOT suppress appetite
- Does NOT slow gastric emptying
- Preserves and protects muscle
- Targets cellular metabolism directly

It can be used on its own or alongside GLP-1 therapy to preserve muscle and enhance metabolic outcomes.

Larrea Naturopathic Medicine prescribes peptides exclusively through CLIA-certified, FDA-registered 503A compounding pharmacies. Every batch undergoes independent third-party testing for purity, potency, and safety — and our pharmacies are LegitScript-certified, multi-state licensed, and held to rigorous regulatory standards.