

Thymosin Alpha-1 (TA-1) Overview

What is Thymosin Alpha-1?

Thymosin Alpha-1 (TA-1) is a naturally occurring 28-amino-acid peptide originally derived from thymic tissue. It is classified as an immune-modulating peptide, meaning it **helps regulate immune system activity rather than simply "boosting" immunity.**

TA-1 works primarily through effects on:

- T-cell maturation and function
- Dendritic cell activity
- Natural killer (NK) cell activity
- Immune signaling pathways
- Balance between inflammatory and anti-inflammatory responses

TA-1 has been studied clinically for immune dysfunction, chronic infections, vaccine response, and as an adjunct therapy in certain medical conditions. It is approved in several countries outside the United States for specific indications, but it is not FDA-approved in the U.S. for anti-aging, wellness, or immune enhancement. (PubMed)

How Does TA-1 Work?

TA-1 may help regulate immune function by:

- Supporting T-cell differentiation and activation
- Improving immune surveillance
- Modulating inflammatory cytokine signaling
- Supporting the body's response to viral and bacterial challenges
- Helping restore immune balance after periods of stress or illness

Unlike stimulatory immune products, TA-1 is considered an immunomodulator, meaning **the goal is regulation and balance rather than simply increasing immune activity.** (PubMed Central (PMC))

Potential Benefits

TA-1 is commonly discussed for:

- Immune system support during periods of increased illness exposure
- Improved immune resilience
- Support during recovery after viral illnesses
- Possible improvement in immune markers in certain populations
- Supporting individuals with frequent infections or prolonged recovery

- Adjunctive support in some chronic inflammatory or immune-related conditions

Research has explored TA-1 in conditions including hepatitis, cancer adjunct therapy, immune deficiency states, and severe infections, although results vary by condition and patient population. (PubMed)

Typical Dosing

Common clinical and research dosing includes:

- 3 mg subcutaneously
- 2 times weekly during sick days
- protocols during acute immune challenges

Clinical studies have used a variety of dosing schedules depending on the condition being studied. (PubMed)

Injection Method

Administration:

- Subcutaneous to intramuscular injection
- Abdomen, thigh, or upper arm
- Rotate injection sites

Timing

- Morning injection
- Consistent schedule on selected days of the week

Short-term immune-support protocols may use more frequent dosing depending on clinical goals.

- Reassess response

Acute illness/recovery support:

There is no universally established cycling protocol because TA-1 is not FDA-approved for wellness use and protocols vary based on clinical application.

Potential Side Effects

TA-1 is generally considered well tolerated in clinical studies.

- Injection-site redness or irritation
- Mild soreness
- Temporary fatigue
- Headache

- Flu-like sensations (less common)

Recommended Monitoring

Depending on the patient's goals, consider:

- CBC with differential
- CMP
- CRP or inflammatory markers if clinically indicated
- Immune markers when clinically appropriate
- Clinical tracking of infection frequency and recovery time

Clinical Pearls

- It is often considered during times of increased stress, frequent illness, travel, or recovery periods.
- Because it modulates immune pathways, careful consideration is warranted in patients with autoimmune disease, immune disorders, or those taking immune-modulating medications.

Summary

TA-1 = immune regulation peptide

Primary focus:

- ✓ T-cell support
- ✓ Immune balance
- ✓ Recovery from immune stress
- ✓ Inflammatory regulation

The goal with TA-1 is improving immune function and balance rather than pushing the immune system into overactivation.

Prices and dosing:

- **\$195** for 10 mg vial
- **We** mix the powder with 1 ml of sterile solution
- **Keep refrigerated after mixing**
- **100 units** in the vial after mixing
- Twice a week on sick days inject **30 units** in belly or arm with 48-72 hours before your next dose

- **Purchase multiple vials at the same time and receive 5% off**
- **Available for pick up at 700 court street, suit 3, Clearwater FL 33756**