thetrutides

SEMAX + SELANK

The paired nootropic protocol — drive and calm

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Two Russian-developed peptides that are frequently run together because they pull in complementary directions: one is activating and pro-cognitive, the other is anxiolytic and stabilising. Both have decades of clinical use in Russia; neither is FDA-approved.

In Plain English

Semax turns up the brain's own growth and repair signalling, which tends to feel like drive, focus and mental stamina. Selank works on the calming side, reducing anxiety without the sedation that usually comes with it. Run together, the intent is forward momentum without the edge — which is why the pairing is far more common than either compound alone.

What people use it for. Focus and drive from Semax, calm and steadiness from Selank. Together the intent is productive focus without the wired, jittery quality that stimulants produce. It is by far the most common way either compound is used.

What to know before you buy. Both are taken through the nose, and both need the same calibration step — measure your actual spray volume before assuming a dose. If you need to adjust something, change the Semax and leave the Selank alone; Semax is the activating half and almost always the one responsible when the effect feels too strong. Changing both at once tells you nothing.

What It's Used For

GOAL	WHAT THAT RESTS ON
Focus without the jitters	Semax supplies drive; Selank offsets over-activation. Complementary rather than overlapping
Stress and anxiety	Selank has Russian clinical research in anxiety disorders, including comparisons against benzodiazepines
Mental clarity under pressure	Semax studied in fatigued adults; Selank reported to reduce anxiety without sedation
No sedation or fog	The distinguishing claim for Selank versus conventional anxiolytics

The left column lists goals people commonly pursue with this compound; the right column states what that rests on. These are described uses and research findings, not proven outcomes or treatment claims. Individual results vary and no outcome is promised.

Pricing & Sizes

PRICING

Semax 10mg vial	$35
Selank 10mg vial	$35
Semax nasal spray	$50
Selank nasal spray	$50

Bulk pricing: 2-3 vials −5% | 4-6 vials −10% | 7-9 vials −15% | 10+ vials −20%

Vials ship sealed and lyophilized — reconstitute before use, or ask and it will be reconstituted free at the volume shown below. **Nasal sprays ship ready to use**, made to order with 4mL of bacteriostatic saline — the correct intranasal diluent. Bacteriostatic water is hypotonic, which is what causes the sting people report. **Free shipping on every order, no minimum.** Third-party COA available for every batch — HPLC purity and mass spec verification.

Reconstitution — bacteriostatic water: Nasal spray ships ready to use — 10mg in 4mL bacteriostatic saline = 2.5mg/mL. Pump actuation volume varies between bottle types (roughly 0.05-0.14mL), so calibrate your sprayer rather than assuming a per-spray dose. Concentrations are arithmetic from vial content and diluent volume, not a dosing recommendation.

Both 10mg vials together are **$70**. Nasal sprays are **$50** each, made to order.

At a Glance

COMPONENTS	Semax and Selank, typically dosed intranasally
SEMAX	ACTH(4-7) analogue; upregulates BDNF and NGF. Activating and pro-cognitive
SELANK	Tuftsin analogue; modulates GABAergic and serotonergic signalling. Anxiolytic without sedation
RATIONALE	Semax supplies drive and focus; Selank offsets the over-activation that can accompany it
REGULATORY (US)	Neither is FDA-approved. **Semax** was recommended for 503A listing 24 July 2026 (8-5-1), with no FDA action since. **Selank was not on that agenda**
ROUTE	Intranasal is native for both; oral bioavailability is essentially zero
FORMAT	10mg vials, or prepared nasal sprays

30+ yrs	8-5-1	Not reviewed	Intranasal
RUSSIAN CLINICAL USE	SEMAX PCAC VOTE	SELANK STATUS	NATIVE ROUTE

REGULATORY STATUS — READ THIS FIRST

These two components are on **different regulatory tracks.** Semax was recommended **8-5-1** for the Section 503A bulks list on 24 July 2026. That vote is **advisory only.** As of 4 August 2026 the FDA has taken no action on it, has not opened rulemaking, and has not moved the substance to the interim Category 1 list. FDA's own scientific reviewers had recommended *against* all seven peptides; the committee voted against staff on six consecutive votes, so the usual assumption that a PCAC recommendation predicts the agency's decision is weaker here than normal. **Selank was not on the July 2026 agenda at all** and its status is unchanged by that hearing. Several outlets have reported this as the FDA "clearing", "approving" or "adding" these peptides to the bulks list. That is inaccurate. Nothing has been added and nothing is legally cleared.

How the Components Compare

Each component brings something the others do not — and each has gaps the others fill. This is what is actually in the vial, stated plainly:

COMPONENT	WHAT IT ADDS	WHAT IT DOES NOT DO
Semax	The activating half. Focus, drive and mental stamina, via BDNF and NGF. The longer clinical record of the two	Does not reduce anxiety — can increase intensity, which is what Selank is there to offset
Selank	The stabilising half. Anxiolytic without sedation, via GABAergic and serotonergic modulation	Does not provide focus or drive. Was not reviewed at the July 2026 PCAC hearing, unlike Semax

Why They Are Paired

The pairing is not arbitrary. Both peptides came out of the same Russian research programme, both are regulatory peptides rather than blunt stimulants, and their effect profiles are close to complementary. Semax supplies activation; Selank supplies stability. Users who run Semax alone often report an intensity that Selank appears to blunt.

Titration

If you are troubleshooting an unwanted effect, adjust **Semax** and hold Selank constant. Semax is the more likely driver of intensity effects given its dopaminergic and psychostimulant-adjacent pharmacology, and changing one variable at a time is the only way to identify which compound is responsible.

DOSING EQUIPMENT NOTE

Nasal pump actuation volume varies widely between bottle types, from roughly 0.05 to 0.14mL per spray. Do not assume the nominal specification. Actuate ten sprays into a container and measure the volume to calibrate your actual per-spray dose.

Evidence Position

Semax has the stronger and better-documented record: a 2018 non-randomised study in 110 stroke patients, a controlled cognition study in healthy fatigued adults reporting 71% versus 41% memory-test accuracy, and an active 2025 preclinical literature. Selank's clinical record is primarily Russian anxiolytic research, including comparisons against benzodiazepines, with similar limitations — much of it published in Russian, frequently without the study detail Western review expects.

FDA made exactly this criticism of the Semax literature at the July hearing. It applies to Selank equally.

THE BOTTOM LINE

The best-documented pairing in the nootropic category, with the caveat that "best-documented" here means decades of foreign clinical use rather than Western randomised trials. Note the split regulatory position: Semax carries a July 2026 recommendation awaiting FDA action, while Selank has not been reviewed.

 Sources: FDA PCAC meeting materials and briefing documents, 23-24 July 2026; Hyman, Phelps & McNamara FDA Law Blog, 24 and 28 July 2026; Mintz, 29 July 2026; Polsinelli, 22 April 2026. Gusev, Martynov et al., 2018.