

ANXIETY RELIEF & COGNITIVE

# Selank

*Calm, clear, balanced*



## Potential benefits

- ✓ Eases anxiety & everyday stress
- ✓ Promotes calm without sedation
- ✓ Supports steady focus & clarity
- ✓ May improve mood & resilience
- ✓ Non-habit-forming sense of calm

AVAILABLE AS

Injection

Nasal Spray

# Selank

*Tuftsins-Based Heptapeptide (anxiolytic / nootropic, GABAergic modulator)*

**Schedule:** Rx only (compounded)

**Route:** Intranasal / Subcutaneous

**Dosage Form:** Nasal spray, sterile injection

**Compounding Standard:** USP 797 sterile compounded

## 1. Medication Identification

Synthetic heptapeptide analog of tuftsins. PCI Pharmacy formulations: 7.5 mg/mL intranasal spray in 10 mL bottles and 2.5 mg/mL sterile injection in 3 mL vials.

## 2. Indication / Therapeutic Use

Off-label support for anxiety (including social anxiety), generalized stress, and cognitive performance under pressure.

## 3. Dosing and Administration

**Intranasal:** 750 mcg per spray, one spray per nostril daily

**Injectable:** 250 mcg subcutaneous

**Timing:** As needed or daily per prescriber

**Duration:** Per prescriber protocol

**What to do if a dose is missed:** Administer/Take your next dose when you remember. If within 12 hours of your next scheduled dose, skip the dose and take your next dose as scheduled. Do not double dose to compensate for a missed dose.

## 4. Mechanism of Action / Pharmacology

Modulates GABAergic signaling without receptor downregulation, balances serotonergic and dopaminergic tone, and suppresses stress-induced pro-inflammatory cytokines, producing alert, non-sedating anxiolysis.

## 5. Contraindications

- ☐ Hypersensitivity to Selank or excipients
- ☐ Pregnancy or lactation
- ☐ Pediatric use (insufficient data)

## 6. Warnings and Precautions

- ☐ Not FDA approved in the United States
- ☐ Counsel on off-label compounded status
- ☐ Use with caution alongside other CNS active agents

## 7. Adverse Reactions

- ☐ Extremely well tolerated
- ☐ Mild brief nasal irritation possible
- ☐ No notable addiction, dependence, or withdrawal reported

## **8. Drug Interactions**

- ☐ Caution with benzodiazepines and other GABAergic agents (additive)
- ☐ Caution with sedatives, hypnotics, or CNS depressants
- ☐ May modulate effect of SSRIs or other serotonergic agents

## **9. Storage, Stability, and Beyond-Use Date**

Visually inspect vial to ensure no precipitants, damage or cloudy liquid remains. Injectable and Intranasal: refrigerated at 35 – 42 degrees Fahrenheit, do not freeze, protected from light. Beyond-use date per pharmacy SOP and USP 797 guidance.

## **10. Compounding and Dispensing Notes**

Sterile compounded injectable prepared under USP 797 conditions. Intranasal compounded per USP 795. Document lot, BUD, and patient-specific Rx.