

NA-Selank-Amide

History and Background

N-Acetyl Selank Amide is an advanced modification of Selank, the Russian anxiolytic and nootropic peptide developed in the 1990s based on the naturally occurring immunomodulatory peptide tuftsin. The acetylation and amidation modifications dramatically enhance stability, bioavailability, and duration of action compared to the original Selank. These chemical modifications protect the peptide from enzymatic degradation, resulting in more potent and longer-lasting anxiolytic and cognitive effects.

Primary Uses

NA-Selank-Amide is investigated for anxiety reduction and stress management, cognitive enhancement, improved focus and concentration, mood stabilization, and immune system modulation. It combines the anxiolytic benefits of Selank with enhanced potency and duration.

How It Works

NA-Selank-Amide modulates GABAergic neurotransmission, providing anxiolytic effects similar to benzodiazepines but without addiction risk or cognitive impairment. It influences serotonergic and dopaminergic systems involved in mood and motivation, and affects brain-derived neurotrophic factor (BDNF), supporting neuroplasticity. The N-acetyl and amide modifications increase lipophilicity and resistance to peptidases, allowing better absorption and longer half-life than standard Selank.

Standard Protocol

Dosing: Intranasal: 200-400 mcg daily, divided into 1-2 doses. Subcutaneous: 100-200 mcg once or twice daily. SubQ dosing is typically lower due to higher bioavailability. Start low to assess tolerance. NA-Selank-Amide is more potent than standard Selank.

Administration: Intranasal spray or subcutaneous injection. Intranasal: each spray typically delivers 100-200 mcg, alternate nostrils. Subcutaneous: inject in abdomen or thigh, reconstitute with bacteriostatic water.

Timing: Morning dosing most common. For anxiety, can dose morning and afternoon. Consistent daily use recommended for optimal effects.

Titration Schedule:

Intranasal (Standard): 200-400 mcg daily, divided 1-2 doses

Intranasal (Higher): 400-600 mcg daily

Subcutaneous (Standard): 100-200 mcg daily, 1-2 doses

Subcutaneous (Higher): 200-400 mcg daily

Duration: 2-4 weeks on, 1-2 weeks off

Duration: Cycles of 2-4 weeks on, followed by 1-2 weeks off. Can be used longer term with periodic breaks. Effects build over 1-2 weeks of consistent use.

What to Expect

Positive Effects (Week 1-2)

Reduced anxiety and stress without sedation. Improved calmness and emotional stability. Enhanced mental clarity and focus. Better stress resilience. Improved concentration, especially under pressure. Mood stabilization and reduced irritability.

Timeline to Results

Hours to days: Acute anxiolytic effects (faster than SSRIs). Days 1-7: Building effects, improved calmness. Weeks 2-4: Optimal anxiolytic and cognitive benefits.

Dose Response

Higher doses provide stronger anxiolytic effects. Lower doses sufficient for cognitive enhancement. SubQ generally provides more consistent blood levels than intranasal. Individual response varies.

Pros

- Enhanced stability and potency over original Selank
- Effective anxiolytic without benzodiazepine risks
- No dependency or withdrawal
- No sedation or cognitive impairment
- Works faster than SSRIs (days vs weeks)
- Enhances cognition and focus
- Well-tolerated with minimal side effects
- Two administration routes available (intranasal and SubQ)
- May support immune function
- Longer duration than standard Selank

Cons

- Not FDA-approved
- Limited Western clinical trials
- Individual response varies
- Effects may be subtle for some users
- May cause nasal irritation (intranasal)
- May cause mild injection site reactions (SubQ)
- Quality varies between suppliers
- More expensive than standard Selank

Who Should Consider It

Individuals with anxiety disorders seeking non-addictive treatment. Those with stress-related cognitive impairment. People with ADHD or focus issues. Students or professionals seeking cognitive enhancement with anxiety reduction. Those who have not responded well to SSRIs or cannot tolerate benzodiazepines. Individuals who prefer injectable administration.

Who Should Avoid It

Those with nasal conditions or chronic sinusitis (for intranasal use). Pregnant or breastfeeding women. Those preferring only FDA-approved treatments. Individuals on psychiatric medications without consulting prescriber.

NA-Selank-Amidate is not FDA-approved. It is an enhanced version of Selank which is available for clinical use in Russia. Doses are general guidelines based on available research and user reports. Please do your own research for what's best for you and your situation.

