



Peptides

What Are Peptides?

- Have a beneficial role in anti-aging, reducing inflammation, and destroying microbes.
- Are a short string of amino acids comprising of 2-50 amino acids and are building blocks of protein, though protein contains more amino acids.
- Peptides help to make protein absorption easier for your body because they are smaller and are already partly broken down. This makes them easier to be absorbed by your intestines and enter your bloodstream more quickly.
- Are naturally present in foods. Supplements containing peptides are derived from food or are made synthetically.
- Peptides can be found in the following:
 - Beans/lentils
 - Eggs
 - Flaxseed
 - Fish/shellfish
 - Hemp seeds
 - Milk
 - Meat
 - Oats
 - Soy
 - Wheat

Type of Bioactive Peptides

- Bioactive peptides are those that have a beneficial effect on your body with positive health benefits.
- Different bioactive peptides have different properties and the effect they have on your body depends on their contents.
 - **Collagen peptides**-Benefits skin health and reverse the effects of aging.
 - **Creatine peptides**-Builds muscle mass and strength.

Peptides taken to enhance athletic performance have been banned by the World Doping Agency.

Benefits & Uses of Bioactive Peptides

- Kills microbes
- Reduces inflammation
- Lowers blood pressure
- Prevents the formation of blood clots
- Act as antioxidants
- Improves immune function

People often use peptides to try to achieve the following effects:

- **Slow down the aging process**-Collagen is a protein found in the skin, hair, and nails. Taking collagen peptides may improve skin health and slow the aging process. Dietary food supplements that contain collagen peptides can treat skin wrinkles, improve skin elasticity, and improve hydration.
- **Prevent damage from the sun**-Stimulates the production of melanin helping to improve your skin's natural protection against sun damage.
- **Improve wound healing**-A vital component of healthy skin, collagen peptides help reduce inflammation and act as antioxidants improving your body's ability to heal creating faster wound healing.
- **Antimicrobial peptides**-Improves wound healing however, having very high or very low levels of some antimicrobial peptides may contribute to skin disorders such as rosacea, eczema, and psoriasis.
- **Prevent age related bone loss**-Intake of collagen peptides can help to increase bone mass with regular strength training exercise.

- Builds strength and muscle mass-Can increase muscle mass and strength combined with resistance training as we age.
- Creatine peptides-Improve muscle strength, help to build muscle mass, and is easier to digest than creatine proteins.

Side Effects of Using Peptides

- Peptides pose little risk in healthy individuals and are similar to those present in the foods you eat.
- Important to use a quality peptide from a reputable company. Ask your healthcare provider for recommendations.
- Individuals who are pregnant, breastfeeding, taking medications, or have medical conditions should speak with their healthcare provider before using.

How To Use Peptides

- Frequency and dose of peptides vary depending on type of peptide, brand, and individual need.
- Never exceed the recommended dosage.
- Discontinue use and consult your healthcare provider if adverse reactions occur.