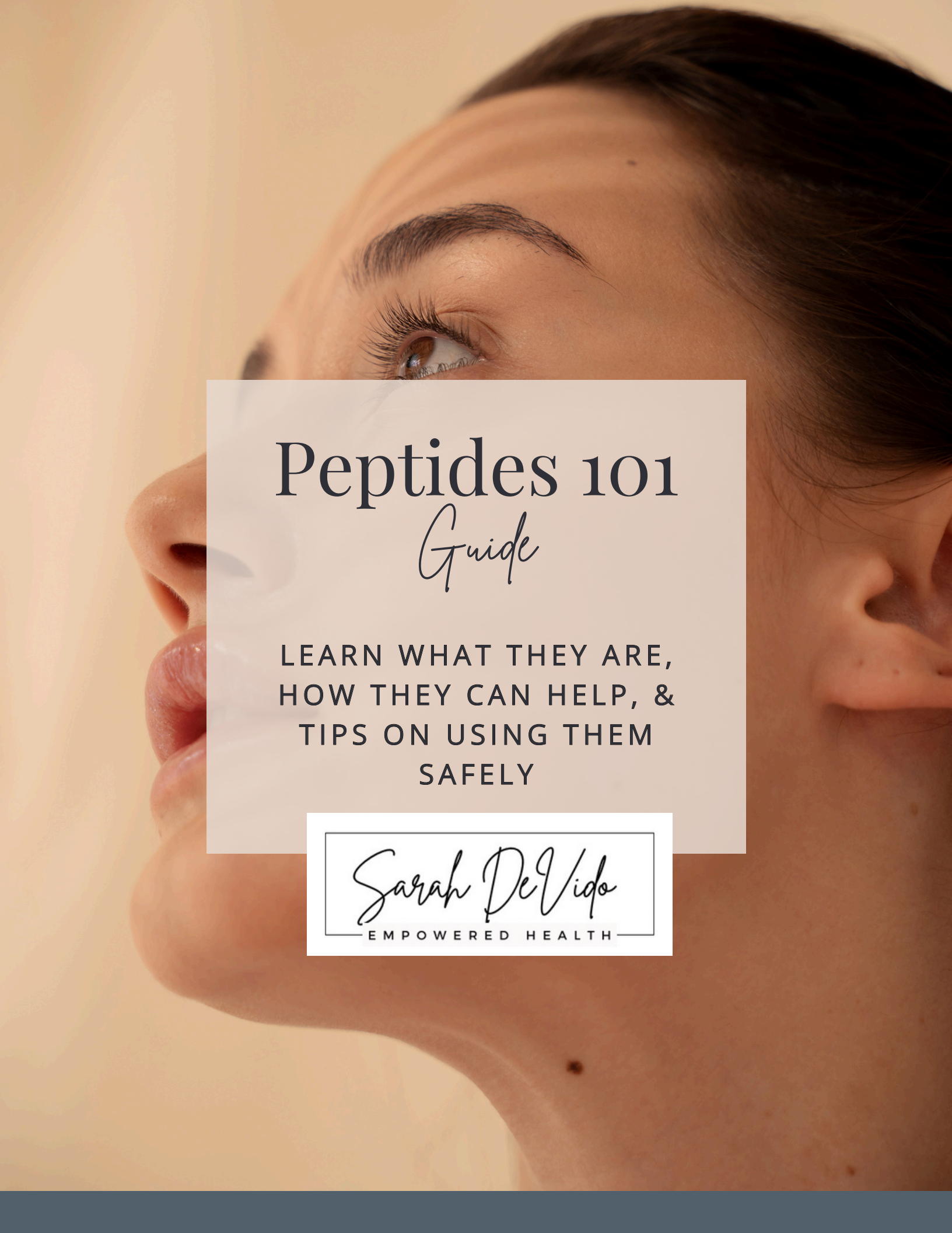




Peptides 101

Guide

LEARN WHAT THEY ARE,
HOW THEY CAN HELP, &
TIPS ON USING THEM
SAFELY

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EMPOWERED HEALTH

PEPTIDES 101

What are they?

Peptides might sound high-tech, but they're a natural part of how your body works. These **short chains of amino acids** act like messengers in your body. They help your cells "talk" to each other and carry out all kinds of important jobs.

Peptides play a role in everything from metabolism and hormone balance to immune function and skin repair. Your body makes them naturally, but some are available as supplements or with a prescription.

So Why All the Peptide Buzz?

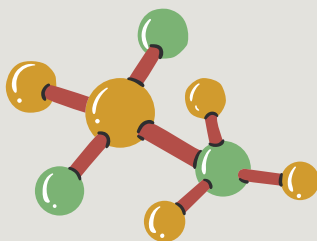
Peptides have been popping up everywhere, from collagen in your smoothie to prescription versions that support recovery, gut health, or anti-aging.

But with all the hype (and confusion) it's important to understand what they are and how they work.

This guide will walk you through the basics, so you're in the know on this growing wellness trend.



What Are Peptides?



Peptides are made from amino acids, just like proteins. But they're shorter, which makes them act faster and target more specific parts of your body.

TWO TYPES OF PEPTIDES

How they differ

Peptides fall into two main categories: everyday peptides and therapeutic peptides. This is an oversimplification, but here's how the two compare:



Everyday Peptides

- Widely available over the counter
- Safe for most people
- Easy entry point into the peptide world

EXAMPLES:

Collagen (oligopeptides)

- Supports skin, joints, bones & gut lining. These are often found in powders, drinks & gummies.

Carnosine (a dipeptide)

- Acts as an antioxidant in muscles and the brain. It may support performance and healthy aging. It's found in capsules or powders.

Glutathione (a tripeptide)

- It may support detoxification, immune balance, and cellular repair. It can be found in oral, liposomal, or IV forms.



Therapeutic Peptides

- Currently need a prescription
- Requires a licensed practitioner's guidance
- Some peptides sold online are unregulated and risky

EXAMPLES:

BPC-157

- Studied in animals for gut and tissue repair.

CJC-1295 & Ipamorelin

- Often paired to support growth hormone release.

Thymosin Alpha-1 (TA1)

- Immune modulation therapy (limited clinical uses).

Semaglutide (GLP-1 agonist)

- FDA-approved GLP-1 analog for diabetes and weight management.

WHY PEPTIDES ARE POPULAR

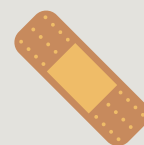
How they help

Research is still emerging, but many peptides show promise in supporting the body's natural repair systems. Here's what all the buzz is about:

Potential Peptide Benefits

Tissue & injury recovery

Some peptides may support wound healing, joint health, and muscle repair.



Gut support

Certain peptides (like BPC-157) are being explored for their role in gut lining integrity and digestive wellness.



Improved body composition

Some are used in protocols for muscle preservation, fat metabolism, and metabolic balance.



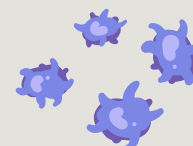
Skin & aging support

Peptides like collagen and others may help maintain skin elasticity when used topically or as part of collagen-supportive nutrition



Immune system modulation

Certain peptides (like TA1) is being studied for supporting immune balance.



Hormone & metabolic support

Some peptides interact with hormone signaling and may influence appetite, glucose, and energy levels.



THERAPEUTIC PEPTIDES

At a glance

Therapeutic peptides are getting a lot more attention, especially in functional medicine circles. There are dozens of therapeutic peptides, so clearly we can't cover them all this guide. But here's a peek at some the most popular ones:

Peptide	Main Benefits	FDA-approved?	Access
BPC-157	• Gut repair • Injury recovery • Inflammation support	✗	Research use only
CJC-1295	• Stimulates growth hormone release • Energy & lean muscle • Popular in anti-aging & recovery protocols	✗	Prescription only
Ipamorelin	• Fat metabolism • Recovery • Often paired w/CJC-1295	✗	Prescription only
Thymosin Alpha-1 (TA1)	• Immune modulation • Chronic illness recovery	✗	Prescription only
Semaglutide (GLP-1 agonist)	• Blood sugar regulation • Weight loss support	✓	Prescription only

NOTE: "Research use only" means it's not legal for human use or sale as a supplement. Most 'therapeutic' peptides are not currently available over-the-counter and should only be used under the guidance of a licensed health professional.

THERAPEUTIC PEPTIDES

A closer look

Want a deeper dive? Here's closer look at how these therapeutic peptides work, and why they're gaining more traction:

BPC-157

BPC-157 is a synthetic peptide being explored for its role in gut healing and tissue repair. It's shown promise in animal studies for reducing inflammation and speeding recovery from injury. That said, it's not FDA-approved and is currently sold online as a "research chemical." Meaning, it's not legally intended for consumer use.

CJC-1295 & Ipamorelin

These peptides are often paired together to increase growth hormone production. CJC-1295 stimulates growth hormone release, while Ipamorelin triggers gentle pulses. Together, they may support muscle recovery, body composition, and anti-aging goals. But access is limited to prescription use through a provider.

Thymosin Alpha-1 (TA1)

Thymosin Alpha-1 is being studied for its immune modulating effects. It may help regulate inflammation and strengthen the body's natural defense systems, especially in people dealing with chronic infections or autoimmune issues. It's available by prescription and is sometimes used in integrative or functional medicine protocols.

Semaglutide

Semaglutide is one of the few peptides that's FDA-approved, originally for diabetes. Today, it's widely used to support weight loss and metabolic health by helping regulate appetite and blood sugar. Because of its potency and side effects, it should always be used under the care of a healthcare provider.

PEPTIDES SAFETY & ACCESS

What to know

As we've covered, some peptides are available as everyday supplements, while others require a prescription.

But with interest growing, some peptides are showing up on social media and being sold online - including ones meant for medical use only.

Yet just because something's trending on social media doesn't mean it's necessary safe or legal to use. Here are some things to keep in mind:



Peptides Safety & Access Tips



Focus on everyday peptides, unless guided otherwise

Peptides like collagen, carnosine, and glutathione are widely available, and safe for most people.



Most therapeutic peptides are prescription-only

Some, like semaglutide, are FDA-approved. Others, like BP-157, aren't currently approved and are legally restricted.



Be cautious of peptides sold online as "research chemicals"

These products are not regulated or approved for consumer use, so their safety and quality is uncertain.



Only use therapeutic peptides under medical supervision

Even if a peptide sounds natural or bioidentical, it can still affect hormones, metabolism, and immune function in powerful ways.



Talk with your provider

If you're curious about a peptide, bring it up! A good practitioner can help you weigh the pros and cons to decide if it's worth a try.

OTC VS. THERAPEUTIC PEPTIDES

Quick comparison

Wonder what makes collagen different than something like semaglutide? Here's a snapshot of the key differences between everyday peptides and therapeutic ones:

Feature	Everyday Peptides	Therapeutic Peptides
Examples	Collagen, carnosine, glutathione	BPC-157, CJC-1295, TA1, semaglutide
How You Get Them	Over-the-counter (OTC) supplements	Prescription only, with practitioner oversight
FDA Approval	Not required (regulated as supplements)	Some are FDA-approved (like semaglutide), others are not
Legal Use	Widely available in stores and online	Legal access restricted to medical use only
Main Uses	Skin, joints, gut, performance support	Recovery, metabolism, immune modulation
Safety Profile	Safe for most people when used as directed	Should only be used under provider supervision
Sold Online?	Yes - through trusted wellness retailers	Sometimes sold as "research chemicals" (not safe or regulated)

FINAL THOUGHTS: Remember, this guide is just an intro. If peptides feel like something you want to explore, talk to your provider to see if peptide therapy is a good fit for you.