

PT-141 (Bremelanotide)

Patient Education Guide — What It Does, Why a Physician Would Prescribe It, and What the Evidence Says

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Important Disclaimer

This information is not medical advice and is provided only to help begin your research. All clinical and dosing decisions must be made with a licensed, experienced physician and a licensed, experienced compounding pharmacist, supported by published clinical studies. This material was compiled using Artificial Intelligence, statements from videos and websites by apparent qualified professionals, and available published research. Anyone starting a medication they have never taken before should take an extremely conservative approach. We are not affiliated with any of the doctors whose videos are referenced below.

PT-141 (Bremelanotide)

FDA-Approved

Off-Label for Men

Brand: Vyleesi

Category: Sexual Health — Melanocortin-4 Receptor Agonist

How it works. PT-141, also known as bremelanotide, is a melanocortin-4 receptor agonist. Unlike PDE5 inhibitors such as sildenafil or tadalafil, which work by enhancing blood flow through nitric oxide pathways in vascular smooth muscle, bremelanotide works centrally through melanocortin pathways in the brain related to sexual desire and arousal. That mechanistic difference matters clinically: a patient with pure vascular erectile dysfunction may do fine with a PDE5 inhibitor, while a patient whose problem is low desire, arousal disconnect, or central sexual motivation may not respond to blood-flow drugs at all. That is where PT-141 has its niche.

Why a physician prescribes it. Bremelanotide is FDA-approved as Vyleesi for acquired, generalized hypoactive sexual desire disorder (HSDD) in premenopausal women—a very specific indication. Use in men, postmenopausal women, or any sexual dysfunction context outside that label is off-label and must be documented as such, with a clear patient-specific rationale. In men with normal erectile function but low libido, in postmenopausal women with desire changes, or in men who have failed PDE5 inhibitors, off-label discussion may be reasonable when other causes have been evaluated.

Cautions and side effects. Bremelanotide can cause transient blood-pressure increases and heart-rate decreases that matter in patients with unstable cardiovascular status. Uncontrolled hypertension is a contraindication. The FDA-approved dosing limit is no more than eight doses per month, and that limit exists for a reason—dose escalation should not be casual. Nausea is the most common adverse effect (roughly 40% in trials), followed by flushing (~20%) and headache (~11%). Focal hyperpigmentation has been reported with repeated use. Alcohol interaction is significant, so patients are counseled to avoid use within 24 hours of drinking.

Published Evidence: Two 6-month Phase 3 RCTs (RECONNECT) in premenopausal women with HSDD (n=~1,200) demonstrated that bremelanotide 1.75 mg subcutaneous improved sexual desire (FSFI-D score median improvement 0.6 vs. 0 placebo) and reduced distress (FSDS-DAQ improvement 1.0 vs. 0 placebo). These statistically significant differences led to FDA approval in 2019. In men, early Phase II trials showed improved erectile function, and a 2024 observational study (Goldstein & Goldstein, *J Sex Med*) of 21 men with various sexual dysfunctions reported improvements in desire, erectile function, and satisfaction. A Phase II trial of bremelanotide + PDE5i co-formulation for ED non-responders is ongoing.

Key Studies:

- FDA Approval: NDA 210557, Vyleesi (bremelanotide) for HSDD. June 2019.
- RECONNECT Phase 3 Trials. *Obstet Gynecol.* 2019;134(5):1030-1038.
- Goldstein I, Goldstein S. "Use of Bremelanotide in Men with Sexual Dysfunctions." *J Sex Med.* 2024 (Abstract).

Recommended Videos (educational, independent sources)

► **The Peptide Effect** — PT-141 Explained and Revisited: The Brain-Based Peptide for Desire, Arousal, and Performance
<https://www.youtube.com/watch?v=f4xsHN7a6Go>

► **Dr. Adam Sewell, MD** — PT-141 (Bremelanotide): A Comprehensive Guide to Treating Sexual Dysfunction

<https://www.youtube.com/watch?v=7eMDpfKKmD0>

► **Rena Malik, MD — Urologist** — The Hidden Benefits of PT-141 for Sexual Desire

<https://www.youtube.com/watch?v=D58NZXJ3UeE>

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njweightloss.us/Peptide-Guide-Dosing.html