

What are Peptides and how do they work?

Peptides are short chains of amino acids also known as the building blocks of protein. Peptides are found naturally in your body but many decline as you age. Peptides may support different desired actions such as muscle growth, skin health, cognitive function, energy, and sleep quality.

There are some well studied peptides which are FDA approved such as Semaglutide, Tirzepatide, and even Insulin. Most of the popular peptides that have gained so much attention over the last couple years have limited studies and are not yet FDA approved.

Sermorelin

Sermorelin an injectable form of the growth hormone-releasing hormone (GHRH). It signals the pituitary gland to release your body's own growth hormone [via the GHRH receptor](#).

Benefits

- Support lean muscle and fat metabolism
- Recovery from training and injury.
- Improved sleep

Possible Side Effects

- Redness, Swelling, or itching at injection site.
- Headache, flushing, brief lightheadedness.



Lab work required prior to starting Sermorelin for added safety.

GHK-Cu (Copper Peptide)

GHK-Cu is a natural peptide found in your body that declines with age.

Benefits

- Anti- Aging
- Improve Skin Health / Collagen Building
- Wound Healing
- Post Procedure recovery
- Hair Follicle Support
- Anti- Inflammatory

Possible Side Effects

- Redness, Swelling, or itching at injection site.
- Occasional mild nausea or headache.



Often used in combination with BPC-157, KPV, TB500 peptides

BPC-157

A group of 15 amino acids which are naturally occurring protective protein in human gastric juice.

Benefits

- Acceleration of healing of muscle, tendon, and ligaments.
- Inflammation reduction
- GI mucosal healing, gastric protection

Possible Side Effects

- injection-site reactions, nausea, fatigue, and lightheadedness. .



Often used in combination with Gu , KPV, TB500 peptides

Tesamorelin

Stimulates the pituitary gland to produce more of the body's own growth hormone, which in turn raises IGF-1 levels and promotes fat breakdown, particularly visceral (deep abdominal) fat.

Benefits

- Improved body composition/waist circumference.
- Better sleep quality and recovery.
- Lean-muscle-support

Possible Side Effects

Pain in the arms and legs, and muscle aches (myalgia), along with redness, itching, bruising, or irritation at the injection site. May raise blood sugar, fluid retention and swelling.



Lab work required prior to starting Sermorelin for added safety.