ASCENDA LABS



The Lumina Rejuvenation Protocol (LRP)

All products supplied by Ascenda Labs are intended solely for legitimate laboratory research and development purposes. These materials are not manufactured, formulated, or approved for human consumption, clinical use, diagnostic procedures, therapeutic applications, or any form of medical treatment.

Melissa Henderson

Age: 48
Height: 5'5"
Weight: 115 lbs

Profile:

Metabolically healthy • Active lifestyle • No medications • Exceptional vitals • Mediterranean diet • No alcohol/smoking • Sleeps 7.5 hrs

She is in the top-tier resilience category for her age this allows for a gentle but effective regenerative protocol without overloading her system.

The Lumina Rejuvenation Protocol (LRP)

A Precision Longevity & Rejuvenation Framework

The Lumina Rejuvenation Protocol (LRP) is a structured, science-guided longevity protocol designed to support healthy aging, metabolic balance, tissue repair, and aesthetic vitality in women.

Rather than relying on aggressive interventions, the Lumina protocol emphasizes:

- Gentle biological optimization
- Consistent regenerative signaling
- Sustainable metabolic health
- Hormonal and cellular balance
- Long-term resilience and vitality

This protocol is particularly suited for women who are:

- Health-conscious
- Actively aging with intention
- Focused on skin, energy, and body composition
- Seeking sustainable wellness strategies
- Looking to maintain strength, confidence, and longevity

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Daily Routine (Monday–Saturday) Supplementation



NMN (Beta-Nicotinamide Mononucleotide) - Supports cellular energy and healthy aging

Dose: 250–500 mg

Creatine - Supports strength, recovery, and muscle health

Dose: 5-10 g



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Daily Routine (Monday–Friday) Peptide Protocol

Morning Injection

MOTS-c

- Supports metabolism and fat utilization
- Dose: 10-20 units

Evening Injection (Before Bed)

BPC-157

- Supports tissue repair and inflammation balance
- Dose: 10-20 units

GHK-Cu

- Supports collagen, skin, and hair health
- Dose for each: 5–10 units

These peptides work overnight while the body repairs and recovers.







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This gradual increase helps the body adjust safely.

Weekly Schedule

Monday to Friday

Take peptides

Saturday and Sunday

Rest (no peptides)

This helps keep the body responsive and prevents burnout.

Cycle Plan
6–8 weeks ON

3–4 weeks OFF

This improves long-term effectiveness.

Expected Results

With consistent use, the Lumina Protocol may support:

- Better weight control
- More stable energy
- Faster recovery
- Healthier skin and hair
- Improved metabolism
- Stronger overall vitality

Simple Daily Summary

Morning

- NMN
- Creatine
- MOTS-c

Evening

- BPC-157
- GHK-Cu

Schedule

- Monday–Friday dosing
- Weekend rest

Cycle

- 6–8 weeks on
- 3–4 weeks off

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