

THE STRAIGHT GUIDE



Peptides for Recovery and Performance: An Honest, Evidence-Based Guide

BPC-157, TB-500, GHK-Cu, CJC-1295, ipamorelin, MOTS-C, follistatin and more. What each one actually does, what the human evidence really shows, and which are approved or banned.

Swipe

THE HYPE VS. THE REALITY

·Heal any injury. Build muscle without the work. Turn back the clock.·

That is the pitch you have probably seen. The truth sits between that hype and the opposite backlash that dismisses peptides as a total scam.

THE HONEST MIDDLE GROUND

Real Mechanism, Thin Human Evidence, and a Reason Why

Most have a genuine biological rationale and encouraging animal data. Without a legal route to market there is no sponsor, and without a sponsor the trials do not get funded.

ALREADY APPROVED

Two peptides are already real medicines, just not for performance

Tesamorelin (Egrifta) is approved to reduce visceral fat in a specific patient group. SS-31 (elamipretide) recently won accelerated approval for Barth syndrome, a rare inherited condition.

THE TURNING POINT

July 2026: the FDA voted to let pharmacies compound six of seven peptides

On 23 and 24 July 2026, the FDA's Pharmacy Compounding Advisory Committee voted in favor: BPC-157 (8 to 6), TB-500 (8 to 6), KPV (8 to 6), semax (8 to 5), epitalon (7 to 4), and MOTS-C (7 to 5). Only emideltide (DSIP) was rejected.

A FULL REVERSAL

In 2023 BPC-157 was shut out. Three years later, the same agency voted to let it back in.

That is a reversal, not a tweak, and it is a sign regulators are opening this door, not dismissing these compounds.

THE REAL RISK

The danger usually isn't the molecule. It's what you actually get in the vial.

Peptides made outside Good Manufacturing Practice can carry contamination, the wrong dose, or mislabeling. That's the practical argument for sourcing quality and medical supervision, not the biology itself.

THE BOTTOM LINE



**Not whether to use it blindly,
but whether to do it
intelligently**

We do not sell or prescribe peptides. If you use or are considering one, medical supervision is the smartest way to do it safely. Most are on the WADA list, which matters only if you compete in a tested sport.