Selank

Anxiolytic Peptide

What It Is & What It Does

Selank is a calming, anti-anxiety peptide developed and studied extensively in Russia, positioned as an alternative to benzodiazepine anti-anxiety drugs (like Xanax) without the sedation, muscle relaxation, or dependence risk those drugs carry.

What The Research Shows

- Decades of Russian clinical and preclinical research describe it as reducing anxiety without the cognitive dulling or withdrawal issues seen with benzodiazepines.
- In rat anxiety testing, Selank produced effects comparable to a standard dose of diazepam (Valium) on anxiety measures, without impairing motor coordination the way diazepam does at an equivalent dose — the specific research distinction between anxiolysis and sedation.
- Is one of 7 peptides currently under FDA Pharmacy Compounding Advisory Committee review, which could expand legal compounding access if the review is favorable.
- Often paired with Semax — Selank for calm, Semax for focus — since they come from the same research tradition.

Reported Side Effects

- Mild taste or nasal irritation reported with intranasal use, its most common administration route in the original research

Regulatory Status

Not FDA-approved. Currently under FDA Pharmacy Compounding Advisory Committee review as one of 7 peptides being considered for expanded compounding access. No dedicated sex-specific human research was found.

Tumor Growth Research Note — Selank

Category: No Documented Mechanism Found

No documented tumor-growth mechanism or cancer-risk signal was found for Selank in the research conducted for this catalog. This compound's documented mechanisms don't fall into the primary categories of concern (angiogenesis, direct mitogenic/IGF-1 signaling, or direct melanocyte stimulation) covered in the full research review. This is a statement of what the current research does and doesn't show, not a guarantee of safety in every context — anyone with an active or recent cancer history should still consult a physician before using any research compound.

This note is a compound-specific excerpt. For the complete framework, full evidence review, and all compound categories, see the standalone document: Can Peptides Cause Tumor Growth? — A Deep-Dive Research Summary. For laboratory and research use only. Not for human or veterinary use. Nothing here constitutes medical advice or a screening recommendation.

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2026 regulatory update

2026 U.S. Regulatory Update

In April 2026, Selank was one of twelve peptides the FDA formally reinstated to Category 1, restoring 503A compounding-pharmacy eligibility. This is a separate track from the 503A Bulks List review described for other compounds in this catalog -- Selank was not part of the July 2026 PCAC hearing.

A favorable PCAC vote is a recommendation, not a legal change. The FDA is not bound by it, and any formal addition to the 503A Bulks List still requires notice-and-comment rulemaking, a process that can take well over a year. As of this update, none of the peptides discussed below are legal to compound under 503A.