

YOUR PEPTIDE PROTOCOL GUIDE

Recovery Blend

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

BPC-157

TB-4

KPV

MGF

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.

02 YOUR BLEND

BPC-157 + TB-4 + KPV + MGF

Four peptides that work together to support deep tissue recovery, reduce inflammation, and accelerate healing.

BPC-157

Body Protection Compound — found naturally in the stomach and known for its tissue repair properties.

- ✓ Supports tendon, ligament, and muscle repair
- ✓ Improves blood flow to injured tissue
- ✓ May accelerate wound healing

TB-4

Thymosin Beta-500 — a regenerative peptide involved in tissue repair throughout the body.

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

KPV

A powerful anti-inflammatory tripeptide derived from alpha-MSH — your body's natural inflammation regulator.

- ✓ Strong anti-inflammatory properties
- ✓ Supports gut lining repair and healing
- ✓ Modulates immune response

MGF

Mechano Growth Factor — a variant of IGF-1 that activates muscle stem cells and promotes tissue repair.

- ✓ Activates satellite cells for muscle repair
- ✓ Supports recovery from exercise and injury
- ✓ Promotes new tissue growth

BPC-157 drives direct tissue repair. TB-4 improves blood flow and cell migration. KPV calms systemic inflammation. MGF activates muscle stem cells for deep tissue recovery. Together, they address healing from every angle — repairing damaged tissue, building new blood supply, calming inflammation, and regenerating muscle.

03 PROTOCOLS

Choose your protocol

Pre-filled, single-use syringes delivered to your door. One injection per day.

BEST VALUE

30-DAY

Advanced protocol for chronic issues, post-surgery recovery, or athletes in training.

10-DAY

Starter protocol for recent injuries, flare-ups, or first-time users. Many notice improvement within this window.

20-DAY

Extended healing for moderate injuries. Builds on initial progress with continued support.

04 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 healing. Mild redness at the injection site is normal and should fade quickly.

05

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

DAYS 1-10

DAYS 10-30

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
- 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.

Whether you want to extend your protocol or add other therapies, our team can help.

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