What isTesofensine?- Expert weight management hack! Transcript

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Introduction to Tesofensine

Hey, it's Dr. Romka going to talk about another one of my favorite compounds that many of you may not know about. Now warning, all these compounds are not for everybody and I'm not your doctor and not telling you to use them.

I am educating you and with some of them you're going have to do some further education. But this is a compound that comes in a pill form. It's not exactly a peptide.

I call it a peptide, not really exactly. Then you can take it in a capsule form that many of you don't know about. Why do I like it? You end up with three powerful group categories that you get from this.

It's going to boost mood and increase cognitive power. it acts like a nootropic. Its going burn fat powerfully. You will increase your metabolism and unlock fat stores.

It suppresses appetite tremendously and reduces cravings and desires, emotional eating, binge eating. It helps with that. I also leverage that again. So again, eating disorders and even alcoholism and stuff, it'll help with those things.

Help, okay? So you get this powerful combination from taking a capsule one time a day. it's called Tessofensin. Many of you have maybe have not heard about it.

How Tesofensine Works

You've heard me dripping a little bit. There are things you need to be careful with with this. This is not a compound for everyone to try. Okay. Um, let me say that if you, people like kind of, no, Let's just go right away.

If they're on SSRIs, I'm very careful. With this, if they have an unstable thyroid Hashimoto's very erratic. probably stay away from this. Um, high blood pressure issues.

I would stay. Away from. This. Okay. So just as my first caveat, right? So it kind of lets you know, Hmm. Might do something to blood. Pressure. It might do.

Something to the thyroid. Let's talk about what it'll do, but why do I like it? I actually love it. it's one of my favorite personally things that I take and The difference I have on this is so strong and so noticeable, it's sad for me when I can't take it and I'll explain to you why.

What is it? What's the mechanism, what's it doing? It's a triple reuptake inhibitor of serotonin, dopamine, and noradrenaline, so we call it a selective an SNDRI, selective reuptake inhibitor of noradrenaline dopamine, serotonin, okay?

Seroton, that's what it is. It was originally developed to, and all the research originally, there's different names for it on the market, to study, help Alzheimer's and Parkinson's.

Now, it kind of failed as an Alzheimer and Parkinsons drug. Now, why were they doing it to study that? Because one of the things it also does is increase BDNF, brain-derived neurotropic factor.

So it increases BdNf and causes new brain cell growth, neurogenesis. It's the hippocampal area of your brain, the memory centers. so it will increase bDnf, make new nerve cells.

it does improve memory, it doesn't prove cognition because of that. and you feel it, it's amazing. It wasn't enough

clinically for Alzheimer's and Parkinson's to be significant.

However, one of the unexpected side effects in all these studies that they were doing back in like 2000, 2001, was that we're losing too much weight. The Alzheimer is a Parkinson patient, like they're dropping too weight, sometimes they had to stop it like, wow, this causes incredible weight loss, what's going on, right?

And they started studying it. So what you're getting is a few things, right? So because we're helping with higher dopamine levels and more dopamine in the junction, that's reducing food cravings for specific foods and even alcohol.

Like dopamine makes you want the craving of the things right. So that tampers that down. Also there's more Dopamine available. You think better, you feel better.

You make better decisions with the dopamine floating around like, oh, okay. Because you're not looking for dopamine hits as much. It's a reason I like it to help people if they're trying to come off alcohol.

If they are trying come of binge eating. I go with this helps with that. Serotonin, we're increasing serotonins activity and having more availability of more seratonin.

That's our happiness molecule. That in particular, more serotonin available reduces appetite, physical appetite.

Weight Loss and Appetite Suppression

So you just aren't as hungry. Low dopamine makes you crave certain things, makes look for hits of pleasure, alcohol, sugar, chocolates, things like that.

low seratonin makes just hungrier for real stuff and like stomach will growl, real physical, like I don't care what it is, I'm just really hungry, right?

We're pushing that down. It also increases noradrenaline. directly speeds up your metabolism, directly speed up thermogenesis and your metabolic fat burn.

Okay, the downside to increasing noradrenaline is trouble sleeping. So that's a big caveat problem that we have with this, but we'd have ways to kind of maybe help with that.

And I talked about you increase BDNF in the brain. That helps you feel better, right? So this is, helps give you a ton of high energy, a lot of motivation.

Like you just feel like doing things. You're like, I think I'm finally gonna go clean the gutters. I thinking I gonna do this. It's time to finish that project in the garage.

So when I put patients on this, or I teach somebody about this and they choose their own education to do let me say it like that. They, uh, they'll go, am I supposed to feel this like right away?

Like the first day? Cause I tell you, I feel amazing. I'm like I cleaned my garage for four hours and I did my blood. Uh huh. Wow. Awesome. Like, yeah, right.

So people, if they're struggling again, kind of attention deficit, low dopamine, think ADHD, serotonin, depression, um, This has implications in the mental health realm for sure outside of just the fat falling off, okay?

Because you will, the, fat following off is no joke on this, all right? So high energy motivation kind of a thing is what you can expect. Mood uplift is outrageous for somebody like me.

Tessa Fenson, and I'll have, you get it from the Limitless store. RIMCUS, maybe 15%, prices on everything are going up. March 1st, 15%. People asked about this and they're, why are they charging us for a credit card?

Research molecule companies do not want you using credit cards. I don't think you have noticed this. Most peptide companies, you can't buy a card. If you're trying to get online compounds from Russia or somewhere else, You're going to have to wire money or use a checking account, a bank deposit or a wire.

They don't want your credit card. Credit card companies and PayPal do a lot of tracking and control and that they can shut you down. Many people have been broken their whole companies because they were selling CBD or hemp and they came in and not only did that server say, I'm shutting you, down every other processor went down, so imagine if overnight, if you're a business, you can't collect PayPal, Venmo, or any credit cards.

That's a problem. So please know they don't want you to use a credit card. They're going to charge you 10, 15, 20% to user credit cards. Like they're trying to say, don' do it.

People were like, what? I'm like then don''t use credit. Aren't you understanding? They''re trying have you pay with Bitcoin or a bank. they dont want a Credit card involved in this.

So just know that. All right, let's go back to Tesso Fenson. Alright, so, You have a few options. Let's talk about all the studies. Most of the study, there's tons of studies on mice and there're tons studies of humans with this for fat loss.

And the dosing will be in the 250 microgram, 500 micro gram or a thousand micro grams.

Side Effects and Safety Warnings

What that looks like is 0.25 milligrams, 0,5 milligrams. That's what it's gonna look like, one milligram. So you know what that look's like. So on limitless, it's going to say, you have two options, 250 micrograms or 500 micro grams.

Those are going be your buy-in options on this. The sweet spot for most people seem to be about 500 micrograms and the studies were the best thing. So the mean weight loss in general for more studies at the low 250 was going 4.5%. At 500, was 9.2%. huge, huge jump there, right?

4.5 to 9.2. But when you jumped to a thousand micrograms, it was only 10.6%. So it's not a huge difference between five and a 1000 at all. So most people center around 500 is kind of the recommended standard dose for fat loss with this.

Now, not everybody can handle 500 micro grams because of side effects. The higher up you go in dosage, the other effects get worse, potentially, and you may not be able to handle it.

So what are some of these side effects? Let's talk about it with it, it's not for everybody. Very common, dry mouth and headaches. Those will usually dissipate in a week or so.

Dizziness, common. Then more common than not is insomnia, because of that noradrenaline. This is the probably the biggest issue I have with it. Women seem to be more sensitive than men to this.

And it's most likely because women have more thyroid problems and underlying hypo and not diagnosed and more Hashimoto's and things of that nature. So the strange reactions I've had would be somebody, a woman with Hashimoto's where I'm like, okay, you can't handle it at one point.

I was three weeks in on my first round and that's when I started not being able to sleep. The real other downside to this is this. So if you're on this for four weeks, you are going to, it's very effective.

It has a nine day half-life. That is unheard of for most compounds. When you stop taking it, It takes nine days for half of it to get cleared out of your blood.

Like get down to the half level. it is a very long half life. If you start having sleep trouble and you stopped taking, You probably will still have a few days of some sleep.

At 500 micrograms, I had to quit my second month and I am like in tears after not sleeping for two, three days, about an hour a night. Now that the 250 micro gram doses out, that's a nice dose for me.

I have no problem sleeping. The brain power is amazing. We'll see with the weight loss, it's just going to be a slower little burn stimulating this last little bit of fat.

When you're down to losing, you know, trying to go from a 25%, 27 to a 20% body fat as a 50 year old woman. You're, when you are a man trying go, from, 19% to 14% by fat, it gets very hard at the end.

And this is, I'm just trying get that fat to, go. I need to unlock a little. Okay. Um, but I really like it for the mental aspect. Now some of the, Other side effects that can happen, why I really, you have to watch it, know what you're doing and see what your health status is.

And this is why a lot of biohackers use it. Elevated heart rate, increased blood pressure, right? Cause it's speeding you up, nausea, diarrhea, constipation, and in the higher doses in studies, they were noticing a little bit more mood swings, which could involve some anger and maybe even some confusion.

Now, again, a lotta this was Alzheimer's Parkinson's people. So, just be mindful of that. I will, Um, post, I don't know if I'll put it in here, but you know, put somewhere, maybe up in my bio, a great website where you can see all the current research that's kind of going on around this compound and you make your own decisions on what you want to do.

Um. Let's try to see what else, uh, you would take, doesn't have to take it with food. You take very early, very. So if my dog wakes up at 4 30 to make me take them out to pee, take at four 30 in the morning.

And then I go back to bed. So if I can take it at four or six in the morning and then go back to sleep, that's perfect. If let's say I wake up and something's weird and I forgot it or I don't know and it's eight 30 or nine, I will never take this past seven 30 in morning for me.

I won't, sleep well. So, and i'm on low dose. Okay. Um, now I have clients or, or people and you know, stuff they're on the 500. Some that take a thousand.

Dosing, Timing, and Cycling

Now they are in 300 and 350 pound range. And these were people, this is how you kind of know many things, right? Are they dealing with binge eating, alcoholism, addictive type of things?

They have had depression, low serotonin activity. They may be a very good candidate for this. And they have like a lot of weight to lose. If they had a history of using methamphetamines to weight lose weight and they liked it, they're like, oh my God, I wish I could just go back on it.

It was awesome. I had energy. I was thin, you know, but I don't want to do it anymore. I have children. It's addictive, right? If they say I had a history of recreational cocaine use, they weren't a drug addict, everybody was on some cocaine.

Your judge, your lawyer, and your physician were doing the coke, okay? The real, not the crack, all right. So if they said that, I'm like, oh yeah, y'all like Tessa Fonson.

Yeah, because it's gonna feel like that actually. If they were like, oh my God, that stuff freaks me out. I get the anxiety when I tried it once. You probably won't like Tessa Fenson.

So you kind of have to know who you are, how your system is. And this is a higher risk side effect. Absolutely had dry mouth, absolutely had headaches, Absolutely dealt with insomnia, 100%. Most women I know go through some of that.

Men can seem different. Now, and the other thing, when you come off of it, there will be an increase in rebound hunger, most likely. You need to be prepared.

So I usually like to titrate people in like an every other day fashion and stuff like that and get them used and have them be aware. Appetite will increase and not to, you know, so they don't explode or binge.

All right. Um, sorry, I think I don' keep it in general. I would suggest as far as the research, it doesn't seem to any addictive quality. However, Six months is kind of a max.

We like somebody to stay on it before you would cycle yourself off. So this isn't, to me, something you'd stay forever and for life. I just want you to be aware of that.

What's my time? Okay, I have a 10 o'clock that I need to go to, but it's tesofensin capsules. Usually I recommend people get the 250 microgram and then, you know, they can take two and get it to 500. move it around.

Now, if you bought the 500, you can open it up and split it in half and save it for later, put another bill. You can do that too, okay? So, oh, cost, let me tell you the cost.

Let me look it actually, so I wrote it down. Okay, this bottle, 250 micrograms, is $120 right now on Limitless. Prices are going up March 1st, I'm gonna tell ya right.

The 500 bottle and that's 30 capsules, so it's like a month's supply. The 500 is 220. So you save 20 bucks if you buy a 500. I usually, you know, others buy multiple of these and then have people, like the 250 microgram was a game changer.

They didn't have that. And because of this, I can leverage it much differently for people to get them better. so I would never really recommend people go to 1,000, but It's tesofensin, triple reuptake inhibitor of serotonin dopamine and noradrenaline.

And it also increases BDNF. It is a, you know, it you're kind of getting nootropic effects like peptides, uh, CELANC and CMAX. I use those a lot in practice, anxiety and depression, ADHD, increasing metabolic rate like you get from AOD 9604. and the other peptide and suppressing appetite the way, you know, semaglutide does, right?

And I mean, I still eat, but like, when you guys saw me do the Unbreakable 100, well, didn't totally post all that stuff. When I did that, and I do that like six, seven hours of working out straight and fasted, that was on 500 micrograms, Tesla-Fensen.

I felt incredible. It felt amazing. That was not hungry. And, yeah, kind of like I feel awesome. All right, so I took 500 today. I'm like I planned I took a little bit more The first month I checked this I only took it three weeks because the insomnia then was rough at 500 I dropped seven pounds of fat Felt amazing, but then the sleeping literally had me in tears I was crying and I had to cancel like a day or two of work.

So There's your warning now 250 microgram totally different thing feel completely different. So I took one off every month, I'm saying, oh, i'm going to try it again.

I have people who've been on it and lost 40 pounds in a couple months. They also were dealing with severe brain fog, oversleeping. Instead of sleeping 14 hours a day, they're sleeping nine.

If they can function, their attention deficit symptoms are like, some of these people were ready to lose their jobs because it was bad. It's nice stuff.

If it's good for you, this one requires some research. It's not for everybody. There are a lot of side effects that some of you won't tolerate, handle, or it is not safe for.

And you should be aware of it. Um, it why not everything is for everyone. You need to do, you know, so if you're

already at it, I mean, okay, no, that means not okay.

Who It May or May Not Suit

If you struggle with sleep, wouldn't be taking this. Let me see if there's anything. I don't know about the thyroid nodule and what your labs are and if it's, I know, no, you know what I mean?

Yeah, You can take six months on and I would take at least, at, least 30 days off, but I, don, t, Unless you have hundreds and hundreds of pounds to lose, I'd be careful with trying to stay on this.

Now again, the brain nootropic enhancing mood lifting effects make this one of those, it's an interesting thing to consider. Somebody could easily do 250 micrograms, maybe every other day, every three days.

And that could be an interest in maintenance for them long-term to deal with their dopamine and serotonin for focus, concentration, mood elevation, happiness, satisfaction.

in life, you know, it's still a research molecule. I could see this, getting FDA approved for weight loss for sure. And I don't think that's a benefit to anybody because what you'll see is, I think you see other problems when that happens to be honest.

If you're on blood pressure meds, I wouldn't go on this. I would, you know, or you were working with somebody to, so, no, it's not. So it was similar to Ozembec, what I just said was some of glutide.

Ozemec will go V, we got some glutite, trisapatite. Have a totally different mechanism of action, but this suppresses appetite like that, in a completely different manner.

This is not acting on insulin, this is acting that way. dopamine, serotonin, noradrenaline, and BDNF. Very neurotransmitter brain issues. It works on fat loss in a totally different mechanism than, say, 5-amino-1-MQ.

I take both. And I stack them every day, along with other stuff right now. So this was one of my most potent fat-loss enhancers out of the things I've been doing to deal with this, like, you know, perimenopause crazy.

Save for children, no. How would you gauge when you take it working shift? Overnight's a whole other problem. You would work with a clinician. I wouldn't let my child take, no.

There would be, we would need more information on dosing and things like that. Do I think it has the possibility of helping children? It has a possibility, but there's another compound that they're using similar to this that takes away the appetite suppression aspect.

And I think that's a better possibility for children's fuchsia.

Pricing, Stacking, and Final Thoughts

I don't want appetite suppressed in children. That's the problem with the methamphetamines, one of the major problems. They're highly addictive and they suppress their appetite and these kids don' eat enough to grow.

Malnutrition, low bow density, they're not growing. Potentially they are losing inches off what they were supposed to be. Yippee for Adderall and Ritalin.

Can't stand those drugs. I think that's one of the, I'd rather you give your children coffee than that shit. Okay. And I'm not saying a child should be having coffee at all.

No. So I wouldn't get us a children. I mean, we'd have to have more information and a different dosing and I could say maybe 50 micrograms doing something for them, but I don't, you know, how, don' know.

All right. Alright, i'm going to tap out. Got a phone call. i'll have the information in there for you on how to order this. Do your research. It's not for everybody.

Talk to your clinician. See ya, Tessa Fentzen, Brimka saves 15% though. It's one of my faves.