

3X4 Genetic Blueprint - Master Practitioner Support Chart

25 non-nutrient pathways across 5 categories - Foundations -> potential peptide support -> Advanced Support

CATEGORY	PATHWAY	PRIMARY VULNERABILITY	FOUNDATION FIRST	POTENTIAL PEPTIDE SUPPORT*	ADVANCED SUPPORT (NON-PEPTIDE)	PRIORITY
CELLULAR	Methylation	Methyl donors; homocysteine; DNA/neurotransmitter synthesis	Folate, B12, choline, betaine, protein	GHK-Cu; MOTS-c; SS-31 (indirect)	NAD+/NMN; creatine; TMG	Foundation > peptide
CELLULAR	Inflammation	Excess inflammatory signaling	Anti-inflammatory diet; sleep; omega-3; exercise	KPV; GHK-Cu; BPC-157; TB-500; GLP-1 therapies when indicated	Urolithin A; sulforaphane; quercetin	High
CELLULAR	Oxidative Stress	ROS / antioxidant defenses	Polyphenols; protein; exercise/recovery	SS-31; MOTS-c; GHK-Cu; KPV	Urolithin A; NAD+/NMN; CoQ10; sulforaphane	High
CELLULAR	Detoxification	Phase I/II balance; glutathione capacity	Crucifers; protein; glycine; micronutrients	Glutathione; GHK-Cu (indirect)	NAD+/NMN; NAC; glycine; sulforaphane	Foundation
SYSTEMS	Mood & Behavior	Neurotransmitter / stress signaling	Sleep; exercise; nutrition; psychotherapy	Selank; Semax; Oxytocin; DSIP	Magnesium; saffron where appropriate	Moderate
SYSTEMS	Collagen & Joints	Connective-tissue integrity	Protein; vitamin C; resistance training	GHK-Cu; BPC-157; TB-500; KLOW	Urolithin A; creatine	High
SYSTEMS	Bone Health	Remodeling / mineralization	Vitamin D/K; calcium; protein; loading	CJC-1295/Ipamorelin; Tesamorelin; GHK-Cu	Creatine; minerals	Secondary
SYSTEMS	Glucose & Insulin	Insulin resistance / glucose handling	Protein/fiber; resistance training; sleep	Semaglutide; Tirzepatide; Retatrutide; MOTS-c (experimental)	Urolithin A; NAD+/NMN; berberine	Very high
SYSTEMS	Memory & Brain Health	Neuroplasticity / neuroinflammation	Exercise; sleep; omega-3; cognitive training	Semax; Selank; Oxytocin; Dihexa (experimental)	Urolithin A; NAD+/NMN; creatine; choline	Moderate
SYSTEMS	Histamine Overload	Histamine degradation / mast-cell burden	Trigger management; DAO cofactors; gut health	KPV; BPC-157 (experimental)	Quercetin; vitamin C	Foundation
SYSTEMS	Hormone Balance	Hormone production / metabolism	Sleep; energy balance; micronutrients	Kisspeptin; CJC/Ipamorelin; Oxytocin where appropriate	NAD+/NMN; clinically indicated hormone support	Clinical
CARDIOVASCULAR	Vascular Health	Endothelial / cardiometabolic risk	Exercise; BP/lipid control; nutrition	Semaglutide/Tirzepatide when indicated; GHK-Cu/SS-31 investigational	Urolithin A; CoQ10	High
CARDIOVASCULAR	Cholesterol	LDL/TG/lipid handling	Fiber; unsaturated fats; exercise	Semaglutide; Tirzepatide; Retatrutide; Tesamorelin in clinical context	Berberine; plant sterols; omega-3	High
CARDIOVASCULAR	Blood Pressure	Blood-pressure regulation	Exercise; weight; sodium/potassium balance	GLP-1/GIP therapies when otherwise indicated	Magnesium; CoQ10	High
ENERGY	Adipogenesis	Fat-cell formation / storage	Diet quality; resistance training	Retatrutide; Tirzepatide; Semaglutide	Tesofensine*; Urolithin A	High
ENERGY	Weight Gain / Loss Resistance	Appetite / metabolic efficiency	Protein; fiber; movement; sleep	Retatrutide; Tirzepatide; Semaglutide	Tesofensine*; Urolithin A	Very high
ENERGY	Exercise Response	Exercise adaptation	Personalized training; protein	MOTS-c; SS-31; GH-axis agents only when medically appropriate	Urolithin A; creatine; NAD+/NMN	High
ENERGY	Pro-inflammatory Fat	Visceral / inflammatory adiposity	Weight management; exercise	Retatrutide; Tirzepatide; Semaglutide; Tesamorelin in indicated populations	Tesofensine*; Urolithin A	Very high
ENERGY	Energy Expenditure	Metabolic expenditure	Muscle; movement; protein	Retatrutide; MOTS-c (experimental)	Tesofensine*; Urolithin A; NAD+/NMN	High
ENERGY	Appetite / Satiety / Intake	Hunger / reward signaling	Protein/fiber; sleep	Retatrutide; Tirzepatide; Semaglutide; Oxytocin investigational	Tesofensine*	Very high
ACTIVITY	Power	Power / fast-twitch performance	Strength/power training	GH-axis peptides only with appropriate indication; MOTS-c experimental	Creatine; Urolithin A	Foundation
ACTIVITY	Injury	Tendon/muscle/connective vulnerability	Progressive loading; protein; rehab	BPC-157; TB-500; GHK-Cu/KLOW (experimental)	Urolithin A; creatine	Experimental
ACTIVITY	Recovery	Repair / inflammatory recovery	Sleep; protein; rest	GHK-Cu; BPC-157; TB-500; KPV; MOTS-c	Urolithin A; creatine; magnesium	High
ACTIVITY	Training Response	VO2 / adaptation	Program individualization	MOTS-c; SS-31 (experimental)	Urolithin A; NAD+/NMN; creatine	High
ACTIVITY	Endurance	Aerobic / mitochondrial capacity	Zone 2 + aerobic training	MOTS-c; SS-31 (investigational)	Urolithin A; NAD+/NMN; creatine	High

Practitioner use: Genetics identifies vulnerability -> history/symptoms establish relevance -> biomarkers confirm where appropriate -> foundations first -> approved therapies when clinically indicated -> peptide/advanced support only when evidence, safety, medications and goals fit.

***Important:** Educational pathway-mapping framework, not an official 3X4 peptide protocol or prescription. Many listed peptides are investigational and are not established treatments for genetic variants. Tesofensine is not FDA-approved for obesity in the U.S. Medically significant findings require appropriate clinical evaluation.