

# Selank Part 1

The peptide Selank is considered to be a heptapeptide. What this means is, it is a peptide chain that is consisting of seven amino acids. It contains a molecular mass of 751.9, a sequence of Thr-Lys-Pro-Arg-Pro-Gly-Pro, and it has a molecular formula of C<sub>33</sub>H<sub>57</sub>N<sub>11</sub>O<sub>9</sub>.

## Selank at a Glance

According to scientific study that has been conducted on animal test subjects, it has been shown that the way in which Selank operates allows it to have the capacity to boost the secretion of serotonin. This is the neurotransmitter that is tied to several elements that are linked the regulation of the following functions:

- Mood
- Sleep
- Appetite

The presence of the peptide has been shown to produce an increase of serotonin's release, which in turn means that it boosts the efficiency in the way in which serotonin operates. This ultimately means that the animal test subject can ultimately experience a more efficient means of achieving homeostasis in the functions that are linked to serotonin.

In addition to working in conjunction with serotonin, it has been shown through scientific study on animal test subjects that the Selank has the capacity to facilitate the concentration of monoamine neurotransmitters. These are neuromodulators and neurotransmitters that possess one amino group that is connected to an aromatic ring through a two-carbon chain. Monoamine neurotransmitters work in a similar fashion to serotonin in the sense that they play a vital role in the regulation of specific cognitive processes within an animal test subject, such as emotions, arousal, and certain types of memory. It has been shown that the presence of Selank can provide a boost in the regulatory functions of the monoamine neurotransmitters, which could then allow the animal test subject to experience various cognitive processes on a much easier, more efficient basis.

It has also been determined through scientific study based on animal test subjects that Selank has the capacity to modulate the expression of a secretion known as interleukin 6. This particular secretion, which is expressed by white blood cells in an animal test subject, has the capacity to act as either a pro-inflammatory cytokine or an anti-inflammatory myokine, depending on the situation. Interleukin 6 has been shown to play a vital role in the stimulation of the immune response in the midst of infections or in the aftermath of trauma, especially during instances of tissue damage leading up to infection. Because Selank has the ability to modulate interleukin 6's expression, it is determined that it can produce a more efficient means of fighting off infection and speed up the immune process.

## Selank and Perceived Benefits

Because of the way in which [Selank](#) has been shown to function, scientific study based on animal test subjects has determined that the peptide's presence could make it instrumental in various treatments.



Because of its relationship with serotonin and monoamine neurotransmitters, it has been determined that the peptide could have the capacity to play a key role in fending off various emotional anxiety disorders, such as depression. Furthermore, it has been determined that the peptide's presence could yield a stabilization of mood, which could create a more consistent sense of well-being. Plus, it has been theorized that Selank's relationship to cognitive thought could produce an increase in various functions that correlate to cognition. Some of these functions include an increase in mental clarity, a boost in sensory attention, and a boost of learning and various memory processes.

It has also been perceived that Selank could potentially provide treatment and aid from various sleeping disorders. The reason for this theory is due to the way in which the presence of the peptide has been shown to boost the overall [functionality of neurotransmitters](#).

It should also be noted that while these scientific studies on animal test subjects have yielded various theoretical benefits, they have also yielded the notion that the peptide causes very little negative side effects. The ones that have been caused has been mild in nature, such as fatigue.

[Click here](#) to read Selank – Part 2