

# The Essential Peptide Guide

A Simple, Science-Backed Breakdown of 6 Popular Peptides

Created by Dr. Goins, PharmD

## About This Guide

Peptides are short chains of amino acids that act as signaling molecules in the body — telling your cells to repair, regenerate, burn fat, build muscle, or produce hormones. Over the last several years, peptide therapy has become one of the most talked-about tools in the health, longevity, and performance space, but most of the information out there is either overly technical or completely misleading.

The goal of this guide is to cut through the noise. Inside, you'll find a clear breakdown of six of the most commonly used peptides, including what each one is, the key benefits, who it's typically used by, and a direct link to a peer-reviewed clinical study so you can verify the information for yourself. I've also included my own personal peptide stack and dosing schedule so you can see a real-world example of how someone might structure a protocol.

This guide is intended to educate — not to diagnose, prescribe, or replace medical advice. Always consult a licensed medical provider before starting any peptide protocol, and use this as a starting point to explore the science and ask better questions.

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## Peptide Breakdowns

### BPC-157 — The Healing Peptide

**What it is:** A synthetic peptide derived from a protein found in stomach acid, known for its regenerative properties.

**Key Benefits:** Accelerates tissue repair, reduces inflammation, supports gut health, promotes joint & tendon healing.

**Common Use Cases:** Injury recovery, gut issues, joint pain, post-surgery healing.

Source: [Sikiric et al., Curr Pharm Des, 2018 \(PubMed\)](#)

### **TB-500 — The Recovery Peptide**

**What it is:** A synthetic version of Thymosin Beta-4, a naturally occurring peptide involved in cell repair and regeneration.

**Key Benefits:** Speeds recovery, reduces inflammation, improves flexibility, supports muscle & tendon healing.

**Common Use Cases:** Athletic recovery, chronic injuries, muscle repair.

Source: [Goldstein & Kleinman, Ann NY Acad Sci, 2012 \(PubMed\)](#)

### **Retatrutide — The Metabolic Game-Changer**

**What it is:** A next-generation triple agonist peptide targeting GLP-1, GIP, and glucagon receptors for weight and metabolic support.

**Key Benefits:** Significant fat loss, improved insulin sensitivity, appetite regulation, metabolic optimization.

**Common Use Cases:** Weight loss, metabolic health, diabetes support.

Source: [Jastreboff et al., NEJM, 2023](#)

### **GHK-Cu — The Skin & Anti-Aging Peptide**

**What it is:** A naturally occurring copper peptide with powerful regenerative and anti-aging properties.

**Key Benefits:** Boosts collagen, improves skin elasticity, reduces wrinkles, supports hair growth and wound healing.

**Common Use Cases:** Anti-aging, skin repair, hair restoration.

Source: [Pickart & Margolina, Biomed Res Int, 2015 \(PubMed\)](#)

### **Tesamorelin — The Lean Body Peptide**

**What it is:** A growth hormone-releasing hormone (GHRH) analog that stimulates natural GH production through the pituitary gland.

**Key Benefits:** Reduces visceral fat, improves body composition, supports cognition and energy.

**Common Use Cases:** Fat loss (especially belly fat), anti-aging, metabolic support.

Source: [Falutz et al., J Clin Endocrinol Metab, 2010 \(PubMed\)](#)

## Glutathione – The Master Antioxidant

**What it is:** The body's most powerful antioxidant, essential for detoxification and immune support.

**Key Benefits:** Detoxifies the liver, strengthens immunity, brightens skin, reduces oxidative stress.

**Common Use Cases:** Detox, immune support, skin health, anti-aging.

Source: Pizzorno, Integr Med (Encinitas), 2014 (PubMed)

## My Current Peptide Stack & Dosing

**⚠ Important Disclaimer:** This is specific to *me* and is shared purely as an example of what I'm personally using. Dosing is unique to each individual and should always be guided by a licensed medical provider. This is **not medical advice**.

It's always a good idea to **start on the lower end of any dosing range and slowly titrate up** as your body adjusts. Starting low helps reduce the likelihood and severity of potential side effects and allows you to find the minimum effective dose for your body.

### BPC-157

**Dose:** 500 mcg once daily

**Cycle:** 12 weeks on, 4 weeks off, then resume

### Tesamorelin

**Dose:** 1–2 mg once daily

**Cycle:** 12 weeks on, 4 weeks off

### GHK-Cu

**Dose:** 1.5–2 mg daily

**Cycle:** 12 weeks on, 4 weeks off

### Retatrutide

**Dose:** Started at 0.5 mg once weekly, increased by 0.5 mg each week until reaching 2 mg, then maintained 2 mg weekly.

**Cycle:** 12 weeks on, 4 weeks off

**📄 Reconstitution Note:** Most research peptides come as a lyophilized powder and require reconstitution with bacteriostatic water before use. The amount of BAC water you add directly affects the final concentration of the vial — always recalculate your dose based on your specific reconstitution ratio.

## Supplies You'll Need

In addition to your peptide vial, you'll need **bacteriostatic water** for reconstitution, **subcutaneous (sub-Q) insulin syringes** for administration, and **alcohol swabs** for sterilizing the injection site and vial top.

**Bacteriostatic Water:** You can purchase this directly from the [Real Peptides website](#) at the same time you order your peptides — just add it to your cart.

**Sub-Q Insulin Needles:** <https://www.amazon.com/dp/B0D8FLTLJ2>

**Alcohol Prep Swabs:** <https://a.co/d/09oOIAxY>

## How to Obtain Peptides

### 1. Research Peptides

#### Pros:

- More affordable
- Easy to access online
- Wide variety available

#### Cons:

- Quality and purity can vary — this is why it's so important to use a research peptide company that tests their peptides via **COA (Certificate of Analysis)** and also screens for **endotoxins**
- Limited regulation

### 2. Compounding Pharmacies

#### Pros:

- Higher quality control
- Prescribed by a licensed provider
- More regulated and consistent

#### Cons:

- More expensive
- Requires a prescription
- Usually requires labs and bloodwork, which adds additional cost
- Less accessible

## Where to Buy Peptides

Order directly through the link below — or message me directly on Instagram @EyesOnEli and I'll place the order for you and you'll get a 20–25% discount off website pricing.

[Shop Real Peptides →](#)

<https://www.realpeptides.co/ref/199/>

Prefer the **compounding pharmacy route**? Reach out to me directly and I can connect you with a trusted licensed provider.

## Final Thoughts

The goal of this guide is simple: to educate in a clear, practical way — giving you both a basic understanding of these peptides and the tools to explore deeper. Always consult a licensed medical provider before starting any peptide protocol.

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This guide was researched, written, and designed in its entirety by **Dr. Goins, PharmD**.

This document is for educational purposes only and does not constitute medical advice. Consult your physician before beginning any new therapy.

Sources cited are peer-reviewed publications available via PubMed and NEJM.

# Full Catalog & Pricing

Every peptide currently available — at a glance

Compiled by Dr. Goins, PharmD

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## About this section

Now that you've covered the six most-used peptides, here's the full current catalog of research peptides I can source for you — each with its available strengths, price range, category, and the most common research uses. Use it as a quick reference when you're deciding what to add to your next order.

Message me directly on Instagram — @EyesOnEli — and I'll place the order for you. You'll get a **20–25% discount** off website pricing.

## How to read the catalog

**Strength / Amount** shows what's on the vial or tablet; where multiple sizes exist, the price range spans single-unit to largest bundle. **Category** groups similar peptides (GH secretagogues, metabolic, tissue repair, etc.). **Common research uses** summarises the most widely documented directions — not medical claims.

## COA, HPLC & Mass-Spec documentation

Every product is backed by a batch Certificate of Analysis with HPLC purity ( $\geq 98-99\%$ ) and mass-spec verification for each manufactured lot.

# The Full Peptide Catalog

67 products, sorted alphabetically. Prices reflect website list pricing — your 20–25% discount applies on orders placed through me.

Peptide	Strength / Amount	Price	Category	Common research uses
<b>5-Amino-1MQ</b>	50 mg vial · 150 mg (30mg x 5) tabs	<b>\$70 – \$450</b>	Metabolic / Fat Loss	Inhibits NNMT enzyme; studied for fat loss, metabolic health, and muscle quality.
<b>Adamax</b>	10 mg	<b>\$70</b>	Cognitive / Nootropic	Cognitive enhancement and mood support; derivative of Semax/Selank family.
<b>AHK-Cu</b>	50 mg	<b>\$200</b>	Dermal / Hair	Copper-tripeptide studied for hair follicle stimulation and scalp support.
<b>AOD-9604</b>	5 mg	<b>\$70</b>	Metabolic / Fat Loss	Fragment of hGH (176-191); researched for lipolysis and fat metabolism.
<b>ARA-290</b>	16 mg	<b>\$85</b>	Neuropathic / Anti-inflammatory	Erythropoietin-derived; investigated for neuropathic pain and tissue protection.
<b>Bacteriostatic Water (BAC)</b>	30 mL	<b>\$10 – \$15</b>	Reconstitution Supply	Sterile 0.9% benzyl-alcohol water for reconstituting lyophilized peptides.
<b>Body Recomp Bundle</b>	Multi-vial bundle	<b>\$620</b>	Bundle / Body Comp	Body recomposition stack (GH secretagogues + metabolic peptides).
<b>BPC-157</b>	10 mg vial	<b>\$90</b>	Tissue Repair / GI	Pentadecapeptide studied for tendon/ligament healing, gut repair, and angiogenesis.
<b>BPC-157 Tablets (Oral)</b>	500 mcg tablets (60 ct)	<b>\$250</b>	Tissue Repair / GI	Oral BPC-157 research form targeting GI lining and systemic repair.
<b>Cagrilintide</b>	10 mg	<b>\$160 – \$325</b>	Metabolic / Appetite	Long-acting amylin analog for appetite suppression and weight management.
<b>Cartalax</b>	20 mg	<b>\$70</b>	Joint / Cartilage	Short bioregulator peptide studied for cartilage repair and joint support.
<b>Cerebrolysin</b>	215 mg / 5 mL amp	<b>\$65</b>	Neuroprotection	Porcine-derived neuropeptide mix; cognition, stroke recovery, neuroprotection.

Peptide	Strength / Amount	Price	Category	Common research uses
<b>CJC-1295 (No DAC)</b>	2 mg / 5 mg	<b>\$65 – \$90</b>	GH Secretagogue	GHRH analog; pulsatile GH release, lean mass and recovery research.
<b>CJC-1295 + Ipamorelin</b>	5 mg / 5 mg	<b>\$80</b>	GH Secretagogue	Combined GHRH + ghrelin-mimetic; synergistic GH pulse studies.
<b>Cognitive Function Bundle</b>	Multi-vial bundle	<b>\$870</b>	Bundle / Cognitive	Curated stack of nootropic peptides for cognitive research.
<b>Dihexa Tablets</b>	8 mg tablets	<b>\$500</b>	Cognitive / Nootropic	Angiotensin IV derivative; synaptogenesis and memory research.
<b>DSIP</b>	5 mg / 10 mg	<b>\$50 – \$80</b>	Sleep / Stress	Delta Sleep-Inducing Peptide; sleep architecture and stress modulation.
<b>Epithalon (Epitalon)</b>	20 mg	<b>\$50</b>	Longevity	Tetrapeptide bioregulator; telomerase induction and circadian research.
<b>FOXO4-DRI</b>	5 mg	<b>\$300</b>	Senolytic / Longevity	Selectively induces apoptosis in senescent cells; longevity research.
<b>GHK-Cu (Cosmetic)</b>	5 mg	<b>\$120</b>	Dermal / Cosmetic	Topical skin research: collagen remodeling, wound healing, anti-aging.
<b>GHK-Cu Copper Peptide</b>	50 mg / 100 mg	<b>\$55 – \$105</b>	Tissue Repair / Dermal	Copper-tripeptide-1; collagen synthesis, wound healing, anti-inflammatory.
<b>GHRP-2</b>	5 mg	<b>\$50</b>	GH Secretagogue	Ghrelin mimetic; stimulates GH release in research models.
<b>GHRP-6</b>	5 mg	<b>\$50</b>	GH Secretagogue	Ghrelin mimetic with appetite stimulation; GH release research.
<b>GLOW Stack</b>	Multi-peptide bundle	<b>\$180</b>	Bundle / Skin & Repair	Skin, hair and tissue repair stack (GHK-Cu / BPC-157 / TB-500).
<b>Glutathione</b>	600 mg vial	<b>\$85</b>	Antioxidant	Master antioxidant; detoxification, oxidative stress, skin research.
<b>GLYCON-X</b>	Proprietary blend	<b>\$150 – \$500</b>	Metabolic / Glucose	In-house glucose and metabolic pathway research blend.
<b>Hexarelin</b>	5 mg	<b>\$60</b>	GH Secretagogue	Potent GHRP analog; GH release and cardiac tissue research.

Peptide	Strength / Amount	Price	Category	Common research uses
<b>IGF-1 LR3</b>	1 mg / 5 mg	<b>\$40 – \$90</b>	Anabolic / Growth	Long-R3 analog of IGF-1; satellite cell activation, hypertrophy research.
<b>Ipamorelin</b>	5 mg	<b>\$80</b>	GH Secretagogue	Selective ghrelin agonist; clean GH pulse without cortisol/prolactin spike.
<b>Kisspeptin-10</b>	5 mg	<b>\$100</b>	Hormonal / Reproductive	Stimulates GnRH release; fertility and hormonal-axis research.
<b>KLOW Stack</b>	Multi-peptide bundle	<b>\$200</b>	Bundle / Skin & Repair	Dermal rejuvenation and tissue repair research stack.
<b>KPV</b>	5 mg	<b>\$85</b>	Anti-inflammatory / GI	Alpha-MSH tripeptide fragment; anti-inflammatory and gut-healing research.
<b>LIPO-C</b>	10 mL multi-dose	<b>\$60</b>	Metabolic / Fat Loss	Methionine/Inositol/Choline lipotropic blend for fat metabolism.
<b>LL-37</b>	5 mg	<b>\$80</b>	Antimicrobial / Immune	Cathelicidin peptide; antimicrobial, antiviral, immune modulation.
<b>Mazdutide</b>	10 mg	<b>\$160</b>	Metabolic / GLP-1	GLP-1 / glucagon dual agonist; weight and glucose metabolism research.
<b>Melanotan-1</b>	10 mg	<b>\$60</b>	Pigmentation	Selective alpha-MSH analog; photoprotection and pigmentation.
<b>Melanotan-2 (MT-2)</b>	10 mg	<b>\$50</b>	Pigmentation / Libido	Melanocortin agonist; tanning and sexual-function research.
<b>Metabolic Research Bundle</b>	Multi-vial bundle	<b>\$324 (reg \$405)</b>	Bundle / Metabolic	Fat-loss + metabolic-health research stack.
<b>Mitochondrial Research Bundle</b>	Multi-vial bundle	<b>\$368 (reg \$460)</b>	Bundle / Mitochondrial	Energy, fatigue and mitochondrial function stack (SS-31, MOTS-c, etc.).
<b>MK-677 (Ibutamoren)</b>	25 mg / 60 tabs	<b>\$150</b>	GH Secretagogue (oral)	Non-peptide ghrelin agonist; sustained GH / IGF-1 elevation.
<b>MOTS-c</b>	10 mg	<b>\$85</b>	Mitochondrial / Metabolic	Mitochondrial-derived peptide; metabolic regulation, exercise mimetic.
<b>Musculoskeletal Bundle</b>	Multi-vial bundle	<b>\$300 (reg \$375)</b>	Bundle / Recovery	BPC-157 + TB-500 + GHK-Cu style stack for muscle/tendon recovery.

Peptide	Strength / Amount	Price	Category	Common research uses
<b>NAD+</b>	100 mg / 500 mg	<b>\$125 – \$240</b>	Longevity / Energy	Nicotinamide adenine dinucleotide; cellular energy and longevity.
<b>Orforglipron Tablets</b>	Oral tablets	<b>\$500</b>	Metabolic / GLP-1	Oral non-peptide GLP-1 agonist; weight and glucose research.
<b>Oxytocin</b>	10 mg	<b>\$70</b>	Hormonal / Behavioral	Bonding, social behavior and stress-response research.
<b>P21</b>	5 mg	<b>\$100</b>	Cognitive / Neurogenic	CNTF-derived peptide; neurogenesis and cognitive research.
<b>PE-22-28</b>	8 mg	<b>\$55</b>	Mood / Depression	TREK-1 channel derivative; antidepressant research.
<b>Pinealon</b>	20 mg	<b>\$50</b>	Longevity / Cognitive	Tripeptide bioregulator; neuroprotection, sleep and anti-aging.
<b>PT-141 (Bremelanotide)</b>	10 mg	<b>\$65</b>	Libido / Sexual Function	Melanocortin agonist; sexual arousal and libido research.
<b>Regenerative Bundle</b>	Multi-vial bundle	<b>\$288 (reg \$360)</b>	Bundle / Recovery	Total-recovery stack for tissue, joint and GI repair.
<b>Selank (Amidate)</b>	10 mg	<b>\$60</b>	Anxiolytic / Cognitive	Russian heptapeptide; anxiolytic and cognitive research.
<b>Semax (Amidate)</b>	10 mg	<b>\$60</b>	Cognitive / Neuroprotective	ACTH(4-10) analog; BDNF/NGF elevation, cognitive and stroke research.
<b>Sermorelin</b>	2 mg / 5 mg	<b>\$60 – \$80</b>	GH Secretagogue	GHRH analog; endogenous GH stimulation research.
<b>Sleep Stack</b>	Multi-peptide bundle	<b>\$280</b>	Bundle / Sleep	Sleep architecture and circadian rhythm research stack.
<b>SLU-PP-332 (SLOOP)</b>	Oral capsules	<b>\$150</b>	Exercise Mimetic	ERR agonist; exercise-mimetic and mitochondrial biogenesis.
<b>SNAP-8</b>	10 mg	<b>\$80</b>	Dermal / Cosmetic	Acetyl octapeptide-3; topical wrinkle-reduction research.
<b>SS-31 (Elamipretide)</b>	10 / 50 / 100 mg	<b>\$60 – \$270</b>	Mitochondrial	Cardiolipin-binding peptide; mitochondrial and cardiomyopathy research.
<b>Survodutide</b>	10 mg / 20 mg	<b>\$140 – \$240</b>	Metabolic / GLP-1	GLP-1 / glucagon dual agonist; fat-loss and metabolic research.

Peptide	Strength / Amount	Price	Category	Common research uses
<b>TB-500 (Thymosin Beta-4)</b>	5 mg	<b>\$100</b>	Tissue Repair	Actin-binding peptide; cell migration, wound healing, soft-tissue repair.
<b>Tesamorelin</b>	10 mg	<b>\$95</b>	GH Secretagogue	Stabilized GHRH analog; visceral-fat and body-composition research.
<b>Tesamorelin + Ipamorelin</b>	10 mg / 5 mg	<b>\$90 – \$95</b>	GH Secretagogue	Tesamorelin GHRH + selective ghrelin agonist blend.
<b>Tesofensine Tablets</b>	Oral tablets	<b>\$500</b>	Metabolic / Fat Loss	Triple monoamine reuptake inhibitor; appetite suppression research.
<b>Thymalin</b>	20 mg	<b>\$60</b>	Immune / Longevity	Thymus bioregulator; immune restoration and longevity research.
<b>Thymosin Alpha-1</b>	10 mg	<b>\$115</b>	Immune	Immune modulation, antiviral and anti-tumor research.
<b>Trinity-X (GLP-3RT)</b>	Proprietary blend	<b>\$180 – \$350</b>	Metabolic / GLP-1	In-house tri-agonist-style metabolic research blend.
<b>VIP</b>	2 mg	<b>\$65</b>	Immune / Inflammatory	Vasoactive Intestinal Peptide; CIRS, inflammation, bronchodilation.
<b>Wolverine Peptide Stack</b>	BPC-157 + TB-500 blend	<b>\$85 – \$120</b>	Bundle / Recovery	Accelerated tissue / injury recovery research blend.

Ready to order?

Message me on Instagram — @EyesOnEli — to get your **20–25% off** any item above.

**Disclaimer:** Research-use-only products. Information compiled from the vendor's current public product listing and from well-documented peptide research literature. Prices and availability change frequently — message me on Instagram @EyesOnEli to confirm availability and lock in your discount.