

EVIDENCE GUIDE

● Strong human evidence ● Limited/mixed ● Early/mostly preclinical

Rx Prescription or controlled, clinician-managed

REPAIR, RECOVERY & AGING

- **BPC-157** · studied for gut lining and tissue/injury repair
- **TB-500** · promoted for recovery and reducing inflammation
- **GHK-Cu** · copper peptide; skin, collagen, wound healing, hair
- **KPV** · promoted for gut calm and immune balance
- **Epithalon** · promoted for circadian rhythm and healthy aging
- **NAD+** · cellular energy and longevity angle
- **Glutathione** · antioxidant, detox, immune support
- **Thymosin Alpha-1** · immune regulation **Rx**
- **SS-31 / Elamipretide** · mitochondrial protection (in trials)

MASS, POWER & RECOVERY (GH / IGF)

- **Sermorelin** · GH-releasing peptide **Rx**
- **Ipamorelin** · GH-releasing peptide
- **CJC-1295** · GH-releasing peptide
- **GHRP-2** · GH secretagogue; also appetite
- **GHRP-6** · GH secretagogue; strong appetite effect
- **IGF-1 LR3** · growth factor; banned in sport **Rx**
- **IGF-1 DES** · localized growth-factor variant
- **Follistatin-344** · muscle regulation (preclinical)
- **Hexarelin** · GH secretagogue; may raise prolactin
- **HGH (somatropin)** · approved growth hormone **Rx**

SKIN, HAIR & LOOKS

- **GHK-Cu** · collagen, texture, wound healing, hair
- **Melanotan II** · tanning and libido; watch nausea and mole changes
- **RU-58841** · topical anti-DHT for hair; limited data
- **Oral collagen peptides** · skin hydration, joints, elasticity

WEIGHT LOSS & METABOLIC

- **Semaglutide** · GLP-1; appetite, weight, blood sugar; strongest human data here **Rx**
- **Tirzepatide** · dual GIP/GLP-1 for appetite and fat loss **Rx**
- **Retatrutide** · triple-pathway; investigational
- **Tesamorelin** · approved for visceral belly fat (specific use) **Rx**
- **Cagrilintide** · amylin-pathway appetite (in trials)
- **AOD-9604** · fat-loss fragment; FDA flagged limited data
- **HGH Fragment 176-191** · fat-loss fragment (animal data)
- **5-Amino-1MQ** · NNMT inhibitor; scarce human data
- **MOTS-c** · mitochondrial metabolic peptide (experimental)
- **Mazdutide / Survodutide** · newer candidates (in trials)

TRT & HORMONE MANAGEMENT

All prescription and clinician-managed.

- **Testosterone cypionate / enanthate** · standard TRT esters; controlled **Rx**
- **HCG** · supports fertility and testicular function on TRT **Rx**
- **Enclomiphene** · SERM that raises natural testosterone **Rx**
- **Anastrozole** · manages estrogen when needed **Rx**
- **Gonadorelin** · GnRH for LH stimulation **Rx**