

References: Asking for a friend ... what about peptides?

Bikman, B. (2025). 90: *Peptides & metabolism—Fat loss, muscle growth, and hormones explained with Dr. Bikman* [Video]. YouTube. <https://www.youtube.com/watch?v=o9iz3MfO2-U>

- Peptides have been suggested to: ... Help with metabolic regulation
- Whilst collagen peptides are said to improve skin and joints

Coassolo, L., Wiggenghorn, A., & Svensson, K. J. (2025). Understanding peptide hormones: From precursor proteins to bioactive molecules. *Trends in Biochemical Sciences*, 50(6), 481–494.
<https://doi.org/10.1016/j.tibs.2025.03.014>

- In fact, peptides are involved in many physiological processes: ... reproduction.

The Diary of a CEO. (2026, April 20). *Peptide expert: What do peptides actually do? (Explained)—Dr Alex Tatem* [Video]. YouTube. <https://www.youtube.com/watch?v=jt5hHb6kzYM>

- And then I listened to a podcast

Drucker, D. J. (2022). GLP-1 physiology informs the pharmacotherapy of obesity. *Molecular Metabolism*, 57, Article 101351. <https://doi.org/10.1016/j.molmet.2021.101351>

- Researchers have also investigated appropriate doses, ... is ongoing.

Drucker, D. J. (2024). The GLP-1 journey: From discovery science to therapeutic impact. *Journal of Clinical Investigation*, 134(2), Article e175634. <https://doi.org/10.1172/JCI175634>

- The GLP1 agonist, semaglutide ... either Ozempic or Wegovy

U.S. Food and Drug Administration. (n.d.). *Certain bulk drug substances for use in compounding that may present significant safety risks*. Retrieved October 29, 2026, from <https://www.fda.gov/drugs/human-drug-compounding/certain-bulk-drug-substances-use-compounding-may-present-significant-safety-risks>

- The FDA is also concerned about possible immune reactions and impurities within compounded BPC-157 products.

Green, A. (2023, May 3). In-depth: SA's obesity problem and the promise of new weight loss medicines. *Spotlight*. <https://www.spotlightnsp.co.za/2023/05/03/in-depth-sas-obesity-problem-and-the-promise-of-new-weight-loss-medicines/>

- The GLP1 agonist, semaglutide ... either Ozempic or Wegovy.
- Researchers have also investigated appropriate doses, ... is ongoing.

Hellinger, R., Sigurdsson, A., Wu, W., Romanova, E. V., Li, L., Sweedler, J. V., Süssmuth, R. D., & Gruber, C. W. (2023). Peptidomics. *Nature Reviews Methods Primers*, 3, Article 25. <https://doi.org/10.1038/s43586-023-00205-2>

- Peptides are generally described as having fewer than 50 amino acids per chain.
- Our bodies naturally produce peptides; insulin is a great example of a peptide hormone.
- immunity and digestion.

Mateescu, D.-M., Gavrilescu, D.-M., Mincioaga, R.-I., Pah, A.-M., Toma, A.-O., Serban, D.-V., Avram, C. A., Craciun, M.-L., Enache, B., & Muresan, C.-O. (2026). GHK-Cu as a bioactive metallopeptide and drug-delivery cargo: Coordination chemistry, formulation science, therapeutic evidence, and a translational roadmap. *Pharmaceutics*, 18(9), Article 1077. <https://doi.org/10.3390/pharmaceutics18091077>

- Research has also reported potential anti-inflammatory ... new blood vessels.
- Unfortunately, as far as the skin goes, ... well it works.
- There has been some preliminary research ... eyebrow hair count and diameter.

Pickart, L., Vasquez-Soltero, J. M., & Margolina, A. (2015). GHK peptide as a natural modulator of multiple cellular pathways in skin regeneration. *BioMed Research International*, 2015, Article 648108. <https://doi.org/10.1155/2015/648108>

- Research has also reported potential anti-inflammatory ... new blood vessels.

Poolton, J. T., Minett, J., & Kazmi, A. (2026). Human evidence for BPC-157 in orthopaedic and regenerative medicine: A systematic review of efficacy and safety. *Acta Orthopaedica Belgica*, 92(3). <https://doi.org/10.52628/92.3.15837>

- a systemic review of BPC-157 research ... regulated trials had been conducted.
- BPC-157 is a synthetic peptide comprised of 15 amino acids.
- The reviewers found the evidence ... established treatment.

Taylor, M. (2026, July 7). Peptides: What they are, potential benefits, and safety concerns. *Harvard Health Publishing*. <https://www.health.harvard.edu/medications-and-treatments/peptides-what-they-are-potential-benefits-and-safety-concerns>

- Peptides, being mere molecules, ... convincing human evidence
- BPC-157 is commonly marketed for injury healing, improved muscle recovery and muscle growth
- The GLP1 agonist, semaglutide ... either Ozempic or Wegovy
- the building blocks of a protein - linked together in a short chain
- Given that our bodies ... biological functions.
- Our bodies naturally produce peptides; insulin is a great example of a peptide hormone.
- immunity and digestion.

- But we can also manufacture ... joint recovery.

Whelan, L. (2026, October 7). Peptide therapies are everywhere. What are they exactly? *Right as Rain* by UW Medicine. <https://rightasrain.uwmedicine.org/well/health/peptide-therapy-injections-safety>

- They are part of normal human physiology, and some have been used in medicine for donkey's years
- Peptides have been suggested to: ... Help with metabolic regulation
- the building blocks of a protein - linked together in a short chain