# Selank

## History and Background

Selank is a synthetic peptide developed in Russia in the 1990s based on the naturally occurring peptide tuftsin. It was designed as an anxiolytic (anti-anxiety) and nootropic agent. Selank has been approved for medical use in Russia for treating anxiety and cognitive disorders but remains unapproved by the FDA in the United States. It has gained popularity in biohacking and nootropic communities for its effects on anxiety, stress, and cognitive function.

## Primary Uses

Selank is investigated for anxiety reduction and stress management, cognitive enhancement and nootropic effects, improved focus and concentration, mood stabilization, immune system modulation, and ADHD symptom management.

## How It Works

Selank 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. It also affects brain-derived neurotrophic factor (BDNF), supporting neuroplasticity and cognitive function. Additionally, it has immunomodulatory effects through its relationship to tuftsin.

## Standard Protocol

**Dosing:** Intranasal: 0.6-1mg daily (1-3 sprays). Injectable: 0.1-0.5mg daily or twice daily. Typical: 200mcg starting dose.

**Administration:** Intranasal spray (most common and convenient). Subcutaneous injection (abdomen or thigh).

**Timing:** Morning dosing most common. For anxiety: morning and afternoon doses. Consistent daily use recommended.

**Titration Schedule:**

**Intranasal (Standard):** 1 spray per nostril daily (0.6mg total)

**Intranasal (Higher):** 3 sprays total daily (1mg)

**Injectable (Cognitive):** 0.1-0.2mg (2-4 units) SC every morning fasted

**Injectable (Anxiety):** 0.2-0.5mg (4-10 units) SC morning and afternoon

**Schedule:** Injectable: typically 5 days per week

**Duration:** Initial trial: 1-2 weeks. Noticeable effects: 1-2 weeks. Optimal effects: 4-6 weeks. Can be used for 8-12 weeks with breaks.

## What to Expect

### Positive Effects (Week 1-2)

Reduced anxiety and stress within 1-2 weeks. Improved calmness without sedation. Enhanced mental clarity and focus. Better stress resilience. Improved concentration, especially under stress. Potential mood stabilization.

### Timeline to Results

Acute anxiolytic effects: hours to days (faster than SSRIs). Noticeable improvements: 1-2 weeks. Cognitive benefits: 2-4 weeks. Optimal effects: 4-8 weeks of consistent use.

### Dose Response

Higher doses (0.5mg injectable, 1mg intranasal) produce stronger anxiolytic effects. Lower doses (0.1-0.2mg) sufficient for cognitive enhancement. Individual response varies.

## Pros

Effective anxiolytic without benzodiazepine risks
No dependency or withdrawal (unlike benzos)
No sedation or cognitive impairment
Works faster than SSRIs (days vs weeks)
Enhances cognition and focus
Well-tolerated with minimal side effects
Can be used long-term without tolerance
Intranasal administration convenient and non-invasive
May support immune function

## Cons

Not FDA-approved in United States
Limited large-scale human clinical trials
Individual response varies significantly
Effects may be subtle for some users
Optimal dosing protocols not firmly established
Quality varies between suppliers
Long-term safety data limited outside Russia
More expensive than some alternatives
Injectable version requires consistent schedule

## 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, individuals who have not responded well to SSRIs or cannot tolerate benzodiazepines.

## Who Should Avoid It

Those preferring only FDA-approved treatments, pregnant or breastfeeding women, individuals uncomfortable with experimental compounds, those who need immediate emergency anxiety relief (benzodiazepines faster-acting in crisis).

***Selank is not FDA-approved for use in the United States. It is available for clinical use in Russia. Use in US is experimental and should be under medical guidance.***