

PEPTIDES & REGULATION

FDA Panel Votes to Open Up Peptides

Six of seven peptides just won a favorable recommendation, including BPC-157, TB-500 and MOTS-c. Here is what actually changed in July 2026.

Swipe

THE OLD ANSWER

•No Legal Way to Get It•

For years the honest answer to patients asking about these compounds ended the same frustrating way: interesting biology, thin human evidence, and no legal, quality-controlled route to obtain them.

WHAT HAPPENED

23 to 24 July 2026: The Vote

An FDA advisory committee met over two days and voted to recommend that six of the seven peptides it reviewed be made legal for pharmacies to compound again.

THE TALLIES

6 Favorable, 1 Rejected

BPC-157: 8 to 6. TB-500: 8 to 6. KPV: 8 to 6. Semax: 8 to 5. Epitalon: 7 to 4. MOTS-c: 7 to 5. Only Emideltide (DSIP) was rejected, 6 to 7.

WHAT IT IS NOT

A Recommendation, Not an Approval

This vote is about the 503A list, which governs what a pharmacy may legally compound. It is a recommendation about legal access, not a drug approval, and the FDA still has to act.

WHY IT MATTERS

A Legal Route Changes Three Things

Move a compound into a licensed pharmacy and three things change at once: verified identity, an accurate dose, and a physician who knows what you are taking and can watch for problems.

TWO HONEST CAVEATS

Nothing Changes Yet

The FDA still decides. Rulemaking runs into 2027, five more peptides are scheduled by the end of February, and none of this changes Spanish or European law.

OUR POSITION



We Don't Sell or Prescribe Peptides

What we offer is an honest reading of the science and the rules, so you can act on it intelligently and with medical oversight, not a forum post. Bring your own bloodwork and history to a consultation.