

YOUR PEPTIDE PROTOCOL GUIDE

GLOW peptide blend

Everything you need to know about your skin peptide therapy — how it works, how to inject, and what to expect as your skin rejuvenates.

GHK-Cu: 1.67 mg

BPC-157: 333 mcg

TB-4: 333 mcg

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01 THE BASICS

What are peptides?

Peptides are short chains of amino acids — the building blocks of proteins. They act as natural signals in your body, telling your cells what to do and when to do it.

Unlike many medicines that force change, peptides support your body's own healing and recovery processes. Think of them as a boost to what your body already knows how to do.

GHK-Cu + BPC-157 + TB-4

Three peptides that work together to support skin repair, rejuvenation, and a healthy glow.

GHK-Cu

The Skin Rebuilder

A copper peptide naturally found in your body that declines with age — known for its powerful skin remodeling properties.

- ✓ Stimulates collagen and elastin production
- ✓ Promotes skin firmness and elasticity
- ✓ Supports wound healing and skin renewal

BPC-157

The Repair Helper

Body Protection Compound — supports tissue repair from the inside out, helping your skin heal faster.

- ✓ Accelerates skin tissue repair
- ✓ Improves blood flow to the skin
- ✓ Reduces inflammation and scarring

TB-4

The Regenerator

A regenerative peptide that promotes cell migration and new blood vessel growth for healthier skin.

- ✓ Promotes new blood vessel formation
- ✓ Supports cell migration and skin repair
- ✓ Reduces inflammation

GHK-Cu drives collagen remodeling and skin tightening. BPC-157 accelerates tissue repair and improves blood flow. TB-4 promotes cell migration and reduces inflammation. Together, they address skin rejuvenation from multiple angles — rebuilding structure, boosting circulation, and calming inflammation for a visible, lasting glow.

03 INSTRUCTIONS

How to use your injections

We did your first injection together at the clinic. Here's how to stay on track at home.

1

PREP

Wash your hands. Clean the injection site with an alcohol pad. Take the syringe out of the fridge a few minutes early to let it reach room temperature.

2 INJECT

Inject just under the skin (subcutaneous) into a fatty area — lower abdomen, upper thigh, or back of the arm. Pinch the skin, insert at a 45° angle, inject slowly.

3 ROTATE SITES

Don't inject in the same spot every day. Rotate between your abdomen, thighs, and arms to prevent irritation and ensure consistent absorption.

4 DISPOSE SAFELY

Each syringe is single-use — do not reuse or recap. Dispose in a sharps container or bring used syringes back to the clinic.

Pro Tips

Keep syringes refrigerated. Set a daily phone reminder to stay consistent — same time every day (morning or evening) keeps peptide levels stable and maximizes results. Mild redness at the injection site is normal and should fade quickly.

04

Everyone's different, but here's what patients typically experience.

WEEKS 1–2

05 SAFETY

Important safety information

DO NOT USE IF YOU ARE:

- ✗ Pregnant or breastfeeding
- ✗ Living with active cancer
- ✗ Managing serious liver, kidney, or heart conditions
- ✗ Dealing with uncontrolled medical conditions
- ✗ Allergic to any ingredient

POSSIBLE SIDE EFFECTS:

- Mild redness, swelling, or itching at injection site
- Temporary skin flushing (common with GHK-Cu)
- Slight headache or fatigue
- Occasional nausea or lightheadedness

Usually mild and short-lived. If symptoms are moderate or severe, stop use and contact us.

Important: Peptides are classified for research purposes only and are not FDA-approved to diagnose, treat, cure, or prevent any disease. Handle and store as instructed. Individual results vary based on health status, dosage, and consistency.

06

Whether you want to extend your protocol or add other therapies, book a complimentary Range Optimization Call with our team — or reach out anytime.

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