



## 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 + TB-500 Blend Guide

### What Is It?

- **BPC-157** (Body Protection Compound 157) is a synthetic peptide derived from a naturally occurring protein in the stomach. It plays a crucial role in promoting tissue repair, reducing inflammation, and supporting healing processes in various tissues, including muscles, tendons, ligaments, and joints.
- **TB-500** (Thymosin Beta-4) is a peptide that promotes healing and recovery by stimulating the production of actin, a protein that plays a key role in cell movement and tissue repair. TB-500 enhances the body's ability to regenerate damaged tissues, making it particularly useful for soft tissue injuries and chronic pain management.
- The combination of **BPC-157** and **TB-500** enhances healing, reduces inflammation, and promotes quicker recovery after injuries or surgery. Together, they target multiple aspects of tissue repair and recovery, making this blend ideal for individuals with severe muscle, tendon, or ligament injuries.

### Who Should Use It?

- Individuals recovering from soft tissue injuries, including muscle strains, ligament sprains, tendon injuries, or joint issues.
- Athletes or bodybuilders who have sustained injuries and need to accelerate recovery.
- Those undergoing surgery, particularly for joint or soft tissue repair, who want to speed up the healing process.
- People suffering from chronic pain conditions involving tendons, ligaments, or joints.
- Not recommended for individuals with a history of cancer or those with active cancer, as the peptides may stimulate cellular repair and growth.

### Specific Benefits for Athletes

- **Enhanced Recovery:** The BPC-157 + TB-500 blend speeds up tissue repair, helping athletes recover more quickly from strains, sprains, and tears.

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- **Reduced Inflammation:** Both peptides have strong anti-inflammatory effects, helping to manage swelling and pain associated with injuries.
- **Improved Joint Health:** Promotes the healing of ligaments, tendons, and joints, reducing stiffness and improving flexibility.
- **Faster Wound Healing:** Speeds up the healing of cuts, wounds, and surgical incisions, making it particularly useful for post-surgery recovery.
- **Pain Relief:** The combination can provide significant pain relief, particularly in individuals with chronic joint or tendon pain.

## Standard Dosage Recommendations

- **BPC-157/TB500 Dosage:** 10-20 units per day (100-200 mcg)
- **Frequency:** Administer 5 nights per week, taking 2 nights off.
- **Cycle Length:** Cycles generally last between 8-12 weeks, with a break of at least 4 weeks between cycles to prevent receptor desensitization.
- **Higher Doses:** Some individuals may use higher doses under medical supervision for more severe injuries, but caution is advised to avoid overstimulation of tissue repair processes.

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

- The **BPC-157 + TB-500 blend** is injected subcutaneously or intramuscularly, 5 times per week.
- It is most commonly used in post-injury or post-surgery recovery protocols to speed up the healing process.
- Some individuals use the blend during intense training phases to minimize the risk of injury and improve recovery times.

## How to Prepare It

- **Reconstitution:** Both **BPC-157** and **TB-500** come in powdered form and need to be reconstituted with 2mL of bacteriostatic water
- **Injection:** Use a syringe to draw the required dose and administer it subcutaneously or intramuscularly, depending on the injury site.
- **Storage:** Store the reconstituted peptides in the refrigerator to maintain their stability and potency. Discard any unused solution after 30 days.

## Best Timing for Administration

- For optimal healing, both peptides are often administered in the evening or post-workout when the body is in recovery mode.
- Some users prefer to space the injections out throughout the week in 2-3 doses for sustained benefits. When done in this way, increase dose to 20 units per night.
- Timing can vary based on individual preferences, but consistent use is key for achieving faster recovery.

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## If Timing with Meals Matters

- The peptides can be taken with or without food, as their effectiveness is not significantly impacted by meal timing.
- However, some individuals prefer taking the peptides on an empty stomach for enhanced absorption.

## Duration of Action in the Body

- **BPC-157** has a relatively short half-life, requiring frequent administration for consistent effects.
- **TB-500** has a longer half-life, allowing for less frequent dosing.
- Both peptides work synergistically to promote tissue repair, with noticeable effects on pain reduction and healing within 2-3 weeks of consistent use.
- Full benefits are typically realized within 4-6 weeks of use and can be used up to 90 days before requiring a 30 day holiday to avoid receptor desensitization.

## Potential Risks and Adverse Effects

- **Injection Site Reactions:** Mild redness, swelling, or irritation at the injection site may occur.
- **Overhealing:** There is a potential for excessive tissue regeneration if used improperly or at high doses, leading to the formation of scar tissue.
- **Nausea or Headaches:** Some individuals may experience mild nausea or headaches, especially when first starting the peptides.
- **Joint or Tendon Stiffness:** Occasionally, users may experience stiffness in joints or tendons as they heal, though this typically resolves over time.
- **Dizziness or Fatigue:** Rarely, dizziness or fatigue can occur, especially when using higher doses.
- **Scar Tissue Formation:** Excessive or improper use may result in excessive scar tissue formation, especially in tendons or ligaments.

## Contraindications with Common Medications

- **Anti-coagulants:** Use caution when combining these peptides with blood thinners, as the peptides may affect wound healing and clotting.
- **Immunosuppressive Drugs:** Both peptides may have immune-modulating effects, so combining them with immunosuppressive medications requires caution.
- **Corticosteroids:** These drugs may interfere with the tissue regeneration effects of the peptides.
- **Cancer Treatment:** As both peptides promote tissue growth and repair, they may not be suitable for individuals undergoing cancer treatment or those with a history of cancer.

## Potential Long-Term Effects

- **Increased Cellular Regeneration:** Long-term use may promote ongoing tissue healing and regeneration, which could lead to stronger, more resilient muscles, tendons, and joints.
- **Chronic Pain Relief:** Prolonged use may provide long-term pain relief for individuals with chronic joint or tendon pain.
- **Unknown Long-Term Effects:** More research is needed to fully understand the long-term safety of BPC-157 + TB-500 blends in various populations, particularly for individuals with chronic conditions.

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## Key Takeaways

- The **BPC-157 + TB-500 blend** is an excellent combination for healing and recovery, particularly for soft tissue injuries and chronic pain conditions.
- Ideal for athletes, bodybuilders, and individuals recovering from surgery or injury, this blend promotes faster tissue repair, reduces inflammation, and improves overall healing.
- Administered in cycles of 4-6 weeks, the blend supports faster recovery and pain relief, though proper dosing and timing are crucial for best results.
- Long-term safety data is limited, so caution should be exercised when using the peptides for extended periods.

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