

YOUR PEPTIDE PROTOCOL GUIDE

BPC-157

The healing and recovery peptide — a naturally occurring compound that supports tissue repair, reduces inflammation, and accelerates your body's recovery process.

DOSE: 500 mcg per injection

01 THE BASICS

What is BPC-157?

BPC-157 stands for Body Protection Compound-157. It's a peptide found naturally in human gastric juice — the fluid your stomach produces to protect and repair itself.

Researchers have studied BPC-157 for its ability to support tissue repair throughout the body — tendons, ligaments, muscles, and the gut lining. Unlike medications that mask symptoms, BPC-157 works with your body's own healing mechanisms to accelerate recovery at the cellular level.

02 HOW IT WORKS

What BPC-157 does

Four key mechanisms that make BPC-157 one of the most versatile recovery

peptides available.

Tissue Repair

- ✓ Supports tendon, ligament, and muscle repair
- ✓ Promotes connective tissue healing
- ✓ May accelerate wound recovery

Blood Flow

- ✓ Improves circulation to injured tissue
- ✓ Promotes new blood vessel formation
- ✓ Enhances nutrient delivery to repair sites

Gut Health

- ✓ Supports gut lining integrity
- ✓ Aids digestive healing
- ✓ May improve leaky gut symptoms

Anti-Inflammatory

- ✓ Reduces inflammation at injury sites
- ✓ Supports the body's natural anti-inflammatory response
- ✓ Helps manage chronic inflammation

03 YOUR PROTOCOL

How to use BPC-157

Your provider has prescribed a protocol tailored to your condition. Here are the key details to keep in mind.

Injection Frequency

Daily or as prescribed by your provider. Consistency is key — same time every day for best results.

Injection Site

Subcutaneous injection near the injury site or in the abdomen. Rotate sites daily to prevent irritation.

Duration

4-8 weeks is a typical protocol length. Your provider may adjust based on your response and recovery progress.

Storage

Keep refrigerated at all times. Do not freeze. Remove from fridge a few minutes before injection to reach room temperature.

Pro Tip

Set a daily phone reminder to stay consistent. Injecting at the same time each day keeps peptide levels stable and maximizes healing.

04 TIMELINE

What to expect

Everyone responds differently, but here's what patients typically experience during a BPC-157 protocol.

WEEK 1-2

Reduced inflammation and early healing signals. Some patients notice decreased pain and swelling within the first week. Improved comfort during daily activities.

WEEK 3-4

Noticeable improvement in pain and mobility. Tissue repair is underway. Many patients report meaningful progress in range of motion and function.

WEEK 5-8

Continued tissue repair and recovery. Deeper structural healing. Long-term protocols see compounding benefits as the body continues to rebuild and strengthen.

Reported side effects

BPC-157 is generally very well tolerated. Most reactions are injection-site related and settle within an hour.

- ✓ Mild redness, itching, or a small bump at the injection site
- ✓ Occasional lightheadedness or fatigue in the first few days
- ✓ Mild nausea or an upset stomach, more likely on an empty stomach
- ✓ Headache, usually early in the protocol

Reactions that spread, get warm, or last more than a day are not expected. Call or text us if that happens.

Our services

Based on your goals, your provider may recommend one or more of the following.

Hormone Optimization



Medical Weight Loss



IV Therapy



Peptide Therapy



Vitamin Injections



NAD+ Therapy



Hyperbaric Oxygen Therapy



Red Light Therapy



PRP Therapy



6-Week Cellular Reset



Comprehensive program combining multiple therapies for full cellular energy restoration.

Important: Peptides are classified for research purposes only and are not FDA-approved to diagnose, treat, cure, or prevent any disease. Individual results vary based on health status, dosage, and consistency. Do not adjust your protocol without consulting your provider.

Questions? We're here.

Whether you want to adjust your protocol or explore additional therapies, our team can help.

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