

5-Amino-1MQ

History and Background

5-Amino-1MQ is a metabolic regulator discovered through screening of compound libraries targeting NAD-dependent enzymes. It's a relatively newer peptide in research contexts, gaining attention in 2020s for its effects on metabolic rate and energy expenditure. It works through nicotinamide N-methyltransferase (NNMT) inhibition, affecting NAD metabolism and cellular energy production.

Primary Uses

5-Amino-1MQ is investigated for metabolic rate increase, fat loss, and energy expenditure. It's not primarily a muscle builder but rather a metabolic enhancer. Research suggests it increases whole-body metabolic rate independent of exercise. Some research indicates improved insulin sensitivity and glucose metabolism.

How It Works

5-Amino-1MQ inhibits NNMT, an enzyme that breaks down NAD precursors. By blocking this enzyme, the peptide increases NAD availability in cells. Higher NAD levels enhance mitochondrial function and increase metabolic rate. The result is higher calorie burn at rest and during activity. Some evidence suggests it also improves lipid metabolism.

Standard Protocol

Dosing: 50-100 mg daily subcutaneous. Most users start at 50-75 mg.

Administration: Subcutaneous injection, typically abdominal or thigh.

Timing: Inject in the morning to align with daily metabolic rhythm.

Duration: 8-12 week cycles are standard. Some users run longer with periodic breaks.

Escalation: Start at 50 mg for 1-2 weeks, assess tolerance, then increase to 75 mg if desired.

What to Expect

Positive Effects (Day 1-3)

Users often report increased energy and mental clarity within 24-48 hours.

Appetite suppression is common. Sense of increased alertness and focus.

Some report improved workout performance and endurance.

Timeline to Results

5-Amino-1MQ works quickly. Most users feel effects within days. Measurable metabolic increase (higher baseline body temperature, increased calorie burn) visible by week 1-2. Fat loss acceleration becomes apparent around week 3-4 when combined with proper diet. Effects are more subtle at 50-75 mg than at higher doses but remain effective.

Synergistic Effects

Works particularly well with caloric deficit and aerobic activity. Effects compound when stacked with other metabolic compounds.

Pros

**Fast-acting with noticeable effects within days
Increases metabolic rate independent of exercise
Improves energy and mental clarity
Reduces appetite naturally
Relatively safe with few reported side effects at standard doses
Works throughout the day, not just during workouts
Particularly effective during caloric deficit phases
Inexpensive
Can be combined with other compounds without major interactions**

Cons

**Effects diminish over time; tolerance can develop by week 8-12
Individual response highly variable; some see minimal metabolic increase
Increased energy can cause sleep disruption if injected too late in day
Can increase anxiety or jitteriness in sensitive individuals
Appetite suppression may be too aggressive for some
Limited long-term human data beyond 12 weeks
May affect mood or increase irritability in some users
Requires consistent daily injection
Not effective without proper diet and training; it's not a magic solution
Some users report energy crashes during breaks after extended use**

Who Should Consider It

People in caloric deficit phases, those seeking to increase metabolic rate, individuals focused on fat loss with preserved muscle, and those wanting improved daily energy and focus.

Who Should Avoid It

People with anxiety disorders, sleep disorders, high blood pressure, or those sensitive to stimulant effects. Not recommended during high-stress periods.

Doses are general guidelines, Please do your own research for what's best for you and your situation.

