

# 5-AMINO-1MQ PROTOCOL

## NNMT Inhibition · Metabolic Efficiency · Fat Loss Signaling

Restores metabolic efficiency by removing NNMT-driven energy loss—supporting fat reduction, insulin sensitivity, and sustainable body recomposition

### What it is

5-Amino-1MQ is a **small-molecule metabolic modulator** that inhibits **NNMT (Nicotinamide N-Methyltransferase)**

—an enzyme increasingly recognized as a metabolic brake in obesity, insulin resistance, and fat storage.

**Result:** 5-Amino-1MQ delivers quiet, compounding fat loss by improving metabolic efficiency—fat cells shrink, insulin sensitivity improves, and calories are more likely burned than stored. Results show up over weeks, not days, with better body composition and preserved lean mass, not stimulant-style weight loss optics

**5-Amino-1MQ removes that brake.**

**Axis:** Mitochondrial

### Vial Composition

	Component	Amount
5-Amino-1Q		10 mg
<b>Total per vial</b>		<b>10 mg</b>
<b>Reconstitution:</b> bacteriostatic water		1 mL
<b>Final concentration:</b> mg/mL (total peptide/ml)		10.0 mg/mL

### Dosing Protocol

	Parameter	Specification
Injection timing		Morning (AM)
<b>Dose (total) [10-50mg]</b>		<b>10.0 mg</b>
5-Amino-1Q		10.0 mg
Injection volume		1 mL ( $\approx$ 100 insulin units)
Frequency: days/week		5

### Protocol Length

	Time Frame
<b>Total duration:</b> weeks	12
<b>Active dosing days:</b> days	60
<b>Vials:</b>	60

### Supply Calculation

	Item	Quantity
Total peptide required		600 mg
Vials required		60 vials (10 mg each)
Insulin syringes		60
BAC water		60 mL (recommended 6-10 mL vials)

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## 5-AMINO-1MQ PROTOCOL NOTES

**5-Amino-1MQ** is a metabolic efficiency compound that supports fat loss by inhibiting NNMT, an enzyme that acts as a brake on NAD<sup>+</sup> recycling and mitochondrial performance. By improving how cells process and utilize energy, it promotes shrinkage of fat cells, better insulin sensitivity, and improved glucose handling without suppressing appetite, stimulating the nervous system, or interfering with hormones. Results tend to be gradual and compounding rather than immediate, making it especially effective for patients who have plateaued despite proper diet and training. When used within a structured protocol—alone or alongside GH-axis peptides, GLP-1 therapies, or mitochondrial support—5-Amino-1MQ helps shift calories toward energy use instead of storage, improving body composition while preserving lean mass.