

Dr. Miami Beach Wellness & Peptide Menu

Clinician-guided therapies for recovery, energy, healthy aging and confidence. Every plan starts with a consultation: your provider reviews your health history and goals, then sets your exact dose and schedule. The frequencies below are typical starting points only.

Recovery Stack: GLP-1 Squared + NAD+ + GLOW

Our all-in-one plan for losing weight while looking and feeling your best.

Part of the stack	Benefits	How often
GLP-1 Squared (semaglutide + tirzepatide)	Appetite control and weight loss	Once weekly
NAD+	Cellular energy, metabolism and focus	2-3x per week
GLOW (GHK-Cu + BPC-157 + TB-500)	Skin firmness, muscle recovery and tissue repair while you lose weight	Daily

Recovery & Repair

Treatment	Benefits	How often
BPC-157	Supports healing of muscles, tendons, joints and gut; faster recovery from training or injury	Daily, in 4-8 week cycles
TB-500	Tissue repair, flexibility and recovery	2x per week
Wolverine (BPC-157 + TB-500)	Combined repair and recovery support	Daily
AminoMultiPlex (arginine, glutamine, lysine, proline)	Blood flow, muscle recovery, immune support, collagen and tissue repair	1-3x per week

Skin & Glow

Treatment	Benefits	How often
GLOW (GHK-Cu + BPC-157 + TB-500)	Skin firmness and elasticity, plus recovery and repair	Daily
KLOW (GLOW + KPV)	GLOW benefits with added calming support for skin, hair and gut	Daily
KPV	Calms inflammation; supports skin and gut health	Daily
Aquabiome+ (GHK-Cu) Topical Cream	Copper-peptide cream for skin repair and rejuvenation	Daily, applied to skin
Glutathione	"Master antioxidant": brighter complexion, detox and immune support	1-2x per week
Melanotan-2	Supports a natural-looking tan	Short daily start, then 1-2x per week

Skin Care (Prescription Topicals)

Treatment	Benefits	How often
Tretinoin	The gold standard for renewal: smooths fine lines, evens tone, clears pores, builds collagen	Nightly (start every other night)
Stella+ Anti-Aging Cream (GHK-Cu, estriol, tretinoin, niacinamide)	Firms, brightens, evens tone and refines pores	Nightly
Anti-Aging 2 S (estriol, finasteride, tretinoin, alpha lipoic acid, vitamin C + HA)	Hydrates, softens fine lines, brightens, controls oil and renews skin	Nightly

Treatment	Benefits	How often
Anti-Aging S (same formula without finasteride)	Smooths fine lines, boosts hydration and elasticity, renews skin	Nightly
Aurora (azelaic acid, estriol, vitamin C + HA)	Brighter, more even tone, less redness, better hydration and elasticity	Daily
Brilliance (azelaic acid, tranexamic acid, niacinamide)	Fades dark spots and uneven pigment; helps clear breakouts	1-2x daily
Hydroquinone (bleaching cream)	Fades melasma, sun spots, age spots and post-acne marks	1-2x daily, in cycles set by your provider
Unblemished (azelaic acid, clindamycin, spironolactone)	Clears acne and congestion and calms redness	Daily
Ketotifen / Naltrexone + HA	Calms sensitive, irritated or inflamed skin	1-2x daily
Cashmere (caffeine, GHK-Cu, tretinoin, niacinamide)	Reduces puffiness and dark circles; firms and brightens	Nightly
GHK-Cu Injections	Copper peptide to support hair growth, thickness and skin quality	Several times per week, as directed

Use daily SPF 30+ with all skin treatments, especially tretinoin, hydroquinone and brightening formulas.

Hair & Lashes

Treatment	Benefits	How often
Follicle Focus (minoxidil + finasteride serum)	Boosts scalp blood flow and lowers DHT for thicker, fuller-looking hair	Daily, on the scalp

Treatment	Benefits	How often
Hair Revive Solution	Multi-action topical that nourishes follicles and supports scalp health and density	Daily, on the scalp
VitalPeptide Hair Therapy (GHK-Cu)	Copper-peptide scalp treatment for thicker, stronger hair	Daily, on the scalp
Cedar (minoxidil + finasteride + biotin)	Oral plan to reduce shedding and thinning and support regrowth	Daily
Ivy (dutasteride + minoxidil + biotin)	Oral plan to strengthen hair and reduce thinning and breakage	Daily
Willow Hair Tablet (minoxidil + spironolactone + biotin)	Oral plan to stimulate growth and reduce thinning	Daily (30-day supply)
Hair Force One	Biotin, B vitamins, zinc, iron and vitamin C to nourish hair from the inside	Daily supplement
Bimatoprost 0.03%	Longer, thicker, fuller-looking lashes	Nightly, along the upper lash line

Growth Hormone & Body Composition

Treatment	Benefits	How often
Sermorelin (injection or nasal spray)	Helps your body make more of its own growth hormone: energy, sleep, recovery, healthy aging	Nightly, at bedtime
Ipamorelin	Gentle growth-hormone support for recovery, sleep and vitality	Nightly, at bedtime
CJC-1295 / Ipamorelin	Stronger combined growth-hormone support for lean muscle, recovery and aging	Nightly, at bedtime

Treatment	Benefits	How often
Tesamorelin	Helps reduce stubborn abdominal fat	Daily
Wolverine + CJC-1295/Ipamorelin Stack	Repair and recovery plus growth-hormone support	Daily / nightly

Weight Loss

Treatment	Benefits	How often
GLP-1 Squared (semaglutide + tirzepatide)	Our signature combination, only at Dr. Miami Beach: powerful appetite control and weight loss	Once weekly
GLP-1 Squared + optional Lipo-Mino + Hair Force One	GLP-1 Squared plus fat-burning support and hair nutrition during weight loss	Weekly, add-ons per plan
Semaglutide + B12 (with optional add-ons)	Appetite control and steady weight loss, plus energy support	Once weekly
Semaglutide + B6	Appetite control; B6 supports energy and fat metabolism	Once weekly
Semaglutide + Glycine (with or without B12)	Appetite control with added metabolic and energy support	Once weekly
Semaglutide Sublingual	Needle-free semaglutide for appetite control	Daily, under the tongue
SuperSemaglutide (with or without B12)	Higher-strength semaglutide for patients who have plateaued	Once weekly
Tirzepatide + B12	Strong appetite and blood-sugar control with energy support	Once weekly
Tirzepatide + B6	Appetite control; B6 supports energy and fat metabolism	Once weekly

Treatment	Benefits	How often
Tirzepatide + Glycine (with or without B12)	Appetite control with added metabolic and energy support	Once weekly
Orforglipron	Once-a-day pill for appetite control and weight loss	Daily (oral)
Semaglutide or Tirzepatide Maintenance	Keeps your results at the lowest effective dose	Weekly or less, as set by your provider

Weight Loss Stacks

Stack	What it combines	How often
Recovery Stack	GLP-1 Squared + NAD+ + GLOW for weight loss, energy, skin and recovery	GLP-1 weekly; add-ons per plan
Tirzepatide + B12 + NAD+	Weight loss plus cellular energy and metabolism	Tirzepatide weekly; NAD+ per plan
Tirzepatide + B6 + GLOW + NAD+	Weight loss with energy, skin and recovery support	Tirzepatide weekly; add-ons per plan
Tirzepatide + B6 + Stella+	Weight loss plus firming, brightening skin cream	Tirzepatide weekly; Stella+ nightly
Visceral Fat Package	Tirzepatide + B12 + Tesamorelin to target stubborn belly fat	Tirzepatide weekly; Tesamorelin daily
Man Stack	GLP-1 weight loss + Enclomiphene (testosterone) + BPC-157 (recovery)	Weekly, daily and per plan

Weight Loss Support

Treatment	Benefits	How often
Lipo-Mino (MIC, B vitamins, L-carnitine)	Fat metabolism, energy and craving control	1-2x per week
L-Carnitine	Helps turn fat into energy	1-3x per week
MIC + B12	Supports fat metabolism, energy and liver health	1-2x per week
MIC (without B12)	Supports fat metabolism, appetite control and liver health	1-2x per week
Zofran (ondansetron)	Relieves nausea while starting GLP-1 treatment	As needed

Metabolic Health

Treatment	Benefits	How often
NP Thyroid (natural T4 + T3)	Restores thyroid hormones for energy, metabolism, focus and mood	Daily, in the morning on an empty stomach
Levothyroxine (T4)	Keeps thyroid hormone at healthy levels for energy and metabolism	Daily, in the morning on an empty stomach
Liothyronine (T3)	Active thyroid hormone to support energy and metabolism	Daily, as directed
Bupropion / Naltrexone	Helps reduce cravings and supports mood during weight loss	Daily (oral)
Naltrexone Flex-Dose	Supports appetite and craving control and healthy habits	Daily (oral)
Low Dose Naltrexone (LDN)	Helps manage cravings; supports overall wellness	Daily, usually at bedtime

Longevity & Cellular Energy

Treatment	Benefits	How often
NAD+ Injections	Cellular energy, metabolism, focus and healthy aging	2-3x per week
NAD+ Nasal Spray	Convenient NAD+ support for energy, clarity and focus	Daily
Longevity Lift (sirolimus + NAD+ + B12)	Healthy aging, sustained energy, focus and metabolic health	Weekly plan set by your provider
Sirolimus	Supports healthy cellular renewal and aging	Once weekly (oral)
Methylcobalamin (B12)	Energy, focus, mood and nervous-system support	1-2x per week
MOTS-c	Metabolic health, energy and healthy aging	2-3x per week
SS-31	Supports mitochondria for cellular energy and function	Daily, in short cycles
Epithalon	Healthy aging and vitality	Daily for a short course, 1-2x per year
FOXO4	Supports cellular health and longevity	Short courses, as directed
Methylene Blue	Supports cellular energy and mental clarity	Daily (oral)

Sexual Health & Hormones

Treatment	Benefits	How often
Bremelanotide (PT-141)	Boosts sexual desire and arousal for men and women	As needed, before intimacy

Treatment	Benefits	How often
Tadalafil	Better blood flow, sexual performance and endurance; lasts up to 36 hours	Daily or as needed
Trimix (alprostadil, papaverine, phentolamine)	Fast, reliable erections for men who need more than pills	As needed, before intimacy
Quadmix (Trimix + atropine)	Stronger option for erectile function when Trimix isn't enough	As needed, before intimacy
Elevate-T (testosterone optimization)	Energy, strength, libido, mood and healthier body composition	Ongoing program with regular lab monitoring
Enclomiphene Citrate Flex-Dose	Helps men's bodies make more of their own testosterone; energy, libido, focus	Daily or several times per week (oral)
DHEA Troche	Energy, mood, libido and hormone balance	Daily, usually in the morning
Estradiol Patch	Restores estrogen for comfort, mood, intimacy and well-being	Changed 1-2x per week
Progesterone Capsules	Balances hormones, supports sleep and regular cycles	Daily, usually at bedtime

Mind, Mood & Immunity

Treatment	Benefits	How often
Selank	Calmer mood and stress support	Daily, in short cycles
Semax	Focus, memory and mental clarity	Daily, in short cycles
Thymosin Alpha-1	Strengthens the immune system's natural defenses	2-3x per week

Ready to start? Book a consultation with Dr. Miami Beach: 786-330-3100 ·
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All treatments require a consultation and are prescribed only when appropriate for you. Your provider sets your dose and schedule. Some therapies are compounded and not FDA-approved for these uses, and results vary. Hair treatments with finasteride, dutasteride or spironolactone are not for women who are pregnant or may become pregnant.