

the
Briar Rose
 Co.

MOTS-c Titration

MOTS-C · 50 mg/mL · 2× weekly subcutaneous injection · 8-week cycle with rest period

WHAT IT IS

A 16-amino-acid mitochondrial-derived peptide (MOTS-c stands for Mitochondrial Open Reading frame of the Twelve S rRNA-c). Unlike most peptides — which signal between cells — MOTS-c is encoded inside your mitochondrial DNA and signals to the metabolic machinery directly. Used in research for metabolic flexibility, exercise performance, and cellular-level anti-aging.

- ✓ Improves metabolic flexibility (fat vs glucose burning)
- ✓ Enhances exercise capacity and recovery
- ✓ Insulin sensitivity boost (independent of GLP-1 pathway)
- ✓ Cellular-level anti-aging via mitochondrial biogenesis

HOW IT WORKS (THE SHORT VERSION)

Most peptides work by binding receptors on the outside of cells. MOTS-c is different — it's released from mitochondria themselves and acts as a **metabolic regulator from the inside out**. It activates AMPK (the body's master energy sensor), shifts the body toward fat-burning, and signals mitochondria to make more of themselves (biogenesis). Most directly useful when paired with exercise and a structured eating window.

VIAL

MOTS-C

10 mg vial · MOTS-c

Pre-reconstituted · 50 mg/mL · 0.2 mL fill in 3 mL cartridge

One cartridge covers a full **8-week active cycle** at the Standard 2×-weekly protocol (~16 injections total · 80 mg used). At Daily Microdose, one cartridge lasts ~30 days. Most researchers use 1 cartridge per cycle.

Dial card: $\text{mg} \times 2 = \text{units}$. On the Gansulin pen: **1u = 0.5 mg MOTS-c**. Store refrigerated (2–8°C); use within 30 days of first injection.

DOSING — STANDARD PROTOCOL (2× WEEKLY)

PHASE	CADENCE	DOSE	PEN UNITS	VOLUME
1 Acclimation	Mon + Thu · Weeks 1–2	2.5 mg per shot	5 u	0.05 mL
2 Build	Mon + Thu · Weeks 3–4	5 mg per shot	10 u	0.10 mL
★ Standard maint	Mon + Thu · Weeks 5–8	5 mg per shot	10 u	0.10 mL
· Rest	Off · 4 weeks	—	—	—

ALTERNATIVE · WEEKLY SINGLE-SHOT

Some researchers prefer one larger dose per week instead of split: **10 mg once weekly** (= 20u). Same total weekly exposure (10 mg/wk). The split-dose Standard protocol is generally better tolerated; weekly single-shot is simpler if injection cadence matters more than smoothness. Either is community-acceptable.

CYCLE

8 WEEKS ON

- Weeks 1–2: **5 u 2×/wk** acclimation
- Weeks 3–8: **10 u 2×/wk** standard

4 WEEKS OFF

- Full rest from MOTS-c
- Maintain exercise and dietary structure

- Best paired with exercise + structured eating

- Most researchers cycle: 8 on / 4 off, repeat

PAIRING STRATEGY

MOTS-c's metabolic effects show up most clearly when **paired with movement and fasting windows**. Inject on training days (Mon/Thu pattern hits 2 hard workouts per week), and consider an overnight fasting window of 12–14 hours. Without movement input, MOTS-c still acts metabolically but the exercise-capacity benefits are muted.