



PROpeptides Disclaimer – Real Talk

Alright, let's keep it real - peptides are awesome, but they're also still in the "experimental" category. While there's a ton of promising research and a growing number of athletes using them for recovery and performance, they're not FDA-approved for most uses. That means there's some unknowns, and by accepting this package, you're acknowledging that you understand the risks and are choosing to use them at your own discretion.

We're not making medical claims, and this isn't a magic fix—it's a tool that can help with recovery, repair, and performance when used responsibly. As always, if you have any health concerns, talk to a medical professional (luckily, now you know a good one).

By moving forward, you're saying, "Yeah, I get it," and taking ownership of your health and performance choices.

Let's get after it. 🦾💪

— PROpeptides Team

TB-500 + BPC-157 + GHK-Cu + KPV Blend Guide

What Is It?

- **TB-500 (Thymosin Beta-4):** A peptide that promotes healing and recovery by stimulating actin production, which is essential for cell movement and tissue repair. TB-500 is particularly effective for soft tissue injuries and chronic pain management.
- **BPC-157 (Body Protection Compound 157):** A synthetic peptide derived from a protein in the stomach that accelerates tissue repair, reduces inflammation, and supports healing in muscles, tendons, ligaments, and joints.
- **GHK-Cu (Copper Peptide):** A naturally occurring peptide that plays a role in tissue repair, wound healing, and skin regeneration. GHK-Cu enhances collagen production and has anti-inflammatory and antioxidant properties.
- **KPV (Kallikrein-Related Peptide):** A peptide known for its strong anti-inflammatory and immunomodulatory effects. KPV can help reduce inflammation and support the healing of damaged tissues.

Combination Benefits: The **TB-500 + BPC-157 + GHK-Cu + KPV** blend is a powerful combination for accelerating tissue healing, reducing inflammation, and improving overall recovery. This blend targets multiple pathways in tissue regeneration, making it ideal for individuals with muscle, tendon, ligament, or joint injuries, as well as those seeking skin regeneration and reduced inflammation.

Who Should Use It?

- **Individuals recovering from soft tissue injuries** (e.g., muscle strains, tendon sprains, ligament injuries, joint issues).
- **Athletes and bodybuilders** who need faster recovery after workouts or injury.
- Those recovering from **surgery**, especially for joint or soft tissue repairs.
- People suffering from **chronic pain** or **inflammation** related to joints, muscles, or tendons.
- Individuals looking to promote **skin healing** and **anti-aging** benefits.
- **Not recommended for those with a history of cancer** or active cancer, as the peptides may promote cellular growth and repair.

Specific Benefits for Users

- **Enhanced Recovery:** Speeds up healing of soft tissue injuries, helping users recover more quickly from muscle strains, ligament sprains, and joint injuries.

PROPEPTIDES

A subsidiary of Arizona Sports Medicine PLLC
480-400-6225 | Admin@arizonasportsmed.com

PROPEPTIDES

- **Reduced Inflammation:** KPV and BPC-157 provide strong anti-inflammatory effects, helping to manage swelling and pain associated with injuries and chronic conditions.
- **Tissue Regeneration:** The combination of BPC-157, TB-500, and GHK-Cu supports regeneration of muscles, tendons, and ligaments, promoting faster healing.
- **Skin Healing:** GHK-Cu stimulates collagen production, improving skin elasticity and promoting the healing of wounds, scars, and skin-related issues.
- **Pain Relief:** The anti-inflammatory properties of KPV and BPC-157 help reduce pain, especially for individuals suffering from chronic joint or tendon pain.
- **Anti-Aging:** GHK-Cu supports skin regeneration, reducing the appearance of wrinkles and promoting youthful skin.

Standard Dosage Recommendations

- **Blend dosing:** 10-20 units per day
- **TB-500 Dosage:** 2-5 mg per week, typically divided into 2-3 doses.
- **BPC-157 Dosage:** 250-500 mcg per day.
- **GHK-Cu Dosage:** 2-5 mg per day.
- **KPV Dosage:** 200-300 mcg per day.
- **Frequency:** Typically administered 2-3 times per week for TB-500, daily for BPC-157, GHK-Cu, and KPV.
- **Cycle Length:** Cycles generally last 4-8 weeks, followed by a 4-week break to prevent receptor desensitization.
- **Higher Doses:** Higher doses may be used for severe injuries, but caution is advised to avoid overstimulation of the healing process.

How It's Typically Used (Frequency, Timing, etc.)

- **Blend:** Administered subcutaneously or intramuscularly 3-5 times per week
- **TB-500:** Administered subcutaneously or intramuscularly 2-3 times per week, typically following injury or surgery.
- **BPC-157:** Administered subcutaneously 1-2 times per day for optimal healing.
- **GHK-Cu:** Administered subcutaneously or topically (for skin regeneration) 1-2 times per day.
- **KPV:** Administered subcutaneously 1-2 times per day for inflammation and pain relief.
- **Combined Use:** Many users combine all peptides into a single injection, or they may stagger doses depending on personal preference and treatment goals.

How to Prepare It

- **Reconstitution:** All peptides come in powdered form and need to be reconstituted with bacteriostatic water.
 - **TB-500:** Reconstitute with 2 mL of bacteriostatic water.
 - **BPC-157:** Reconstitute with 1-2 mL of bacteriostatic water.
 - **GHK-Cu:** Reconstitute with 1-2 mL of bacteriostatic water.
 - **KPV:** Reconstitute with 1-2 mL of bacteriostatic water.
- **Injection:** Draw the desired dose using a syringe and inject subcutaneously or intramuscularly, depending on the injury site or treatment area.
- **Storage:** Store the reconstituted peptides in the refrigerator. Discard any unused solution after 30 days.

Best Timing for Administration

- **TB-500:** Best administered post-workout or after injury, in the evening or early morning, to support recovery during sleep or rest periods.
- **BPC-157:** Often taken before or after meals, as it can enhance absorption and tissue healing when taken during periods of recovery.

PROPEPTIDES

A subsidiary of Arizona Sports Medicine PLLC
480-400-6225 | Admin@arizonasportsmed.com

PROPEPTIDES

- **GHK-Cu:** Can be administered in the morning or evening, or topically for skin regeneration. It's typically more effective when applied directly to the affected area.
- **KPV:** Best administered in the morning or evening, depending on pain levels and inflammation.
- **Combined Use:** Users can space out doses or combine them in a single injection, depending on personal preference.

If Timing with Meals Matters

- **TB-500:** Can be taken with or without food, though it may be more effective on an empty stomach for optimal absorption.
- **BPC-157:** Can be taken with or without food; however, some prefer it on an empty stomach for enhanced absorption.
- **GHK-Cu:** Best taken on an empty stomach for maximum absorption, especially for tissue regeneration.
- **KPV:** No significant difference in timing with meals, though some prefer it on an empty stomach.

Duration of Action in the Body

- **TB-500:** Has a longer half-life, allowing for less frequent dosing (2-3 times per week).
- **BPC-157:** Has a shorter half-life, requiring more frequent administration (1-2 times per day) for optimal effects.
- **GHK-Cu:** Also has a relatively long half-life, with daily dosing providing sustained benefits.
- **KPV:** Typically has a short to medium half-life, requiring daily doses for sustained inflammation control.
- **Combined Action:** The blend works synergistically to promote tissue regeneration and pain relief, with noticeable effects within 2-3 weeks of consistent use, with full benefits realized within 4-6 weeks.

Potential Risks and Adverse Effects

- **Injection Site Reactions:** Mild redness, swelling, or irritation at the injection site.
- **Overhealing:** Excessive tissue regeneration can occur with prolonged use, potentially leading to scar tissue formation or unwanted tissue growth.
- **Nausea or Headaches:** Some individuals may experience mild nausea or headaches, especially when first starting the peptides.
- **Joint or Tendon Stiffness:** Some users may experience temporary stiffness as tissues repair, which typically resolves over time.
- **Skin Reactions (for GHK-Cu):** Occasionally, skin irritation or rash may occur if applied topically.
- **Dizziness or Fatigue:** Rarely, dizziness or fatigue can occur with higher doses.

Contraindications with Common Medications

- **Anti-coagulants:** Caution is advised when combining these peptides with blood thinners, as they may affect wound healing and clotting.
- **Immunosuppressive Drugs:** The peptides may have immune-modulating effects, requiring caution when used with immunosuppressive medications.
- **Corticosteroids:** These medications may interfere with the tissue regeneration effects of the peptides.
- **Cancer Treatment:** Not recommended for individuals with cancer or those undergoing cancer treatment due to the potential stimulation of cellular growth and repair.

Potential Long-Term Effects

- **Enhanced Tissue Repair:** Long-term use can lead to faster and more efficient tissue regeneration, making it effective for chronic injury management.

PROPEPTIDES

A subsidiary of Arizona Sports Medicine PLLC
480-400-6225 | Admin@arizonasportsmed.com

PROPEPTIDES

- **Skin Rejuvenation:** Continued use of GHK-Cu promotes long-term skin health, improving elasticity and reducing wrinkles.
- **Chronic Pain Relief:** The anti-inflammatory effects of KPV and BPC-157 may provide long-term pain relief for individuals with chronic pain conditions.
- **Bone Health:** These peptides can help stimulate bone density over time, supporting skeletal health.
- **Excessive Healing:** Prolonged use may lead to excessive tissue regeneration, which could result in unwanted scar tissue or abnormal tissue growth if not properly managed.

Key Takeaways

- The **TB-500 + BPC-157 + GHK-Cu + KPV** blend is highly effective for accelerating recovery from injuries, reducing inflammation, and promoting tissue repair.
- Ideal for **athletes, bodybuilders**, and individuals recovering from **surgery** or suffering from **chronic pain** or **skin issues**.
- Administered in cycles of 4-8 weeks, the blend helps promote faster healing, pain relief, and skin rejuvenation.
- **Consistent dosing** and proper timing are essential to maximizing the effectiveness of this powerful peptide blend.

PROPEPTIDES

A subsidiary of Arizona Sports Medicine PLLC
480-400-6225 | Admin@arizonasportsmed.com