

THE CLAIM

GHK-Cu: How It Works and What the Evidence Shows

A naturally occurring copper peptide with a real, well-described mechanism in skin and tissue repair, a permitted topical ingredient, and an early but evolving story for other uses.

Swipe

THE MIX-UP

Serum Bottle vs. Longevity Forum: Same Molecule, Two Different Claims

You've probably seen GHK-Cu promising firmer skin in one place and joint repair in another, in the same week. So which claims actually hold up?

WHAT IT IS

A Copper Carrier Your Body Makes Less Of As You Age

GHK-Cu is a naturally occurring copper-binding tripeptide, glycyl-L-histidyl-L-lysine, that declines with age.

THE MECHANISM

It Drives Collagen Synthesis and Influences Gene Expression

It stimulates synthesis of collagen, glycosaminoglycans and decorin, balances tissue remodeling, and influences the expression of a large number of human genes.

WHERE IT'S PROVEN

On Skin: Firmer, More Elastic, Denser, With Minimal Absorption

Permitted as a cosmetic ingredient and widely used in topical skincare, GHK-Cu is reported to improve skin firmness, elasticity, and density, and reduce wrinkles and photodamage, staying largely where you put it.

WHERE IT ISN'T

Injectable Claims: Promising Biology, Not Proven Results

The same copper-delivery biology may matter beyond skin, but non-cosmetic injectable use is far less studied in formal human trials.

THE REAL RISK

The Cream Is Low-Stakes. The Needle Is Where Supervision Earns Its Keep

A poorly made or unregulated injectable could cause copper toxicity or inflammation, and carries the usual gray-market risks of contamination, impurity, or wrong dose. It is not on the WADA Prohibited List, a genuine point in its favor.

THE BOTTOM LINE



We Don't Sell It. We Help You Judge It

An honest read of what the evidence supports, how to judge product quality, and what to watch for in your own health, so you can proceed as intelligently and safely as possible.