



## Information Sheet: GHK-Cu 100 mg

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**Peptide Type:** Copper Tripeptide-1 (GHK-Cu)

**Vial Content:** 100 mg lyophilized GHK-Cu peptide powder

### Potential Benefits of GHK-Cu

GHK-Cu is a naturally occurring copper peptide known for its regenerative and anti-inflammatory properties. When used via subcutaneous injection, it may support:

- **Tissue Repair & Wound Healing**
  - Enhances recovery from injuries or surgeries
  - Supports collagen remodeling and structural healing
- **Skin Rejuvenation from Within**
  - May improve skin tone, elasticity, and reduce fine lines
- **Hair Regrowth Support**
  - Helps restore follicular health and stimulate new growth
- **Anti-Aging & Cellular Repair**
  - Promotes youthful gene expression and antioxidant activity



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### Reconstitution Instructions

You will need (provided with Rx):

- Bacteriostatic Water, syringe + needle for reconstitution
- 0.3 to 0.5cc insulin syringe
- Alcohol prep pads

### Steps:

1. Draw **5 mL** of bacteriostatic water using a sterile syringe.
2. Inject slowly into the vial containing 100 mg of GHK-Cu.
3. Let it dissolve naturally (do not shake—swirl gently).
4. Store in the refrigerator at 36–46°F (2–8°C).

### Final Concentration:

- $100 \text{ mg} \div 5 \text{ mL} = \mathbf{20 \text{ mg/mL}}$
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## Injection Instructions

**Route:** Subcutaneous (into the fat layer beneath the skin)

**Common Sites:** Lower abdomen, flank, or thigh

### Standard Dose:

- Inject **0.05 mL to 0.1 mL** (“5” to “10” on the insulin syringe) subcutaneously
- Each 0.1 mL = **2 mg GHK-Cu**
- Typical frequency: **once daily = 50 doses at 0.1 ml per dose**

### Cycle Duration:

- Use for **4–8 weeks**, then take a 2–4 week break if continuing
- Protocol may vary based on your provider's recommendations

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## Potential Side Effects

Most users tolerate GHK-Cu well, but possible side effects may include:

- Mild redness or irritation at the injection site
- Headache or fatigue (rare)
- Metallic or copper taste in the mouth (transient)

Discontinue use and contact your provider if you experience unexpected side effects.

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## Disclaimer

GHK-Cu is not FDA-approved to diagnose, treat, or cure any medical condition. It is prescribed **off-label** based on clinical experience and supporting scientific literature.

By using this therapy, you acknowledge:

- This is an elective treatment with **no guaranteed outcome**
- It is **not a substitute** for primary medical care
- You are using this product **under the supervision of a licensed provider**
- The peptide has been sourced from a **reputable compounding pharmacy / biotech supplier** (Project Y Biotech)