

# PRESCRIPTION MONOGRAPH

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**Compounded Active Ingredients:** Pyridoxine Hydrochloride/PT-141 (Bremelanotide Acetate)

**Form:** Nasal Spray

**Drug Class:**

- Pyridoxine Hydrochloride: Vitamin B-6
  - PT-141: Melanocortin-4 receptor (MC4R) agonist
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**Mechanism of Action**<sup>1,2,3</sup>: When compounded together, Pyridoxine Hydrochloride can amplify the central effects of PT-141 by promoting neurotransmitter synthesis, allowing an amplified central arousal response. This compound is intended to:

- Activate MC4 receptors in the hypothalamus, which modulate libido and sexual desire.
  - Function independently of nitric oxide pathways, making it effective in central sexual dysfunction.
  - Increase dopaminergic activity, sexual motivation, and genital arousal in both sexes.
  - Enhance synthesis of key neurotransmitters (dopamine, serotonin, GABA), to stabilize mood and enhance sexual responsiveness.
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**Indications:**

- Hypoactive Sexual Desire Disorder (HSDD) in premenopausal women
  - Low libido or sexual dysfunction in men or women
  - Erectile dysfunction (especially psychogenic)
  - Couples therapy adjunct for intimacy
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**Before Use:** Let your doctor know if you have had any allergic reactions to nasal sprays in the past. Let your health care provider know if you are pregnant or breast feeding. Let your healthcare provider know of all supplements you are currently taking.

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**Contraindications:**

- Uncontrolled hypertension
  - Hypersensitivity to peptides or excipients
  - History of cardiovascular disease
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**Cautions:** Let your Healthcare provider know of any changes of vision while on this compounded preparation.

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**How to Use:** This medication is a nasal spray and is delivered in a premixed liquid form. Gently blow your nose to clear it from mucous before using the compound. Remove the ring and protective cap to reveal the nasal spray tip. Tilt head slightly forward, hold bottle with thumb on bottom and your index and middle fingers on top. Use your fingers to squeeze down on the pump while you breathe in slowly through your nose. If needed, repeat the process for the second nostril.

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**Warnings and Precautions:**

- PT-141 can increase blood pressure and heart rate; monitor in patients with cardiovascular risk
  - Psychological readiness: PT-141 requires mental engagement for optimal effect; not a purely physical stimulant.
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Compounded medications are not FDA-approved and may differ in risks, benefits, and side effects from FDA-approved products. These statements have not been evaluated by the FDA and are not intended to diagnose, treat or cure any disease or condition and do not indicate any claims of safety or efficacy. Individual results may vary.

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## **Adverse Reactions:**

### **Common:**

- Headache
- Flushing

### **Rare, but Serious:**

- Transient hypertension
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## **Interactions:**

- Antihypertensives: May increase blood pressure and heart rate
  - CNS-active drugs (SSRIs/SNRIs)
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## **Use in Specific Populations:**

- Pregnancy/Lactation: Contraindicated
  - Geriatrics: Permitted with monitoring. Baseline BP and HR should be assessed.
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## **Storage:**

- Refrigerate at 2°C to 8°C (36°F to 46°F)
  - Can be stored at room temperature (up to 30°C or 86°F) for up to 48hrs
  - Do not freeze
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## **Monitoring Parameters:**

- Blood pressure
  - Sexual response and subjective satisfaction
  - Mood and psychological effects
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## **Citations:**

1. Heiman JR, Kroll R, Liao X, et al. Effects of Bremelanotide (PT-141) on Sexual Function in Women with Hypoactive Sexual Desire Disorder. J Sex Med. Published 2021. Available from: <https://kinseyinstitute.org/pdf/JSMedicine-heiman%20et%20al.pdf>.
2. Kingsberg SA, Clayton AH, Portman D, et al. Bremelanotide for the Treatment of Hypoactive Sexual Desire Disorder: Two Randomized Phase 3 Trials. Obstet Gynecol. 2019;134(5):899-908. doi:10.1097/AOG.0000000000003500
3. National Institutes of Health, Office of Dietary Supplements. Vitamin B6 – Health Professional Fact Sheet [Internet]. Updated June 16, 2023. Available from: <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>. Accessed November 5, 2025.