



Matrix BioLabs

Peptides

MOTS-c 10mg

Overview

MOTS-c (Mitochondrial Open Reading Frame of the Twelve S rRNA type-c) is a 16-amino acid mitochondrial-derived peptide primarily researched for its role in metabolic regulation and energy homeostasis. It acts as an exercise mimetic, influencing glucose metabolism, fat oxidation, and insulin sensitivity at the cellular level. It is commonly studied for metabolic health, longevity, and performance enhancement.

Benefits

Key benefits include improved insulin sensitivity, enhanced fat metabolism and weight management, increased energy production and endurance, reduced inflammation, and potential protection against age-related metabolic decline. Research suggests it can help improve mitochondrial function and support overall metabolic flexibility.

Dosage

0.5–1 mg per day via subcutaneous injection. Daily administration is the preferred protocol for consistent metabolic support.

Reconstitution

Add 3ml of BAC water. This yields approximately 3.33 mg/ml concentration.

- 0.5 mg dose = 15 units on a U-100 insulin syringe
 - 1 mg dose = 30 units on a U-100 insulin syringe
- Store the reconstituted solution in the refrigerator and follow standard stability guidelines.