

# **PEPTIDES:** **WHAT ARE THEY?**

Peptides are short chains of amino acids – the building blocks of proteins – that support your body’s natural repair, recovery, and performance.

## **WHY PEPTIDES?**

- **Repair** – Stimulate collagen and tissue healing to support skin, joints, and muscles. Great for recovery after workouts, injuries, or daily wear and tear.
- **Recover** – Help balance inflammation, support immune function, and improve recovery time so you feel stronger and more resilient.
- **Rejuvenate** – Boost energy, metabolism, and vitality. Peptides can support hormone balance, improve sleep quality, and promote healthy weight management.
- **Protect** – Some peptides have antioxidant and protective benefits, supporting long-term cellular health and overall wellness.

## **Peptide Program**

**COMING SOON**

**817-389-2307**

**[www.joyhealthwellness.org](http://www.joyhealthwellness.org)**

