

PEPTIDES & PERFORMANCE



Follistatin (FS-344): What the Evidence Actually Shows

Striking biology, dramatic gene-therapy results, and a peptide most people are actually injecting that the human data hasn't caught up to yet.

Swipe

THE SALES PITCH

You've seen it sold as the shortcut

Follistatin is marketed as flipping off your body's built-in brake on muscle growth. The biology behind that claim is real. But the pitch skips a catch that changes everything.

THE MECHANISM

It releases two brakes at once

Follistatin binds and neutralizes myostatin AND activin, the body's natural brakes on muscle. Removing both at once is why the effect can be so large.

THE STRIKING DATA

Gene therapy, not a vial, made the headlines

AAV-delivered FS-344 increased muscle mass and strength in animals, and produced functional gains in a small human trial for Becker muscular dystrophy, with no treatment-related serious adverse events reported.

THE CATCH

The vial you buy is a different intervention

That impressive science was gene therapy: muscle manufacturing its own follistatin. The injected peptide people actually buy drips the protein in from outside, a different method, with human evidence still early.

LEGAL STATUS

Unapproved everywhere, banned in tested sport

Follistatin/FS-344 has no marketing approval from the FDA, EMA, or TGA, and it sits on the World Anti-Doping Agency's Prohibited List for competitive athletes.

THE REAL RISK

The molecule isn't the danger. The vial is.

The biggest practical risk has nothing to do with follistatin itself: it's an unregulated product, meaning contamination, incorrect dosing, and impurity are the real threats. Medical supervision is the way to reduce that risk.

OUR TAKE



Promising, not proven. We won't sell it or prescribe it.

Genuinely interesting biology, but for the form most people inject, the honest word is promising rather than proven. We give you the evidence, help you judge product quality, and tell you what to watch for, without hype or a flat no.