

Selank

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.

Selank International Compounded

Category: Cognitive & Neurological Support

How it works. Selank is a synthetic heptapeptide developed in Russia as a stabilized analog of tuftsin, an endogenous immunomodulator. It is registered in the Russian Federation as an anxiolytic and is described in the Russian clinical literature as reducing anxiety without the sedation, cognitive dulling, dependence, or withdrawal concerns that come with benzodiazepines. The principal published clinical literature is in Russian journals.

Why a physician might discuss it—and where the limits are. Selank is not FDA-approved and online intranasal products are overwhelmingly grey-market. A physician may discuss the concept in the context of mild-to-moderate anxiety, stress resilience, or fatigue-anxiety overlap—but it should not be used to avoid proper psychiatric evaluation or standard therapy when indicated. Severe panic disorder, bipolar disorder, suicidality, PTSD, OCD, pregnancy, breastfeeding, autoimmune disease, or complex psychiatric medication regimens are all reasons to decline and refer. Psychiatric patients can destabilize quickly, and casually experimenting with mood-active peptides in unstable patients is dangerous medicine.

What patients typically describe. Some patients report a calmer state without feeling drugged, sometimes within an hour of administration and sometimes building over several days. Improved sleep may follow, secondary to lower anxiety rather than direct sedation. Nasal irritation or headache can occur with the intranasal form. Any use should be paired with proper anxiety screening (PHQ-9, GAD-7), suicidality screening, current-psychiatric-medication review, and involvement of a PCP or psychiatrist.

Recommended Videos (educational, independent sources)

► **Dr. Debra Durst, MD** — Natural Anxiety Relief Without Benzodiazepines — What Is Selank?

https://www.youtube.com/watch?v=z_JLCrLT0XI

► **Quinn Stillson, MD** — Selank Deep Dive: Anxiety, Cognition, Immune System — Mechanisms, Risks, Forms, & Dosing

<https://www.youtube.com/watch?v=v50r2dl4e84>

► **Dr. Adam Sewell, MD** — Selank: Revolutionizing Mental Health and Cognitive Enhancement — A Doctor's Guide

<https://www.youtube.com/watch?v=FrSQ0sE9n4o>