

BPC-157 Body Protection Compound

BPC-157 (Body Protection Compound-157) is a synthetic peptide derived from a protective protein found in the stomach. It's been studied primarily in animal models for its potential healing and regenerative effects, particularly with soft tissue injuries, tendons, ligaments, and even nerve damage. While there's no official human dosing guideline (due to lack of large-scale clinical trials), there are some general dosing protocols commonly followed anecdotally in the biohacking and research community.

Typical Dosing Protocol for Acute Injury (Anecdotal/Research Use)

Common Dose Range:

- 250 mcg to 500 mcg per dose
- Frequency: 1–2 times daily; 3 to 5 times per week
- Duration: 1–4 weeks depending on injury severity

Administration Routes:

- **Subcutaneous (SubQ):** Injected under the skin near the injury site.
- **Intramuscular (IM):** Sometimes used if injury is deep in muscle tissue.
- **Oral:** Less common, lower bioavailability, but still potentially helpful for gut-related issues.

Example Protocol:

- 500 mcg SubQ once or twice daily near the site of injury for 2 weeks, then evaluate healing progress.
- Some users taper the dose down after initial improvement.

Other Considerations:

- BPC-157 has shown synergy with TB-500 (Thymosin Beta-4) for more systemic healing.
- It's generally well-tolerated in anecdotal use, but long-term safety in humans is still unknown.
- Store reconstituted peptide in the fridge and use sterile bacteriostatic water for reconstitution.

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Contraindications & Cautions

- Not for use during pregnancy or breastfeeding
 - Avoid in individuals with active cancer, as cell-regenerative peptides may influence tumor growth
 - Consult your physician before use if you have cardiovascular disease, organ failure, or any chronic illness
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Potential Side Effects

Most users report few to no side effects, but potential reactions include:

- Mild injection site irritation (redness, itching, soreness)
- Dizziness or fatigue (rare)
- Headache or nausea (uncommon)

Discontinue use if you experience allergic reactions or unusual symptoms.

Reconstitution & Dosing Guide



Step-by-Step Reconstitution (Flexible Dosing)

Supplies Needed:

- 1 vial BPC-157 10 mg
- Bacteriostatic water
- Alcohol swab
- Insulin syringe

Let's say you want each **unit on an insulin syringe to equal 100 mcg** — here's how:

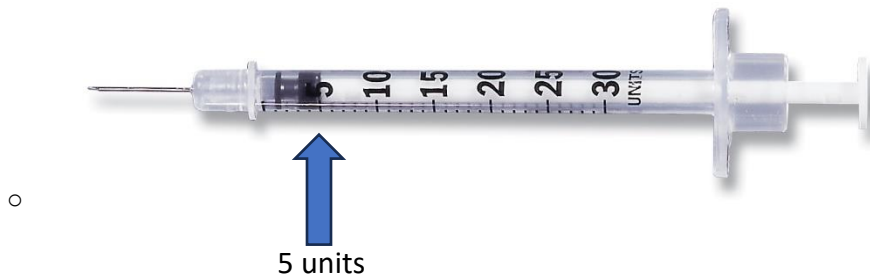
👉 **Option 1: 10 mg BPC-157 + 1 mL BAC water**

- **Concentration:** 10,000 mcg/mL
- **Each 1 unit on the syringe = 100 mcg**
 - So, 5 units = 500 mcg
 - 2.5 units = 250 mcg

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👉 **Option 2:** 10 mg BPC-157 + 2 mL BAC water

- **Concentration:** 5,000 mcg/mL
- **Each 1 unit = 50 mcg**
 - So, 5 units = 250 mcg
 - 10 units = 500 mcg



🧠 **Choose based on how small you want each dose to be** — more water = finer dosing control.

Cycling Protocol

- Standard Cycle: 2–4 weeks on, then take a break
- Chronic Issues: Repeat monthly cycles as needed
- Stacking: May be used with TB-500, GH, or NAD⁺ for synergistic healing

When to Expect Results

- Minor strains/aches: 3–7 days
 - Moderate injuries: 2–3 weeks
 - Chronic or complex issues: 4+ weeks of consistent use
- Results vary depending on individual health, dosing, and injury severity.
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Peptide Stacking

Recovery & Injury Healing Stack 🏥

Goal: Accelerate healing from injuries, post-surgery recovery, and tissue regeneration.

Stack Compounds – (proposed mechanism)

- ✓ **Thymosin Alpha-1 (Tα1)** – (enhances immune response & tissue repair)
- ✓ **BPC-157** – (enhances soft tissue & ligament healing)
- ✓ **TB-500** – (reduces inflammation & promotes muscle healing)
- ✓ **GHK-Cu (Copper Peptide)** – (supports collagen synthesis & skin regeneration)
- ✓ **Vitamin C + Collagen Peptides** – **500 mg Vitamin C + 10 g collagen daily** (supports connective tissue repair)

- ◆ **Potential Results:** Speeds up post-surgical healing, muscle recovery, and injury rehabilitation.
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Athletic Performance & Recovery Stack

Goal: Enhance stamina, muscle recovery, and endurance while preventing mitochondrial fatigue.

Stack Compounds – (proposed mechanism):

- ✓ **MOTS-c** – (exercise mimetic, enhances fat metabolism & endurance)
- ✓ **BPC-157** – (muscle & tendon healing, injury prevention)
- ✓ **TB-500** – (tissue regeneration & inflammation reduction)
- ✓ **CJC-1295 + Ipamorelin** – (growth hormone support for muscle growth & recovery)

- ◆ **Potential Results:** Enhances stamina, muscle repair, strength, and endurance.
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Autoimmune Disease & Inflammation Control Stack 🔥

Goal: Regulate immune overactivity, reduce inflammation, and balance immune function in autoimmune diseases (e.g., lupus, rheumatoid arthritis, Hashimoto's, multiple sclerosis).

Stack Compounds – (proposed mechanism):

- ✓ **Thymosin Alpha-1 (Tα1)** – (immune modulation & inflammation control)
 - ✓ **BPC-157 – 500 mcg SC daily** (gut healing & systemic inflammation reduction)
 - ✓ **Pentosan Polysulfate (PPS) – 2x per week** (anti-inflammatory & immune modulation)
 - ✓ **Thymosin Beta-4 (TB-500)** – (reduces systemic inflammation & supports tissue repair)
 - ✓ **Curcumin (Bioavailable Form) – 500-1,000 mg daily** (reduces cytokine inflammation)
- ◆ **Potential Results:** Reduces autoimmune flare-ups, chronic pain, and systemic inflammation.

⚠ Important Disclaimer

BPC-157 and the other peptides mentioned herein are research compounds. They have not been evaluated by the FDA and thus are not FDA approved to diagnose, treat, cure, or prevent any disease. Use is strictly for research and informational purposes. Consult your healthcare provider before starting any peptide regimen.

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