



### BPC-157

- BPC-157 is a pentadecapeptide composed of a string of 15 amino acids which occurs naturally in human gastric juice.
- Has been shown to accelerate the healing of many different injuries, including tendon-to-bone healing and healing of damaged ligaments.
- It is a partial sequence of the body protection compound (BPC) derived from human gastric juice.
- Healing and restorative properties by increasing blood flow of different kinds of tissues. These include:
  - Tendons
  - Muscles
  - Nervous system
  - Ligaments
  - Protect organs.
  - Prevent stomach ulcers.
  - Heal skin burns.

#### What is BPC Most Commonly Used For?

- Derived from a specific protein found in the stomach, BPC 157 Peptides are often used to treat conditions and disorders in the intestine.
- Helps treat ulcers and inflammatory conditions.
- Other uses of BPC 157 include being able to help people lose a few pounds because of its therapeutic and aesthetic properties
- Helps health and fitness goals.
- Patients who suffer from discomfort due to sprains, tears, and tissue damage may benefit from treatment with this peptide as it can increase blood flow back to the injured sites.

#### BPC-157 Benefits:

- Ulcers in the stomach
- New blood vessel formation
- Intestinal damage (ex. *Fistulas*)
- Inflammatory disorders
- Improves blood flow & increases collagen production
- Bone & Joint healing growth rates
- Protects organs & helps organ damage
- Treatment for Celiac's Disease & Crohn's disease
- Repairs tendon-to-bone damage

BPC-157 may protect organs, prevent stomach ulcers, and heal skin burns.

- Benefits:
  - Wound healing
  - Decreases inflammation
  - Increased fibroblast

- Nitric oxide improvement
- Improves digestive function
- Enhanced vascular expression of VEGFR
- Used on skin burns
- BPC 157 Peptides or the Gastric Pentadecapeptide BPC 157 have also been found to have the promoting effect when it comes to tendon healing involving:
  - Tendon Outgrowth
  - Cell Survival
  - Cell Mitigation
- Has found out to heal wounds such as:
  - Gastric ulcer
  - Skin
  - Cornea
  - Muscle
  - Colon-Colon Anastomosis
  - Colocutaneous Fistula
  - Segmental Bone Defect

#### How Much & When Should I Take BPC-157?

Dosing is often based on body weight using 2mcg/kg up to 10 mcg/kg twice daily. More commonly, 200-400mcg one to two times daily is used. Our most common dosing protocol is 15 units daily (0.15ml). If used for an injury, injecting as close to the site as preferred. If used for gut healing, it can be used orally at 500 mcg 1-2 times daily. If used subcutaneously, injection site can be abdomen, buttock, lateral thigh, back of arm, or flank. Administration can be any time of the day.

You injectable BPC-157 should be kept refrigerated – oral can be on the shelf in a cool/dry environment. The injection bottle is glass and can break if dropped. Try not to shake the bottle as this can potentially disrupt the peptide bonds and the potency of your peptide. It is safe to miss a dose if you forget. It is also safe to intentionally skip doses if you are travelling. You can fly with injectable medication but should check with your airline regarding their regulations on this.

#### What Are The Side Effects of BPC-157

It is possible to have some localized itching or irritation at the injection site. Mild soreness or bruising is also possible.

#### How Long Should I take BPC-157?

If you are taking this for gut healing, it is typically dosed daily for 30-60 days and then as needed. If you are taking this for injury repair, we recommend you take it daily as needed. It is often after exercise or before surgery to accelerate healing.

*Inject on an empty stomach.*