Selank

Controlled human evidence.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

Selank is an experimental peptide studied for anxiety-related effects. Its clinical record includes a small Russian comparison with the anxiolytic medazepam. A measured change in anxiety symptoms within such a study is different from establishing broad effectiveness or dependable long-term safety. [1]

02 Potential benefits

Studied for anxiety-related and neurobehavioral effects. Derived from a tuftsin-related peptide concept. [1]

03 Evidence & its limits

The small active-comparator study does not establish equivalence to standard treatments or the safety of long-term use. FDA identifies potential immune reactions involving aggregation and peptide impurities in compounded Selank acetate and states that important human safety information is lacking. [1]

04 Risks & unknowns

Not FDA-approved. Evidence outside its regional research tradition remains limited. [1]

05 Status & scope

Not FDA-approved. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] Small comparative study in anxiety disorders, 2008
[3] FDA compounding safety concerns

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.