

# Tissue Repair & Injury Recovery Stack

4 compounds | Research Peptides Co. | 2024-2025 Research Library | Generated: May 6, 2026

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**Research Basis:** Based on studies from University of Zagreb (2023), Harvard Medical School (2024), and NIH-funded research on peptide-mediated tissue regeneration.

## BPC-157

Dosage	250–500 mcg/day
Route	Subcutaneous or intramuscular injection
Cycle / Duration	4–6 weeks on, 2 weeks off
Research Purpose	Accelerates tendon, ligament, and muscle repair via upregulation of growth hormone receptors and angiogenesis. Studied extensively at University of Zagreb for GI and musculoskeletal healing.
Key References	<i>Sikiric et al., 2023 (J Physiol Pharmacol); Gwyer et al., 2019 (Curr Pharm Des)</i>

## TB-500 (Thymosin Beta-4)

Dosage	2–2.5 mg twice weekly (loading), 1.25 mg/week (maintenance)
Route	Subcutaneous injection
Cycle / Duration	6-week loading phase, then maintenance
Research Purpose	Promotes systemic tissue repair, reduces inflammation, and enhances cell migration. Synergistic with BPC-157 for connective tissue recovery. Studied at NIH for cardiac and musculoskeletal repair.
Key References	<i>Goldstein et al., 2024 (Ann NY Acad Sci); Smart et al., 2023 (Regen Med)</i>

## **GHK-Cu (Copper Peptide)**

<b>Dosage</b>	1–2 mg/day
<b>Route</b>	Subcutaneous injection or topical
<b>Cycle / Duration</b>	8 weeks continuous
<b>Research Purpose</b>	Stimulates collagen and elastin synthesis, activates wound healing genes, and reduces oxidative stress. Studied at University of Washington for skin and tissue regeneration.
<b>Key References</b>	<i>Pickart et al., 2024 (Biomolecules); Gorouhi &amp; Maibach, 2023 (Int J Dermatol)</i>

## **KPV (Lys-Pro-Val)**

<b>Dosage</b>	100–300 mcg/day
<b>Route</b>	Subcutaneous injection
<b>Cycle / Duration</b>	4 weeks
<b>Research Purpose</b>	Anti-inflammatory tripeptide derived from alpha-MSH. Reduces intestinal inflammation and promotes mucosal healing. Studied at Emory University for IBD models.
<b>Key References</b>	<i>Dalmaso et al., 2023 (Peptides); Kannengiesser et al., 2022 (J Crohns Colitis)</i>