



LONGEVITY & PEPTIDE THERAPIES

PERSONALIZED THERAPIES TO HELP YOU
FEEL REFRESHED, LIVE REFRESHED, AND LOOK REFRESHED.



ROBB
FACIAL PLASTIC SURGERY
& AESTHETICS



refresh|**MD**
BY ROBB FACIAL PLASTICS

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Inside

3 LETTER FROM DR. PHILIP K. ROBB, JR.

7 OUR PROCESS: WHAT TO EXPECT

4 FREQUENTLY ASKED QUESTIONS

8 PEPTIDE CATEGORIES

6 SAFETY & SOURCING

20 GLOSSARY



Real Patient Reviews

I love the team at RefreshMD! Everyone was so welcoming, professional, and helpful. Go see Clare Soffe! She truly took the time to answer all of my questions and **made sure I felt completely comfortable throughout my visit.** She even made a point to follow-up with me post-visit. Highly recommend! -Susan

The entire office was welcoming and professional, and **Clare's genuine concern for her patients' well-being made a lasting impression.** If you're looking for a provider who is thorough, thoughtful, and committed to helping you achieve better health, I highly recommend Clare, NP!! -Carolyn



A Letter from Philip K. Robb Jr.

For over 10 years, my passion has been helping patients feel like the most confident version of themselves. As a facial plastic surgeon, I've seen firsthand that true confidence and feeling your best go far beyond what we see on the outside.

At Robb Facial Plastic Surgery and refreshMD, we believe looking your best includes feeling your best. Peptide therapy is one of the tools we use to support healthy aging, recovery, metabolism, cognitive function, and overall vitality. These therapies are not miracle cures or one-size-fits-all solutions—they are thoughtfully selected, medically supervised treatments tailored to your individual goals and health history.

Our approach is rooted in personalized, physician-led care. We take the time to understand your health, review your medical history, complete appropriate lab work, and recommend therapies that are right for you. We monitor your progress and adjust your treatment plan as your needs evolve.

This guide is designed to help you better understand peptide therapy, answer common questions, and explore the options available through our wellness program. Whether your goal is more energy, improved recovery, healthier aging, or simply feeling more like yourself again, we hope it serves as a helpful starting point.

Thank you for trusting our team with your face—and now, your health and wellness. It is an honor to care for you.

With care,
Philip K. Robb Jr., MD, FACS
Double Board-Certified Facial Plastic Surgeon

Peptides 101

Peptides are short chains of amino acids that act as targeted messengers in the body, signaling functions like appetite control, inflammation reduction, and collagen production. **Your body naturally produces thousands of peptides**, but aging, stress, illness, and injury can weaken these signals.

Peptide therapy helps restore and support these natural processes by giving the body a precise, targeted boost. Because **peptides work with your body's existing systems rather than overriding them**, they are often gentler and may have fewer side effects than many traditional prescription medications when properly prescribed and dosed.

Frequently Asked Questions

What are peptides?

Peptides are short chains of amino acids — small molecules your body uses to send specific signals between cells. Therapeutic peptides are designed (or biologically identical) to mimic those signals to support healing, fat loss, energy, hormones, sleep, libido, skin, and more.

Why do people take peptides?

Patients take peptides for many reasons, but we have found most people just want to feel better and age well. The most common reasons we hear: 'I want my energy back,' 'I want to lose this last 10–15 pounds,' 'I want to recover faster from workouts or injury,' 'I want better sleep,' 'I want my libido back,' 'I want my skin to glow again,' and 'I want to age well — strong, sharp, and active.' Peptides can support all of these goals.

FAQ cont.

Who is a good candidate for peptide therapy?

Most healthy adults who want to feel better, recover faster, sleep more deeply, or address a specific concern (low libido, stubborn belly fat, slow injury recovery, brain fog, dull skin) can be excellent candidates. We screen for a few key things first — pregnancy or breastfeeding, active or recent cancer, autoimmune conditions, certain medications, liver or kidney issues — to make sure peptides are a safe choice for you. Your consultation covers all of this.

What category of peptides do you offer?

We organize our peptides into eight key categories: Cognitive & Energy, Sexual Health, Growth Hormone & Recovery, Gut Health, Metabolism, Pain & Inflammation, Skin & Hair, and Longevity. Each category has a few options so we can match you to the right peptide for your goals, lifestyle, and how you prefer to take it.

How often do I administer the peptides?

It depends on the peptide and your protocol. Some are daily, some are 5 days on / 2 days off, some are weekly, and some (like PT-141 for libido) are as-needed. Each peptide section in this guide includes the typical frequency, and your provider will give you a clear, written schedule.

Are there options that are not injectables?

Yes. While many peptides are delivered as a tiny subcutaneous injection (the needle is shorter and finer than what's used for insulin), several are available in non-injectable forms: oral capsules (BPC-157 for gut), troches and rapid-dissolve tablets that melt under your tongue (PT-141, Oxytocin), and topical creams (GHK-Cu).

A Thoughtful, Safety-First Approach to Peptide Therapy OR Peptide Therapy, Prescribed with Care

Peptide therapy is an exciting and evolving area of medicine. Although many peptides are supported by existing FDA-related research and clinical use, long-term data is still developing. We prioritize patient safety through careful screening, trusted sourcing, and close follow-up.

How We Source

Every peptide we prescribe comes from a trusted compounding pharmacy that we vet carefully. We work with pharmacies which adhere to strict quality and purity standards. We do not recommend ordering peptides online or from unverified sources — purity, dosing accuracy, and safety can't be guaranteed.

Informed Consent

We'll always have an honest conversation about what's known, what's not yet known, and what we'll watch for. You'll have the chance to ask any questions before we begin — and to pause or stop at any point.



Real Patient Review

Clare has been amazing at guiding me through my wellness journey, with amazing **recommendations that have boosted my energy and confidence and overall wellbeing.** -Courtney

Our Process: What to Expect



Book Your Consultation

Schedule a telehealth or in-person consultation—whichever works best for you. Either way, we'll take the time to understand your goals and create a personalized plan.



Review & Screen

We go through your medical history, medications, lifestyle, and goals to make sure peptides are a safe and smart fit.



Labs (*if needed*)

We may request specific labs — hormones, metabolic markers, inflammation. PCP labs are often a great starting point but rarely include everything we want to see. We can add to your existing labs or run new ones in office.



Custom Protocol

Your provider designs a protocol tailored to your goals, preferred format, and pace of life. You'll get a clear schedule in writing.



Start & Follow Up

Your peptides arrive from a trusted compounding pharmacy (or are administered in office). We check in to adjust dosing or pivot as needed.



Peptide Categories

Table of Contents

9 COGNITIVE & ENERGY

11 SEXUAL HEALTH & INTIMACY

13 GROWTH & HORMONE
RECOVERY

15 GUT HEALTH

16 METABOLISM & BODY
COMPOSITION

17 PAIN, RECOVERY & INFLAMMATION

18 SKIN & HAIR

19 LONGEVITY & SLEEP



Real Patient Review

I love this place! Clare has been so helpful. **She listened thoughtfully to my health issues and concerns to come up with some ideas and a plan to move forward.** I have really struggled with energy levels but finding safe alternatives isn't always an option in regular healthcare. Clare is helping me with some new options to complement my plan with my internal medicine doctor. I also plan to start doing some of the beauty treatments here like micro needling, hydra facials and laser resurfacing! Staff here is so friendly and welcoming as well. -*Christianne*

Cognitive & Energy

Best for the patient who tells us: 'I'm dragging through my afternoons,' 'my brain feels foggy,' or 'I'm running on fumes.'

PROVIDER NOTE



These peptides support the brain, mitochondria, and stress response — the systems behind **clear thinking, steady energy, and calm focus**.

NAD+

Mitochondrial support and cellular energy at the deepest level.

What it does: NAD+ is a coenzyme found in every cell. It powers your mitochondria (the cell's energy factories), supports DNA repair, and activates sirtuins — proteins involved in healthy aging and metabolic health.

Who it's for: Adults with fatigue, brain fog, recovery struggles, or those interested in long-term cellular health and healthy aging.

What it helps with: Low energy, mental fog, slow recovery, age-related decline in cellular function, mitochondrial support during illness or stress recovery.

Format: Subcutaneous injection. Also available as IV.

NIAGEN

(NAD precursor)

The IV cousin of NAD+ — a deep cellular reset.

What it does: Niagen is a precursor that boosts NAD+ levels via IV infusion. It supports mitochondrial function, brain health, and cellular repair.

Who it's for: Patients who want the deeper push of an in-office IV experience, especially during recovery, after illness, or as a periodic reset. Great for patients interested in cellular health support, particularly those who may be sensitive to side effects associated with NAD+.

What it helps with: Fatigue, post-illness recovery, mental clarity, support for healthy aging protocols.

Format: IV infusion in office.

Cognitive & Energy

Best for the patient who tells us: 'I'm dragging through my afternoons,' 'my brain feels foggy,' or 'I'm running on fumes.'

PROVIDER NOTE



These peptides support the brain, mitochondria, and stress response — the systems behind **clear thinking, steady energy, and calm focus**.

SEMAX

Focus and cognition without the stimulant edge.

What it does: Semax supports neurotransmitter balance and cognitive clarity. Patients often describe it as 'sharper, but calm.'

Who it's for: Anyone with brain fog, low focus, mental fatigue, or who wants to perform at their best on a demanding day.

What it helps with: Focus, memory, motivation, mental endurance.

Format: Subcutaneous injection (5–10 units).

SELANK

The calm cousin of Semax — for stress and anxiety (without relying on potentially habit-forming medications).

What it does: Selank supports a calm, balanced mood and helps the nervous system handle stress without making you drowsy.

Who it's for: Patients with stress, low-level anxiety, or who feel constantly 'on edge' and want to take the volume down a notch.

What it helps with: Stress, restlessness, racing mind, mild anxious feelings.

Format: Subcutaneous injection (5–10 units).

Sexual Health & Intimacy

They're not the same as Viagra or Cialis (which work on blood flow); these work upstream on the signals that drive desire in the first place.

PROVIDER NOTE



Sexual health is a real, important part of overall wellbeing — and one of the most common things our patients want help with. **These peptides work through the brain and nervous system to support desire, arousal, and connection.**

PT-141 (BREMELANOTIDE)

For libido and arousal that starts in the brain.

What it does: PT-141 works through the central nervous system to activate the pathways involved in sexual desire and arousal — for both women and men.

Who it's for: Adults whose primary concern is low libido or low arousal — the 'I just don't think about it anymore', or 'I'm never in the mood' patient.

What it helps with: Low libido, low arousal, low sexual desire.

Format: Troche (a lozenge that dissolves in the mouth) — no injection required.

L-ARGININE / OXYTOCIN / NIACIN BLEND

A combined libido and arousal blend.

What it does: A compounded blend combining L-Arginine HCl, Oxytocin, and Niacin to support arousal and blood flow.

Who it's for: Patients looking for a layered approach to arousal — both the physical and emotional sides.

What it helps with: Low libido, low arousal, vascular support during arousal.

Format: Compounded preparation. Troche (a lozenge that dissolves in the mouth) — no injection required.

Sexual Health & Intimacy

They're not the same as Viagra or Cialis (which work on blood flow); these work upstream on the signals that drive desire in the first place.

PROVIDER NOTE



Sexual health is a real, important part of overall wellbeing — and one of the most common things our patients want help with. **These peptides work through the brain and nervous system to support desire, arousal, and connection.**

OXYTOCIN

The bonding hormone — for connection and ease.

What it does: Oxytocin is the body's natural 'connection' hormone, supporting emotional intimacy, relaxation, and the trust that fuels desire.

Who it's for: Patients whose primary barrier to intimacy is stress, emotional disconnection, or difficulty 'getting out of their head.'

What it helps with: Stress-related barriers to desire, emotional connection during intimacy, relaxation.

Format: Rapid-dissolve tablet — no injection required.

KISSPEPTIN

Gentle hormonal axis support — particularly around intimacy.

One vial typically provides about 50 units.

What it does: Kisspeptin supports the reproductive hormone axis, gently encouraging healthy hormonal signaling.

Who it's for: Patients looking for hormonal balance support, particularly in the context of libido or hormonal vitality.

What it helps with: Hormonal balance, libido support, vitality.

Format: Subcutaneous injection.

Growth & Hormone Recovery

We choose between them based on your goals, your stress level, and your tolerance.

PROVIDER NOTE



These peptides gently encourage your body to produce more of its own growth hormone — they don't replace it. **The result is better recovery, leaner body composition, deeper sleep, and overall vitality.**

IPAMORELIN

The gentlest GH support — for sleep, recovery, and mild body composition goals.

What it does: Ipamorelin nudges the pituitary to release a small, natural pulse of growth hormone. It's known for being well-tolerated and gentle.

Who it's for: Patients with poor sleep, high stress, or modest body composition goals who want a softer entry point into GH-supporting peptides.

What it helps with: Poor sleep, slow recovery, mild muscle/fat composition concerns, stress-related fatigue.

Format: Subcutaneous injection.

SERMORELIN

GH stimulation for sleep, recovery, and lean body composition.

What it does: Sermorelin signals the pituitary to release more of your body's natural growth hormone, supporting tissue repair, lean muscle, and deeper sleep.

Who it's for: Adults noticing slower recovery, declining sleep quality, or age-related body composition changes.

What it helps with: Sleep, recovery, lean muscle preservation, body composition, age-related GH decline.

Format: Subcutaneous injection.

Growth & Hormone Recovery

We choose between them based on your goals, your stress level, and your tolerance.

PROVIDER NOTE



These peptides gently encourage your body to produce more of its own growth hormone — they don't replace it. **The result is better recovery, leaner body composition, deeper sleep, and overall vitality.**

TESAMORELIN

Targeted visceral fat reduction.

What it does: Tesamorelin is specifically known for reducing visceral fat — the deeper belly fat around the organs that tends to resist diet and exercise alone.

Who it's for: Patients with stubborn belly fat despite real effort, or those with metabolic dysfunction (insulin resistance, elevated waist circumference).

What it helps with: Stubborn visceral fat, metabolic dysfunction, body composition plateau.

Format: Subcutaneous injection.



Real Patient Review

Clare is the BEST! **Very good patient bedside manner and very attentive to my overall health - mental, physical, emotional, etc.** The front office staff was excellent as well. Clare takes a holistic approach to your health which is above and beyond what your regular GP will do. Highly recommend RefreshMD and I'm sure Clare will have me in Superman shape in no time!!!

-Michael

Gut Health

PROVIDER NOTE



Your gut isn't just about digestion — **it influences your mood, immune system, skin, and metabolism.** We currently offer one peptide specifically for gut support.

BPC-157 (ORAL)

Gut lining repair and digestive support, no needles required.

What it does: BPC-157 is a peptide that supports the healing of the gut lining and reduces inflammation in the digestive tract.

Who it's for: Patients with bloating, sensitivity, post-antibiotic recovery, leaky gut concerns, or general digestive discomfort.

What it helps with: Gut inflammation, gut lining integrity, digestive sensitivity, recovery from GI illness or antibiotics.

Format: Oral capsule – specific when used for gut health.



Metabolism & Body Composition

PROVIDER NOTE



When metabolism slows or stalls, the body holds onto fat and struggles to use energy efficiently. This category **targets mitochondria, insulin sensitivity, and the body's ability to burn fat for fuel.**

MOTS-C

A metabolic reset for energy and fat metabolism.

What it does: MOTS-c is a mitochondrial-derived peptide that improves how your body uses energy. It supports fat oxidation, glucose handling, and insulin sensitivity.

Who it's for: Patients with metabolic plateaus, low energy with stable weight gain, or those wanting a periodic metabolic 'reset.'

What it helps with: Sluggish metabolism, insulin resistance, energy dips, body composition plateaus.

Format: Subcutaneous injection.



Pain, Recovery, & Inflammation

They're particularly popular with our active patients and post-surgical recovery patients.

PROVIDER NOTE



Whether you're recovering from an injury, training hard, or dealing with chronic aches, **these peptides help your body repair tissue and quiet inflammation.**

BPC-157 (INJECTABLE)

The body's repair peptide — for tendons, joints, and recovery.

What it does: Injectable BPC-157 supports tissue repair, angiogenesis (new blood vessel formation), and inflammation reduction in muscles, tendons, and joints.

Who it's for: Patients recovering from injury, post-surgical patients, athletes, and anyone dealing with stubborn musculoskeletal pain.

What it helps with: Tendon and joint pain, slow injury recovery, post-surgical healing, chronic inflammation.

Format: Subcutaneous injection.

WOLVERINE BLEND (BPC-157 + TB500)

An enhanced repair stack for stubborn injuries.

What it does: A combination of BPC-157 and TB500 that layers two repair-focused peptides for faster, deeper tissue healing.

Who it's for: Patients with significant or stubborn injuries — chronic tendinitis, post-surgical recovery, long-standing musculoskeletal pain.

What it helps with: Stubborn or chronic injury, persistent musculoskeletal pain, accelerated post-op recovery.

Format: Subcutaneous injection.

Skin & Hair

Excellent companions to in-office treatments, and especially powerful in the months leading up to or following procedures.

PROVIDER NOTE



These peptides **support collagen production, skin elasticity, and tissue regeneration** from the inside out.

GHK-CU

The collagen and skin-support peptide.

What it does: GHK-Cu is a copper-binding peptide that signals collagen production, skin regeneration, and tissue repair. It also supports hair follicle health.

Who it's for: Patients focused on skin quality, elasticity, post-procedure recovery, or hair thinning.

What it helps with: Dull skin, loss of elasticity, fine lines, slow tissue recovery, hair thinning.

Format: Subcutaneous injection (also available topically).

GLOW70 (GHK-Cu + Wolverine Blend)

Glow + repair — collagen support meets tissue regeneration.

What it does: A combination of GHK-Cu, BPC-157, and TB500 that layers collagen-stimulating and tissue-repairing peptides for visible glow and structural skin support.

Who it's for: Patients wanting visible skin improvement, surgical recovery support, or a layered approach to skin and tissue health.

What it helps with: Skin quality, post-procedure healing, elasticity, glow.

Format: Subcutaneous injection.

Longevity & Sleep

Best for patients thinking long-term, not just about today.

PROVIDER NOTE



These peptides support the systems most associated with **healthy aging — sleep architecture, circadian rhythm, hormone balance, and cellular vitality.**

EPITHALON (EPITALON)

Sleep, circadian rhythm, and cellular longevity support.

What it does: Epithalon supports deep, restorative sleep and helps regulate circadian rhythm — both crucial for cellular repair and healthy aging.

Who it's for: Patients with poor sleep, disrupted circadian rhythm, or who are focused on long-term healthy aging.

What it helps with: Sleep quality, jet lag, circadian disruption, cellular health.

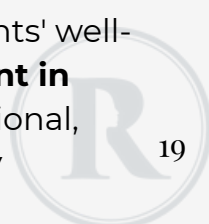
Format: Subcutaneous injection.



Real Patient Review

I can't recommend Clare enough. She specializes in hormone replacement therapy, and working with her has truly helped me feel my best. From the beginning, she **took the time to listen to my concerns, explain my options, and create a treatment plan that was tailored to my needs.**

Clare is knowledgeable, compassionate, and genuinely invested in her patients' well-being. **Thanks to her expertise, I've experienced a significant improvement in how I feel every day.** If you're looking for a nurse practitioner who is professional, caring, and highly skilled in hormone replacement therapy, I wholeheartedly recommend Clare. -Sonya



Glossary

A quick reference for the terms you'll come across in this guide and in your consultation.

Amino acid — The building blocks of proteins. A peptide is a short chain of amino acids.

AMPK — An enzyme involved in regulating energy and metabolism. Activated by some peptides (like MOTS-c) to support fat burning and insulin sensitivity.

Angiogenesis — The formation of new blood vessels — important for healing and tissue repair.

Circadian rhythm — Your body's roughly 24-hour internal clock that governs sleep, hormones, energy, and many other processes.

CMP (Comprehensive Metabolic Panel) — A common lab panel that includes electrolytes, liver enzymes, kidney function, and glucose.

Compounding pharmacy — A specialized pharmacy that prepares custom medications — including peptides — to specific specifications. We only work with vetted, trusted compounding pharmacies.

Cycle / Cycling — A pattern of using a peptide for a set period, then taking a break, to maintain effectiveness and avoid tolerance.

Endogenous — Made by the body itself (as opposed to introduced from outside).

Glossary

A quick reference for the terms you'll come across in this guide and in your consultation.

GH (Growth Hormone) — A hormone produced by the pituitary that supports growth, repair, and metabolism. Naturally declines with age.

GHRH Growth Hormone-Releasing Hormone — the upstream signal that tells the pituitary to release GH. Some peptides (Sermorelin, Tesamorelin) are GHRH analogs.

GH Secretagogue — A substance that triggers the natural release of growth hormone. Ipamorelin is one example.

IGF-1 (Insulin-like Growth Factor 1) — A hormone produced in response to growth hormone. We monitor IGF-1 levels in patients on GH-supporting peptides.

Inflammation (acute vs chronic) — *Acute inflammation* is the short-term healing response. *Chronic inflammation* is long-lasting and underlies many modern health concerns. Many peptides reduce chronic inflammation.

Lipolysis — The breakdown of fat for energy.

Mitochondria — The energy-producing structures inside every cell. Healthy mitochondria = healthy cells = healthy aging.

NAD+ — A coenzyme essential for energy production and DNA repair. Levels decline with age.

Glossary

A quick reference for the terms you'll come across in this guide and in your consultation.

PRN 'As needed' — for peptides like PT-141 and Oxytocin that aren't used on a daily schedule.

Senescent cells — Cells that no longer function but haven't died off. They contribute to chronic inflammation and aging.

Senolytic — An agent that selectively clears senescent cells. A newer category of longevity therapies.

Sirtuins — A family of proteins involved in DNA repair, inflammation control, and longevity. Activated by NAD+.

SQ (Subcutaneous) — An injection just under the skin (rather than into muscle or vein). Uses a very small needle and is the most common peptide format.

Troche — A medicated lozenge that dissolves in the mouth — a non-injection format used for peptides like PT-141.

Visceral fat — Fat stored deep around the organs — the most metabolically harmful type, and a common target of fat-loss protocols.

Ready to Begin?



Begin Your Wellness Journey

Book your consultation.

If you've read this far, you're already taking peptide therapy seriously — and that's exactly the kind of patient we love working with.

Your consultation can be telehealth or in-person, whichever works better for your schedule. We'll review your goals, medical history, and current medications. Depending on what we're working on together, we may request lab work — or work with labs you already have.

PCP labs are a great place to start, but they often don't include the markers we look at — hormones, inflammation, metabolic detail. We can add to your existing labs, run new ones in office, or sometimes the labs you have are exactly what we need.

Here's what happens next:

1. Book your consultation — telehealth or in-person.
2. We review your goals, history, and either review existing labs or obtain new labs if needed.
3. We design a plan tailored to you.
4. We get you started — with clear instructions and follow-up.





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We are truly honored to be part of your health and aesthetic journey. It is our privilege to partner with you in achieving your personal goals, and we look forward to cultivating a lasting relationship built on trust, care, and exceptional results.

Gift Certificates

Gift certificates are the perfect way to allow someone special to enhance their natural beauty in our advanced medical spa. Certificates can be purchased in any dollar amount and can be redeemed towards spa services and retail products.

Cancellation Policy

Our Medical Grade spa treatments are reserved specifically for you, our patient. If you cannot make your appointment, we ask for 48 hours notice so that we can assist you to reschedule and give another patient an opportunity to receive treatment. A \$150 fee will be collected for no shows or cancellations within 48 hours.



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