

GHK-cu 50mg + BPC-157 10mg – FOR GLOWING SKIN

(Using BPC-157 not only helps the healing process, but controls the pain and stinging from GHK-cu)



PRECISION PEPTIDE CO. – Code: PEP5 (5% OFF)

<https://precisionpeptideco.com/ref/6/>

- FREE SHIPPING ON ALL ORDERS OVER \$100 (US only)
- FREE 2ml Bacteriostatic Water with every purchase!
- 4.8 on Trustpilot:

https://www.trustpilot.com/review/precisionpeptideco.com?utm_medium=trustbox&utm_source=TrustBoxReviewCollector

SKINCARE PEPTIDE:

GHK-cu 50mg: <https://precisionpeptideco.com/product/ghk-cu-100mg/>

BPC-157 10mg: <https://precisionpeptideco.com/product-category/bpc-157/>

BAC Water: <https://precisionpeptideco.com/product/bacteriostatic-water/>

Code: PEP5

Painless Subcutaneous Injection Protocol 1 – (Nikki's Protocol)

1. Draw up 1mL bacteriostatic water and inject into a 10mg BPC-157 vial.
2. Draw up 3mL bacteriostatic water and inject into a 50mg GHK-cu vial.
3. Once reconstituted, draw 3 units of BPC-157 into a syringe + draw 12 units of GHK-cu into the same syringe before injecting. (I like using 0.3ml syringe for injections, it is easier to read the lines on the syringe)
4. Inject SLOWLY.

Doses:

- 300mcg/0.3mg BPC-157 (3 units on all syringes).
- 2000mcg/2mg GHK-CU (12 units on all syringes).
- Draw BCP-157 into a syringe 1st, then draw GHK-cu into the same syringe.

I buy 2 vials of GHK-CU (1 vial last approx. 25 days)

I buy 2 vials of BPC-157 (1 vial of BCP-157 lasts about 33 days)

Treatment length: Not for long term

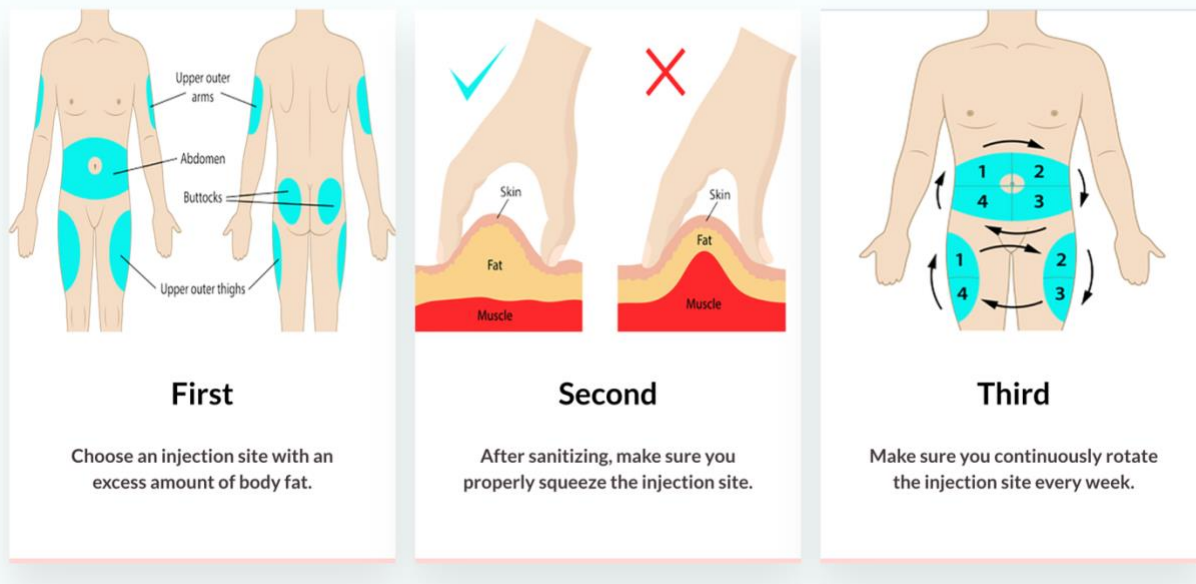
- 30 days (*Tailor Made Compounding Catalog*)
- 8 weeks, followed by a 2-week rest. Can repeat another cycle if needed (*World of Peptides*)
- This Protocol can be repeated 3 – 4 times a year.

Where to Administer:

Inject subcutaneously (SubQ) into the fatty tissue just beneath the skin, typically in the abdomen area.

Researchers are advised to rotate the injection site with each administration. Also, to help with the burning sensation, I inject in the same area SLOWLY. You can also inject 2-3 spots in the same area.

What to keep in mind when administering your Peptide injection



Additionally, tools like a [peptide calculator](#) can assist in precise measurements, contributing to the overall handling and stability of peptides in various applications:

Peptides Dosage Calendar: <https://www.peptides.org/peptide-dosage-calculator/>

Peptides Dosage Calculator

BPC-157
10mg vial
diluted
with 1m
BAC
300mcg
daily for
30 days
or the same amount of time as GHK-cu

Total syringe volume:

Peptide amount in vial(mg):
10mg

Amount of bacteriostatic water(ml):
1ml

Peptide dose amount(mcg):
Other
300

To have a dose of 300mcg, pull the syringe to 3...

GHK-cu
2mg/2000mcg
12 line per day
for 6 weeks
Then 4 weeks off

Peptide amount in vial(mg):
50

Amount of bacteriostatic water(ml):
3ml

Peptide dose amount(mcg):
Other
2000

To have a dose of 2000mcg, pull the syringe to 12...

It is important that you do your own research. The information provided in this document was attained by countless hours of research but used for my health issues and goals. Please seek medical advice from a professional regarding any questions and concerns you may have.

Painless Subcutaneous Injection Protocol 2

1. Draw up 1mL bacteriostatic water and inject into a 5mg BPC-157 vial.
2. Once reconstituted, draw up that one ml from your first BPC-157 and enter it into another 5mg BC-157 vial. Total is 1ml of bacteriostatic water in 10mg of BPC. OR (Draw up 1mL bacteriostatic water and inject into a 10mg BPC-157 vial).
3. Draw up the 10 mgs of BPC and 1mL of water from your BPC-157 vial and inject into 50mg GHK-cu.
4. Add 2mL bacteriostatic water for a total of 3ml bacteriostatic water with 10mg BPC-157 and 50mg GHK-cu in one vial.

Doses:

- 200mcg BPC-157/1mg GHK-cu (6 units on a 1cc syringe).
- 300mcg BPC-157/1.5mg GHK-cu (9 units on a 1cc syringe).
- 350mcg BPC-157/1.75mg GHK-cu (10.5 units on a 1cc syringe). Preferred

Important Instructions:

- Do not skip injection instructions or you may be at risk for injection site reaction.
- Choose a spot for your subcutaneous injection.
- Instead of giving your injection all at once, it is important that you break up the injection into two to three different spots all right next to each other.
- They should be all in the same area right next to each other. This breaks up the injection into micro injections in a cluster. Once the injections are finished, mark the area with your finger, so you don't lose the injection site.
- Now take a massage gun and hit the injection site for 2 to 5 minutes. Normally, we would never condone using a massage gun on an injection site while using a peptide. This is a big NO with most peptides however, BPC-157 and GHK-cu are hearty enough that they won't degrade with post injection massage gun technique. Do not use this massage gun technique on other peptides. (If you do not have a massage gun, just manually massage with fingers).
- Take a zinc supplement daily whenever taking GHK-cu. <https://a.co/d/5VCW1Hd>

What Is GHK-Cu?

GHK-Cu, or copper peptide GHK-Cu, is a copper complex that occurs **naturally in the human body**. It is found in human plasma, saliva, and urine, where it forms a natural part of the way your body functions.

In the body, it has an impact on a few different features. Though not all of this is known, there is evidence it is helpful in specific ways. These include boosting your immune system, healing wounds, providing antioxidants, working against inflammation, stimulating collagen, promoting the growth of blood vessels, and more.

Essentially, GHK-Cu is just something that your body naturally creates and needs. With it, your body can run like it normally does. Without it, many of your body's functions will not be as effective.

The problem is that your levels of GHK are not always at an ideal level. The amount of GHK in a person generally decreases as they age. This causes problems, as not enough GHK is available to provide the health benefits it gives. So, your body ends up suffering from a lack of it, and many of the signs are similar to the **general signs of aging**. This is the main problem with GHK and is why people have more recently investigated other sources of it.

GHK-Cu Uses:

The potential found within GHK is significant, yet the fact that it is lost over time creates a serious problem for many people. To address this, these same people seek to build GHK levels back up through products or peptide treatments that provide it.

For people looking to take advantage of the health benefits of GHK-Cu, it is often provided through an injection. This provides the body with the GHK-Cu that it is already producing. This helps add to the effects or to raise GHK-Cu levels when they have dropped.

GHK is also available in other forms. Specifically, it is often provided through topical foams and facial creams. These foams and creams focus on the ability of GHK-Cu to improve and restore skin.

While creams and foams are effective in treating the skin, they do not have the **deep-reaching effects** provided by the GHK injection.

Benefits of GHK-Cu Injection:

The GHK-Cu injection is one of the main ways to provide your body with GHK-Cu. This is important because, as you age, your body produces less and less of this helpful material. So, providing your body with it through an injection helps reverse this process. This makes GHK treatment similar to vitamin D treatment, as both simply seek to raise the levels of a material that your body needs.

Potential anti-aging benefits:

- Stimulation of collagen synthesis.
- Enhanced wound healing and tissue regeneration.
- Antioxidant and anti-inflammatory properties.
- Anti-aging effects on the skin.
- Increased skin elasticity and firmness.
- Promotion of skin repair and rejuvenation.

This one can be painful. Here are some tips to help lessen the pain:

- It is recommended doing BPC-157 in the same syringe.
- Injecting smaller amounts in several different spots but close together in the same area.
- Change the injection spot every day.
- Zinc supplements have also been suggested to take with this peptide. <https://a.co/d/5VCW1Hd>

BPC-157 is a peptide that has gained attention for its numerous therapeutic effects, particularly in the field of regenerative medicine. Here are some potential benefits of BPC-157 peptide therapy:

1. **Wound Healing:** BPC-157 has been studied for its potential to accelerate wound healing. It may stimulate angiogenesis (the formation of new blood vessels) and increase the expression of growth factors that are important for tissue repair.

2. **Tissue Regeneration:** Research suggests that BPC-157 may promote the regeneration of various tissues, including muscle, tendon, ligament, and bone. This makes it of interest to athletes and individuals recovering from injuries.
3. **Gastrointestinal Health:** BPC-157 has been investigated for its potential to protect and heal the gastrointestinal tract. It may help with conditions such as inflammatory bowel disease (IBD), peptic ulcers, and gastritis.
4. **Anti-Inflammatory Effects:** BPC-157 might exhibit anti-inflammatory properties by modulating cytokine levels and reducing oxidative stress. This could have implications for conditions characterized by chronic inflammation.
5. **Pain Relief:** Some studies suggest that BPC-157 may have analgesic (pain-relieving) effects, possibly by influencing pain receptors or promoting tissue repair that reduces pain over time.
6. **Joint Health:** Due to its potential to support tissue regeneration, BPC-157 has been explored for its effects on joint health. It may help improve conditions like osteoarthritis and other joint-related issues.
7. **Neuroprotection:** Preliminary research indicates that BPC-157 might have neuroprotective properties, potentially benefiting conditions involving nerve damage or neurological disorders.

BPC 157 (BODY PROTECTIVE COMPOUND 157)

NOTE:

Different resources have different Protocols. You will need to find the right one for your body. I will primarily be combining BCP-157 with GHK-cu for Anti-Aging, Skincare Benefits (among other things).

Description: *(William Seeds, MD)*

BPC 157 is a penta-decapeptide composed of 15 amino acids. It is a partial sequence of the body protection compound (BPC) that was discovered in and isolated from human gastric juice. It has been shown to accelerate wound healing of muscle, tendon, and ligaments. Additionally, BPC 157 has shown to protect organs and aids in the prevention of gastric ulcers. BPC-157 acts systemically in the digestive tract to combat leaky gut, IBS, gastro-intestinal cramps, and Crohn's disease. It demonstrates its effects on the gut-brain-axis. This peptide has been known to exhibit analgesic and anti-inflammatory characteristics and counteracts negative effects of corticosteroids on muscle tissue. It positively modulates serotonergic and dopaminergic systems and offers neuroprotective characteristics including neurogenesis. It has been used with patients suffering from traumatic brain injuries (TBI). Research has shown its ability to help skin burns heal at a faster rate by increasing blood flow to damaged tissues. BPC-157 significantly accelerates reticulin and collagen formation as well as angiogenesis together with stimulation of macrophages and fibroblasts infiltration representing a potential therapeutic tool in wound healing management. BPC 157 shows great potential healing for a vast array of cell repair.

Properties:

- ❖ Pentadecapeptide (15-amino acid chain)
- ❖ MW = 1419
- ❖ Sequence: Gly-Glu-Pro-Pro-Pro-Gly-Lys-Pro-Ala-Asp-Asp-Ala-Gly-Leu-Val 3

METABOLIC OPTIMIZATION

- ❖ Focuses on the gut-brain axis
- ❖ Human BPC is found in gastric juices (made in the lining of the stomach)

Clinical Applications / Benefits:

- ❖ Skin:
 - Used in deep skin burns, corneal injuries ➤ post-operative incisions

- ❖ Injury to muscle, tendon, ligament, and bone
- ❖ Gastric protection:
 - It is an antinuclear peptidergic agent (GERD)
 - Cytoprotective
 - Improves nitric oxide (NO)
 - Helps improve GI Mucosal Integrity
 - Decreases gastric side effects of NSAID's and alcohol
- ❖ Helps heal tissues:
 - ➤ Reportedly improves cell survival under oxidative stress
 - ➤ Increases fibroblast migration and dispersal
 - ➤ Induces F-actin formation in fibroblasts
 - ➤ Improves angiogenesis
 - ➤ Enhances vascular expression of VEGFR2
 - ➤ Increases the extent of phosphorylation of paxillin and FAK proteins without affecting the amounts produced
- ❖ Neuroprotective:
 - ➤ Influences serotonergic, dopaminergic, opioid, and GABAergic systems
 - ➤ Improves nerve regeneration
 - ➤ Decreases neuroinflammation
 - ➤ May help with depression
 - ➤ Ameliorates alcohol withdrawal symptoms and opposes alcohol intoxication
- ❖ Cardioprotective:
 - ➤ May help regulate blood pressure
 - ➤ Rapidly and permanently counteracts the QTc prolongation induced by neuroleptics (such as haloperidol, fluphenazine, clozapine, olanzapine, quetiapine) and prokinetics

METABOLIC OPTIMIZATION

Clinical Pearls:

❖ Many clinicians that have experience with peptides would agree that, if they were trapped on an island and could only have one peptide- it would be BPC 157. Clinically we have seen overall improvement in many areas: orthopedic related issues, accelerated recovery times from exercise, pain, neurogenic pain, chronic pain, skin, post-surgical wounds/ bruising, cognition, vaginal tissue, GERD, stomach ulcers, IBS and more. Many believe this is because of its effect on the gut-brain axis. It continues to surprise us. BPC 157 like most peptides is pleiotropic which means it affects more than one phenotype. You end up correcting multiple cellular functions improving the overall human system.

Dosage:

- ❖ Half-life approximately 4 hours
- ❖ General use: SubQ injection 400-600mcg/day total; Oral 500- 1,000mcg daily
- ❖ Injury specific, split dosing into 200-300 mcg SubQ BID, injected specifically around injury site

Possible Side effects:

- ❖ Injection site erythema ❖ Injection site pruritus ❖ Peripheral edema

Name	Tags	Benefits	Protocol	Good With	Side Effects
BPC-157	Healing, Immune system, Pain, Focus, Bones	• Wound healing, soft tissue injury recovery, reduce inflammation • Bone, joint, tendons and ligaments health • GI health (helps with gastric ulcers) • Normalizing blood pressure • Strengthens the immune system • Positively impacts mood, behavior, and cognitive health • Exhibits potential anti-cancer properties • Stimulates formation of new blood vessels • Helps with the scar tissue formation	Treatment length: Not for long term 30 days (<i>Tailor Made Compounding Catalog</i>) 8 weeks, followed by a 2-week rest. Can repeat another cycle if needed (<i>World of Peptides</i>) SQ: • Start slow with 100 mcg daily • 300 mcg daily (<i>Tailor Made Compounding Catalog</i>) • 250 mcg twice a day (<i>reports from Discord and Reddit</i>) • 200-300 mcg twice a day at the location of pain/injury (<i>Metabolic Optimization Guide</i>) Oral: • 500 mcg capsules twice a day IM: • 150 mcg twice a day at the location of pain/injury (<i>World of Peptides</i>)	GHK-CU, TB-500, Thymosin Beta-4	• Changes in blood pressure • Changes in heart rhythm • Dizziness • Fatigue • Hot flashes • Nausea and vomiting • Can affect mood if taking with SSRI • Discontinue if causes depression or anxiety symptoms

Name	Tags	Benefits	Protocol		Tags
GHK-Cu	Longevity , Immune system	• Enhances skin elasticity • Reduces fine lines and wrinkles • Reverses thinning of aging skin • Prevents aging through its antioxidant effects • Accelerates wound healing • Improves lung health • Fights hair loss • Accelerates nerve regeneration • Fights anxiety • Combats cognitive dysfunction • Fights Inflammation	SQ: • 1-2 mg <u>daily</u> for 6 weeks, can be split in half for morning/day. Follow by at least 4 weeks off. Can repeat the cycle 3-4 times a year (<i>Dr.Seeds</i>) [Consider alternating with GHK-Basic to avoid increasing copper blood levels too high.] Take Zinc supplement Topical: • 1-2 pumps <u>daily</u> for 30 days (5% concentration) (<i>Tailor Made Compounding Catalog</i>)	BPC-157, Snap-8	• Copper allergy (careful!) • If anything, more than mild local ISR - discontinue the use of the peptide • Dizziness • Fatigue • Headache • Increased appetite • Increased blood pressure • Nausea • Sun sensitivity • The lunula of the nail can turn blue (will revert to normal in a few weeks)

This is my yearly schedule:

GHK-CU + BPC-157 YEARLY SCHEDULE



1. Draw up 1mL bacteriostatic water and inject into a 10mg BPC-157 vial.
2. Draw up 3mL bacteriostatic water and inject into a 50mg GHK-cu vial.
3. Once reconstituted, draw 3 units of BPC-157 into a syringe + draw 12 units of GHK-cu into the same syringe before injecting. (I like using 0.3ml syringe for injections, it is easier to read the lines on the syringe)

Doses:

- 300mcg/0.3mg BPC-157 (3 units on all syringes).
- 2000mcg/2mg GHK-CU (12 units on all syringes).
- Draw BCP-157 into a syringe 1st, then draw GHK-cu into the same syringe.

DOSE	FEBRUARY	MARCH
DOSES: ◦ 300MCG/0.3MG BPC-157 (3 UNITS ON ALL SYRINGES). ◦ 2000MCG/2MG GHK-CU (12 UNITS ON ALL SYRINGES). FOR 45 DAYS	30 DAYS BUY 2 VIALS OF GHK-CU (1 VIAL LAST APPROX. 25 DAYS) BUY 2 VIALS OF BPC-157 (1 VIAL OF BCP-157 LASTS ABOUT 33 DAYS)	15 DAYS X
APRIL	MAY	JUNE
X	30 DAYS BUY 2 VIALS OF GHK-CU (1 VIAL LAST APPROX. 25 DAYS) BUY 2 VIALS OF BPC-157 (1 VIAL OF BCP-157 LASTS ABOUT 33 DAYS)	15 DAYS X
JULY	AUGUST	SEPTEMBER
X	30 DAYS BUY 2 VIALS OF GHK-CU (1 VIAL LAST APPROX. 25 DAYS) BUY 2 VIALS OF BPC-157 (1 VIAL OF BCP-157 LASTS ABOUT 33 DAYS)	15 DAYS X
OCTOBER	NOVEMBER	DECEMBER
X	30 DAYS BUY 2 VIALS OF GHK-CU (1 VIAL LAST APPROX. 25 DAYS) BUY 2 VIALS OF BPC-157 (1 VIAL OF BCP-157 LASTS ABOUT 33 DAYS)	15 DAYS X



It is important that you do your own research. The information provided in this document was attained by countless hours of research but used for my health issues and goals. Please seek medical advice from a professional regarding any questions and concerns you may have.