



## 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

## BPC-157 Guide

### What Is It?

- **BPC-157** (Body Protection Compound-157) is a synthetic peptide derived from a naturally occurring protein found in the human stomach. It is known for its potential healing and regenerative properties, particularly in relation to soft tissue injuries, joint health, and inflammation.
- BPC-157 has been studied for its ability to promote **wound healing**, **muscle recovery**, and the regeneration of **ligaments** and **tendons**. It may also improve **gut health** by supporting the repair of the digestive tract lining.
- It is often used by athletes, bodybuilders, and individuals with injuries looking to speed up recovery and reduce inflammation. Additionally, BPC-157 has potential therapeutic applications for chronic pain and inflammatory conditions.

### Who Should Use It?

- Individuals with joint or tendon injuries
- Athletes recovering from muscle, ligament, or tendon strains
- Individuals with chronic pain or inflammation
- Not recommended for pregnant or breastfeeding women

### Specific Benefits for Athletes

- Accelerates recovery from injuries to muscles, ligaments, and tendons
- Enhances healing of soft tissue damage
- Improves joint mobility and reduces inflammation
- May improve bone healing and reduce recovery time after surgery or injury

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## Standard Dosage Recommendations

- Dose: 10-20 units (100-200 mcg per day)
- Frequency: Daily subcutaneous injections, typically for 4-6 weeks, but varies based on need. Take a 4 week holiday if using for 90 days straight.
- Higher doses can be used in cases of severe injury, but should be done with caution

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

- Administer once or twice daily, depending on the severity of the injury
- Typically used for 4-6 weeks during the recovery period
- Can be used in combination with physical therapy for optimal healing

## How to Prepare It

1. Add 1-2 mL of bacteriostatic water to the lyophilized BPC-157 powder to reconstitute it
2. Use an insulin syringe to measure the correct dose
3. Store in the refrigerator after mixing to maintain stability
4. Discard any unused solution after 30 days

## Best Timing for Administration

- Can be taken at any time of day, but many prefer taking it post-workout, after physical therapy or in the evenings before bed.
- It can be taken on an empty stomach for faster absorption, but it is not strictly necessary

## If Timing with Meals Matters

- Can be taken with or without food
- Many prefer administering it before or after physical activities for enhanced recovery

## Duration of Action in the Body

- Effects typically start to show within 1-2 weeks of use
- Healing effects may continue after discontinuation of BPC-157
- Has a relatively short half-life, requiring daily administration for full effect

## Potential Risks and Adverse Effects

- Mild irritation at the injection site
- Possible dizziness or headaches
- Some users report feelings of fatigue or nausea
- Rare instances of bloating or water retention

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## Contraindications with Common Medications

- **Blood Pressure Medications (e.g., ACE Inhibitors, Beta-blockers):** May interact with BPC-157 and cause an increase in blood pressure in some individuals.
- **Anticoagulants (e.g., Warfarin, Heparin):** BPC-157 may have an impact on blood clotting, so caution is advised when using with blood thinners.
- **Immunosuppressive Medications:** Individuals on medications that suppress the immune system should use caution when taking BPC-157.

## Potential Long-Term Effects

- Limited long-term studies available
- No significant negative effects reported in short-term use
- Potential for accelerated healing could result in improper tissue repair if not followed up with appropriate rehabilitation
- More research needed to determine long-term effects

## Key Takeaways

- Excellent for speeding up recovery from injuries and soft tissue damage
- Short-term use (4-6 weeks) during recovery is optimal
- Regular monitoring of the healing process is advised to ensure proper recovery and prevent overuse of healed tissues

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