

BPC-157

What is BPC-157?

BPC-157 (Body Protective Compound 157) is a synthetic peptide derived from a natural protein found in gastric juice. It plays a significant role in healing tissues, reducing inflammation, and promoting recovery from injuries. Originally discovered for its gut-healing properties, it is now widely used for various conditions including injuries, brain health, cardiovascular support, and immune modulation.

Potential Benefits of BPC-157

1. Gut Health

- Repairs intestinal tissues and prevents ulcers, especially lesions due to NSAIDs.
- Reduces inflammation and stabilizes the gut microbiome.
- Useful for IBD (Inflammatory Bowel Disease), esophageal reflux, and ulcerative colitis.
- Regulates the brain-gut axis, improving mood by balancing neurotransmitters (e.g., serotonin).

2. Injury Recovery and Wound Healing

- Accelerates healing of ligaments, tendons, muscles, and bones.
- Increases Type 1 collagen production for faster tissue repair.
- Aids nerve regeneration and improves recovery from burns and wounds.
- Increases blood flow to injured areas through the Nitric Oxide (NO) pathway.

3. Brain and Cognitive Health

- Repairs neurons and protects against neurotoxic damage (e.g., Parkinson's disease).
- Stabilizes neurotransmitters (e.g., dopamine, serotonin, GABA) to reduce anxiety and depression.
- May aid in recovery from brain injury and multiple sclerosis.
- Helps with withdrawal symptoms and reduces drug tolerance.

4. Cardiovascular Health

- Protects blood vessels from oxidative stress and promotes heart health.
- Supports the formation of new blood vessels (angiogenesis).
- Helps manage arrhythmias and recovery from heart failure (CHF).

5. Immune System and Inflammation Control

- Reduces inflammation in autoimmune conditions such as rheumatoid arthritis.
 - May help modulate the immune system when combined with Thymosin Alpha-1 (TA-1).
 - Reduces toxicity from NSAIDs and supports recovery from substance abuse.
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Potential Side Effects and Precautions

- Few side effects reported with proper use.
 - Individuals with histamine intolerance or autoimmune conditions should work with a healthcare provider.
 - Patients with autoimmune diseases, impaired immune systems, Lyme Disease, or histamine issues can encounter problems if they start taking BPC-157 right away. Thymosin Alpha-1 (TA-1) or Thymosin Beta 4 (TB-500), in combination with BPC-157, can help modulate your immune system prior to using BPC-157.
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Dosage Guidelines

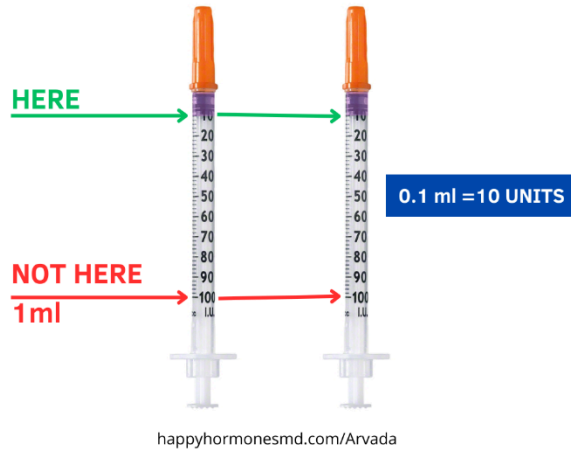
Oral BPC-157/KPV – See KPV information at the end of this document.

- **Dose:** 500 mcg per day (one capsule).
- **Best for:** Gut health, brain-gut axis regulation, and mild inflammation.

Injectable BPC-157 and BPC-157/TB-500 Blend

- **Post-Injury / Acute Phase:**
 - **1 mg (0.1ml or 10 units)** subcutaneously (SQ) near the injury site every morning for 20 days.

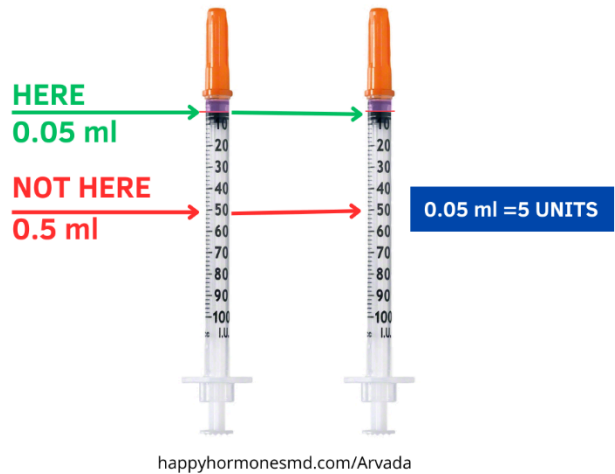
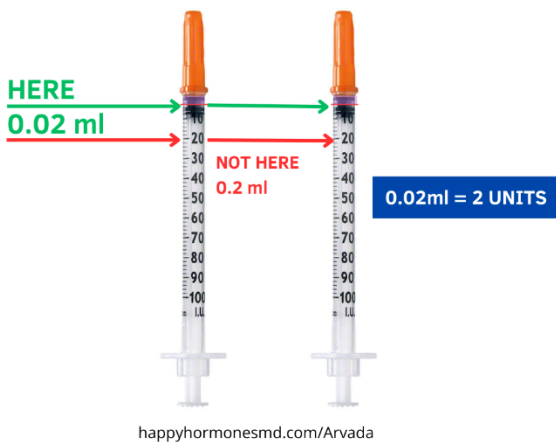
0.1ml - 10 units (Not 100 UNITS)



- **Maintenance Phase:**

- **200-500mcg (0.02ml – 0.05ml or 2-5 units)** 2-5 times per week (SQ or intramuscularly) until healing is complete or as needed.

0.02ml - 2 units (Not 20 UNITS)



If you are also taking injectable GHK-Cu, you can combine these in the same syringe. BPC-157 alleviates the burning that can occur when injecting GHK-Cu.

Draw up the proper amount of GHK-Cu into the syringe first and then draw up your prescribed dose of BPC-157 into the same syringe. If a small amount of GHK-Cu gets into the vial of BPC-157, that is ok.

*Instructions on how to combine medications in the same syringe are included in the video titled *“Reconstituting Medications in Powder Form”* in the Education folder under Records in the patient portal.

Cost

Oral KPV/BPC-157 500mcg/500mcg – 30 Capsules: \$98.10. Use the following link to receive an automatic discount. <https://link.biote.info/cgy>

Injectable BPC-157 is currently only available as a research peptide. Please see document titled *“Research Peptide Information”* in the Education Folder under Records in the patient portal.

- **BPC-157 5mg Vial (10mg/ml):** \$98.50 (includes shipping and bacteriostatic water)
For acute injuries – One vial = 5 doses. **For maintenance** – One vial = 10-25 doses
 - **BPC-157 10mg Vial (10mg/ml):** \$158.50 (includes shipping and bacteriostatic water)
For acute injuries – One vial = 10 doses. **For maintenance** – One vial = 20-50 doses
 - **TB-500/BPC-157 Blend 5mg/5mg Vial (10mg/10mg/ml):** \$158.50 (includes shipping and bacteriostatic water) **For acute injuries** – One vial = 5 doses. **For maintenance** – One vial = 10-25 doses
 - **TB-500/BPC-157 Blend 10mg/10mg Vial (10mg/10mg/ml):** \$258.50 (includes shipping and bacteriostatic water) **For acute injuries** – One vial = 10 doses. **For maintenance** – One vial = 20-50 doses
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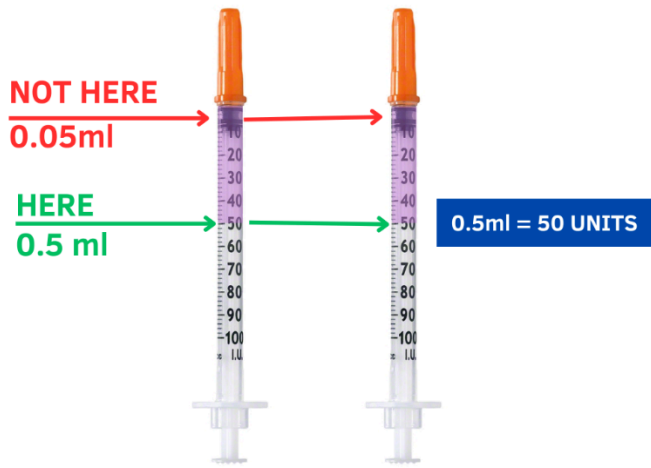
Reconstitution Instructions

IMPORTANT:

- Follow the instructions below regarding the amount of bacteriostatic water to use when reconstituting the peptide. **DO NOT** follow the instructions that come with the peptide.
- **Do NOT** throw away the vial of bacteriostatic water!!! It is a multiuse vial and can be used for your next order!

BPC-157 - 5 mg vial: Inject 0.5ml of bacteriostatic water into the vial (0.5ml = 50 units).

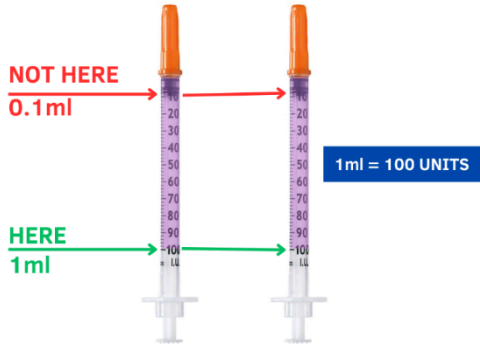
0.5ml - 50 units (Not 5 UNITS)



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- **BPC 157 - 10 mg vial:** Inject 1 ml of bacteriostatic water into the vial (1ml = 100 units).

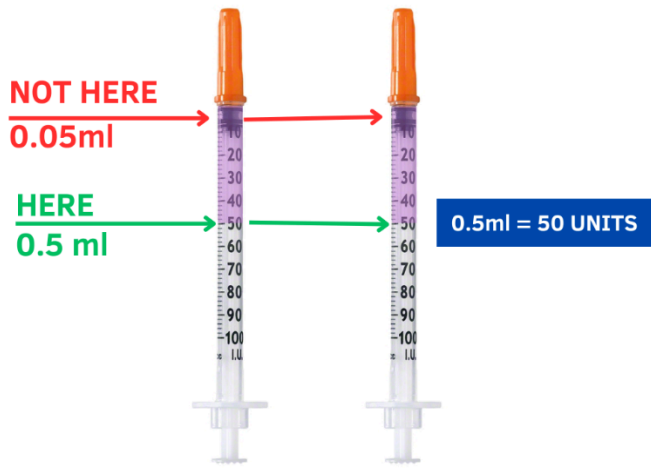
1 ml - 100 units (Not 10 UNITS)



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- **BPC-157/TB-500 - 5mg/5mg vial:** Inject 0.5ml of bacteriostatic water into the vial (0.5ml = 50 units).

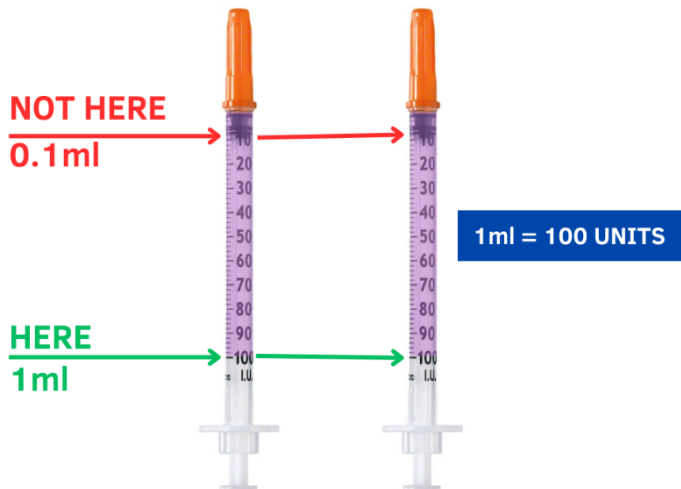
0.5ml - 50 units (Not 5 UNITS)



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- **BPC-157/TB-500 - 10mg/10mg vial:** Inject 1 ml of bacteriostatic water into the vial (1ml = 100 units).

1 ml - 100 units (Not 10 UNITS)



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- See the **document** titled "Reconstituting Medications in Powder Form" in the Education Folder in the patient portal.

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- See the following Instructional **videos** in the Education Folder in the patient portal:
 - *“Reconstituting Powdered Medications”*
 - *“Injection Video – Introduction”*
 - *“Injection Video – Drawing Up the Medication”*
 - *“Injection Video – Administering the Medication”*
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Storage and Stability

- Vials are shipped as **lyophilized powder**, requiring no refrigeration during shipping.
 - In Lyophilized Form:
 - Stable for up to 3 years in the freezer and 2 years in the refrigerator.
 - Protect from light.
 - Once Reconstituted:
 - Stable for 6 weeks.
 - Must be refrigerated and kept away from light.
 - Avoid placing vials in the refrigerator door to prevent degradation from frequent temperature changes.
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Important Disclosures

- These statements have not been evaluated by the US Food and Drug Administration (FDA).
 - Not intended to diagnose, treat, cure, or prevent any disease.
 - Compounded drugs and research peptides are not FDA-approved but are produced under strict quality control measures.
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Quality Assurance

- All peptides are subjected to third-party testing with publicly available Certificates of Analysis (COA).
- Testing includes:
 - RP-HPLC (Reversed-Phase High-Performance Liquid Chromatography)
 - Mass Spectrometry (MS)
 - Sterility Testing

- Additional tests meeting or exceeding U.S. Pharmacopeia (USP) and USP-National Formulary (NF) regulations.
- The manufacturer ensures quality, safety, and efficacy, complying with regulatory standards.

What is KPV?

KPV is a tripeptide composed of the amino acids lysine, proline, and valine. It is derived from the C-terminal end of the alpha-melanocyte-stimulating hormone (α -MSH), a peptide produced by the pituitary gland. KPV has garnered attention for its potent anti-inflammatory and antimicrobial properties.

Potential Benefits

Health Benefits of Oral KPV

1. **Gut Healing:** Repairs the intestinal lining, reduces inflammation, and restores tight junctions to address conditions like IBS, Crohn's disease, and ulcerative colitis.
 2. **Digestive Support:** Improves symptoms like bloating, irregular bowel movements, and nutrient absorption by restoring gut function.
 3. **Microbiome Balance:** Promotes beneficial gut bacteria and inhibits harmful pathogens, addressing dysbiosis and SIBO.
 4. **Antimicrobial Effects:** Reduces bacterial, fungal, and parasitic overgrowth in the GI tract.
 5. **Mucosal Repair:** Heals ulcers and erosions, relieving conditions like gastritis and colitis.
 6. **Immune Modulation:** Regulates immune activity in the gut, reducing reactivity to food antigens and allergens.
 7. **Systemic Benefits:** Supports overall inflammation reduction, improving skin, joint, and brain health via the gut-immune axis.
 8. **Food Tolerance:** Enhances resilience to dietary triggers and reduces food sensitivities.
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Potential Side Effects and Precautions

KPV is generally well-tolerated, and research to date has not identified significant or severe side effects. However, as with any therapeutic peptide, there may be potential risks or adverse effects depending on the route of administration, dosage, and individual variability.

Gastrointestinal Symptoms Mild nausea, Diarrhea or changes in bowel habits.

Individual Sensitivities

- **Immune Response Variability:** In people with preexisting immune system disorders, KPV might theoretically interact with immune function in unpredictable ways.
- **Preexisting Conditions:** Those with conditions like severe liver or kidney disease should consult a healthcare provider as metabolism and clearance could be affected.