

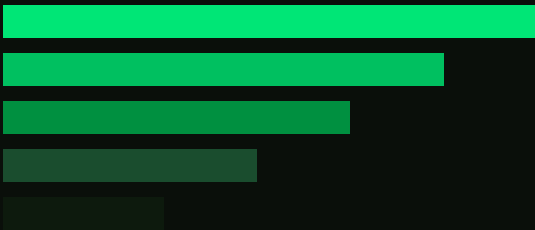
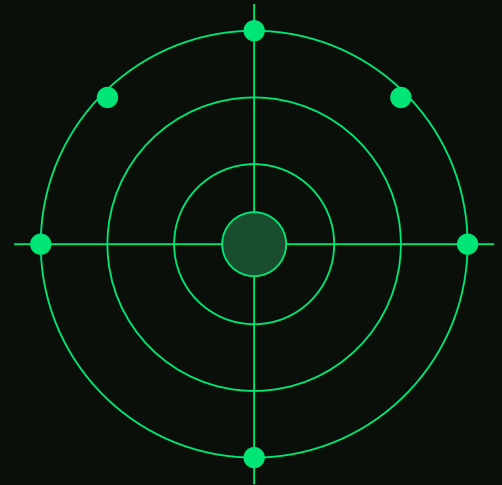
FST

344

Unlock Your Muscle Potential.
Rewrite Your Genetic Limits.

MUSCLE GROWTH · MYOSTATIN INHIBITION · BODY COMPOSITION · LONGEVITY

Follistatin (FST-344) is a naturally occurring glycoprotein and one of the body's most powerful regulators of muscle growth and body composition. By binding and neutralizing **myostatin** — the protein that genetically limits muscle development — Follistatin removes the biological ceiling on muscle fiber size and number. The result: accelerated hypertrophy, enhanced recovery, and lasting improvements in lean body mass.



344

AMINO ACIDS

Glyco-

PROTEIN TYPE

Systemic

WHOLE-BODY ACTION

Potent

MYOSTATIN BLOCK

What Is Follistatin?

Your body's master switch for muscle growth — encoded in your own DNA

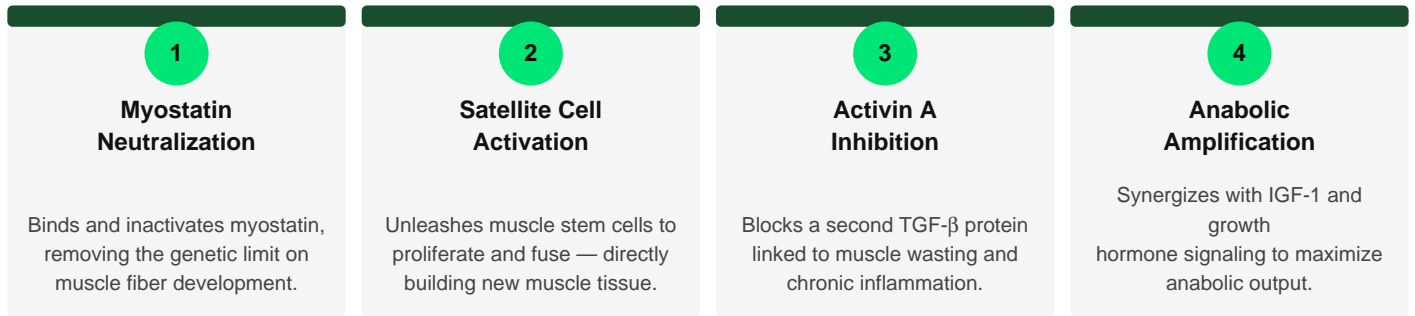
Born in Your Biology, Built to Break Limits

Follistatin (FST) is an endogenous glycoprotein produced naturally throughout the body — in skeletal muscle, the liver, the gonads, and beyond. Its primary biological role is to act as a powerful antagonist of the TGF- β superfamily, most critically **myostatin (GDF-8)** — the protein that sets a genetic ceiling on how much muscle your body will allow. When Follistatin binds myostatin, it neutralizes this brake, allowing skeletal muscle fibers to grow larger in size (**hypertrophy**) and increase in number (**hyperplasia**). Research has demonstrated that animals with elevated Follistatin expression can develop muscle mass two to three times the normal baseline — without additional exercise.

How It Works — The Myostatin Inhibition Cascade

Follistatin works by physically binding myostatin with extraordinarily high affinity, rendering it biologically inert. Without a functional myostatin signal, muscle satellite cells — the stem cells responsible for muscle repair and growth — become uninhibited. They proliferate, differentiate, and fuse into new and enlarged muscle fibers at an accelerated rate. Follistatin also inhibits **Activin A**, a related TGF- β family member implicated in muscle wasting, fat accumulation, and inflammatory signaling — making its effects on body composition particularly broad.

Four Core Mechanisms



★ BEYOND MUSCLE: SYSTEMIC EFFECTS

Follistatin's reach extends beyond skeletal muscle. Research highlights roles in adipose tissue regulation (reducing fat cell differentiation), ovarian function, bone density, and neurological protection — establishing it as a multi-system longevity candidate, not merely a performance peptide.

The Benefits of Follistatin

One peptide. Extraordinary reach. Muscle, fat, bone, and beyond.

01 Muscle Hypertrophy & Growth

By eliminating myostatin's suppressive signal, Follistatin enables muscle fibers to grow well beyond their genetically programmed limit — delivering dramatic gains in lean muscle mass with or without increased training load.

02 Muscle Fiber Hyperplasia

Unlike most anabolic compounds that simply enlarge existing fibers, Follistatin promotes the creation of entirely new muscle fibers — a fundamentally different mechanism with potentially permanent structural changes to muscle architecture.

03 Accelerated Recovery

Follistatin suppresses Activin A and other pro-inflammatory TGF- β signals, significantly reducing exercise-induced muscle damage, soreness, and recovery time — allowing higher training frequency and volume over time.

04 Fat Loss & Body Recomposition

Follistatin inhibits the differentiation of preadipocytes into mature fat cells while simultaneously increasing metabolically active lean tissue — producing measurable improvements in body composition and metabolic rate.

05 Bone Density & Structural Integrity

By antagonizing myostatin and Activin A in bone tissue, Follistatin supports osteoblast activity and bone mineral density — offering potential benefits for osteoporosis prevention and skeletal resilience in aging populations.

06 Anti-Aging & Longevity Signaling

Declining Follistatin levels are associated with sarcopenia — the age-related loss of muscle mass that predicts mortality and disability. Restoring Follistatin activity may counteract this central hallmark of biological aging.

07 Reproductive & Hormonal Health

Follistatin plays a critical regulatory role in the HPG axis, modulating FSH secretion and supporting ovarian follicle development. Clinically, FST dysregulation is linked to PCOS, infertility, and hormonal imbalance in women.

08 Neurological Protection

Emerging research identifies Follistatin expression in the central nervous system, where it modulates neuroinflammation and supports neuronal survival — suggesting potential applications in neurodegenerative disease and cognitive longevity.

Follistatin represents a new frontier in anabolic and longevity medicine — a peptide that works not by adding an external signal, but by removing the internal limit. From elite athletic performance to healthy aging, FST-344 may redefine what the human body is capable of.