The label check

Peptide Lab · Episode 11 · Free guide

Semax and Selank: what the real Russian labels say, and how good the evidence is.



For learning only, not medical advice. Talk to a doctor first.

What they are

- **Semax:** built from a small piece of ACTH, a stress hormone, plus 3 blocks that make it last longer.
- **Selank:** built from tuftsin, a tiny peptide from the immune system, plus the same 3 blocks.
- Both were made at the Institute of Molecular Genetics, Russian Academy of Sciences, in Moscow.
- In Russia, both are sold as nasal drops.

● **Proven: on the official Russian registration**

Where they're approved

- **Russia:** Semax is prescription only. Selank is over the counter.
- **United States:** not approved. In July 2026 an FDA advisory panel voted 8 to 5 to allow Semax in US compounding. The vote is not binding, and FDA staff advised against it.
- **European Union:** no EU-wide approval.
- **Vietnam:** I found no registration.
- **Sport:** neither is named on the 2026 anti-doping list. The status is unclear, so athletes should treat both as risky.

Label one - Semax

The official Russian label lists these uses:

- Memory and thinking problems linked to poor blood flow to the brain
- Recovery after a stroke or a brain injury
- Optic nerve damage
- Children from age 5 with ADHD
- "To prevent mental fatigue during monotonous operator work"

● On the label

The line nobody reads

The same Semax label says **do not use it** with:

- Pregnancy or breastfeeding
- Acute psychosis
- **"Disorders accompanied by anxiety"**
- A history of seizures

Selank, the peptide it's often paired with, is sold for anxiety.

If you take them together, show your doctor this line.

Label two - Selank

The official Russian label lists these uses, for adults 18 and over:

- Anxiety and worry
- Stress
- Fatigue
- Poor sleep

In Russia it's sold over the counter. The label warns about allergic reactions.

● On the label

Promise vs proof

The promise	What the evidence shows	Stamp
Sharper focus and memory	1 study of 19 healthy men (1996). 2 later brain-scan studies, 14 people each	◐ Reported
Calm without sleepiness	Trials of 60 to 70 people against anti-anxiety drugs, run by the lab that made it	◐ Reported
"Boosts BDNF"	Rat brains, plus the blood of one group of stroke patients	○ Animal or lab
Stroke recovery	Small Russian studies, mostly not randomised	◐ Reported

Behind the labels

- About 200 papers on Semax and 67 on Selank. Most are small, in Russian, and co-written by the lab that made them.
- **0** registered trials on ClinicalTrials.gov.
- **0** systematic reviews.
- FDA, July 2026: "insufficient evidence of effectiveness" for Semax.
- No study has measured how the human body absorbs Semax.
- Injecting either one: no human safety data at all.

● Regulator review

Pharmacy drops vs online vials

- The Russian products are nasal drops, made under a registration.
- Online "research use only" vials and injections are a different thing. When the FDA checked sellers' certificates, tests for impurities, clumping and bacterial toxins were missing.
- The FDA's side-effect database had one Semax report: eye pain and burning after drops bought online. A year later, it still hadn't gone away.

Before you talk to your doctor

Is it approved where I live, and in what form?

_____

Does the label list anything I have, like anxiety, seizures or pregnancy?

_____

What evidence is behind the benefit I want?

_____

How will we know if it's working, and what will we watch for?

_____

Save this. Ask your doctor.

1. What problem are we treating?
2. What research backs this tool?
3. How will we measure the result?

I'm Ly. I take both, and I read the labels. I'm not a doctor. I'm experimenting and sharing my results. Don't copy me.

No doses, no sources, nothing for sale. For learning only, not medical advice. Talk to a doctor first.

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