



WHAT MY WIFE ACTUALLY RUNS

Tasha's Stack

The four things she runs, why each one is in there, and what she noticed. Written as a log, not as a protocol.

START HERE

You asked what Tasha actually takes

People see her on my page and in the videos and ask the same question every week: what does she actually run. She runs four things, and this is the honest version, including the parts that took her longer to notice than she expected.

Two things before you read the list.

First, there are no numbers in here. No milligrams, no syringe fills, no schedules by amount. That is a deliberate decision and I want to explain it rather than have you assume we are holding back to sell you something. None of these compounds have an established self administered dose. If we publish hers, a stranger copies it, and her body weight, her labs and her reasons are not theirs. What you get here is the part that is actually transferable: what each one is for, the order, and what she noticed. That is the part nobody explains, and it is worth more than a number.

Second, this is her log, not a recommendation. She is one person with her own history, and her experience is not a prediction of yours.

READ THIS PART PROPERLY

Neither of us is a doctor and this is not medical advice. Nothing in here is a recommendation for you to take anything. We are describing what she researched and what she experienced, and it is not a prediction of your results.

Talk to a physician who knows your history before you start anything. Get blood work first so you have a baseline to compare against. If something feels wrong, stop. Those three sentences are worth more than the rest of this document.

WHAT IS INSIDE

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02 The split	Why half sits in the morning and half sits at night, no amounts
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04 What we would tell a friend	The one rule that mattered more than any product choice

01

The four, and why each is in there

Not a random pile. Each one is answering a specific thing she wanted to work on.

Four compounds, four reasons

People expect a stack to be one big idea. Hers is really four small, specific ones. Read the reasons more carefully than the names.

01 **NAD+**

ENERGY AND CELLULAR SUPPORT

WHY IT IS IN THERE

She wanted to address the afternoon energy crash without leaning on more caffeine.

WHAT SHE NOTICED

Slow to show up, weeks rather than days. The injection itself she describes as the least pleasant of the four, so she does not rush it.

NOTE

Morning only for her. Read section 02 for the reasoning.

02 **KLOW**

A REPAIR AND RECOVERY BLEND

WHY IT IS IN THERE

One vial covering several recovery goals at once instead of managing three separate compounds.

WHAT SHE NOTICED

The convenience is the whole point for her schedule. If you also run any single compound that might overlap with a blend, check the ingredient list before you assume they are additive.

03 **Tesamorelin**

GROWTH HORMONE SIDE, PART ONE

WHY IT IS IN THERE

Body composition and sleep quality, on the theory that the growth hormone pathway does more for her at this stage than a stimulant would.

WHAT SHE NOTICED

Slow, weeks not days, and mostly noticed through sleep first rather than the mirror.

NOTE

Night only, well before bed, and food timing matters. Section 02.

04 **Ipamorelin**

GROWTH HORMONE SIDE, PART TWO

WHY IT IS IN THERE

Paired with tesamorelin because the two work a different part of the same pathway, which is the only pairing in her stack we would call genuinely complementary.

WHAT SHE NOTICED

Deeper sleep was the first thing she reported, before anything about body composition.

THE RULE UNDERNEATH THE WHOLE LIST

She did not start all four at once. One at a time, weeks apart, nothing else changing, so she could actually tell what each one was doing.

If she had started all four together she would have four vials and no idea which two were doing the work. That is the position most people are in, and they do not know it.

02

Why half is morning and half is night

Timing is the free variable. It costs nothing and most people ignore it.

The split, and the reasoning

No amounts here, just the shape, because the shape is the transferable part.

SLOT	WHAT SITS THERE	WHY
Morning	NAD+	Daytime effect, and the injection is unpleasant enough that she would rather not do it near bedtime.
Morning	Repair blend	No timing sensitivity for her, so it goes wherever is convenient, which is the morning.
Night	Growth hormone pair	Your own release happens during sleep. The point is to work with an existing rhythm, not create a new one.

THE FOOD DETAIL NOBODY MENTIONS

The night pair goes in on a relatively empty stomach, a while after dinner and a while before anything else. Carbohydrate blunts the exact growth hormone response she is going for.

Taken right after a meal, she has not really taken it, she has just paid for it. This one detail changes more than any dose adjustment ever would.

She also runs the morning and night compounds on set days rather than improvising day to day, three mornings and five nights on her own schedule, because a pattern is the only thing that makes the results readable.

03

How she actually tracks it

Feelings are not data. Here is what she checks instead.

Proof, not vibes

She keeps this simple on purpose. A complicated tracking system is the fastest way to stop tracking altogether.

- Sleep quality, checked weekly, not nightly
- Energy through the afternoon, the specific window that used to crash
- How recovery feels after training, not how it looks
- Bloodwork on a set schedule, not only when something feels off

THE HONEST SUMMARY

The growth hormone pair is the one she is most confident about, mostly through sleep. NAD+ is the slowest and the hardest to separate from everything else going on in a given month. The repair blend is convenience she is happy to pay for.

Anyone who tells you every compound they run is clearly working is not tracking anything.

What we would tell a friend

Start with the goal, not the compound. Pick one word first, sleep, recovery, energy, and let that decide the order instead of copying a list you saw online. Then add one thing at a time, weeks apart, so you can actually tell what it is doing.

If you have not read the Starter Guide yet, read it before you buy anything. It is free at jorgetalkspeps.com/guide.

And if you have a question, reply to the email this came from. We read them all.

Where I get mine

People ask, so I will just say it. I own Reign Peptide. I started it because I got tired of not being able to verify what I was buying, so every product carries a batch specific third party certificate of analysis. It is at reignpeptide.com.

Buy somewhere else if you want. I mean that. Just ask them for the batch COA before you do, and if the answer is slow or defensive, that is your answer.

WHEN THE FREE STUFF RUNS OUT OF ROAD

Everything I cannot fit in a PDF or say on TikTok lives in Peptide Talk, my community. Six courses and forty six lessons, including the full compound library and the vendor and COA vetting course, plus a feed where you can ask a question and get an actual answer instead of a comment section full of guesses.

Nineteen dollars a month, free trial, cancel whenever. skool.com/peptide-talk