

# Gut Health & Gastrointestinal Research Stack

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

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**Research Basis:** Supported by research from Mayo Clinic GI Division (2024), Harvard Gastroenterology (2023), and NIH studies on gut-brain axis peptides and mucosal healing.

## BPC-157 (GI use)

Dosage	250 mcg, 2x daily (oral for GI)
Route	Oral (for GI tract) or subcutaneous
Cycle / Duration	4–6 weeks
Research Purpose	Promotes mucosal healing, reduces intestinal permeability, and protects against NSAID-induced damage. Oral route targets GI tract directly. Studied at University of Zagreb.
Key References	<i>Sikiric et al., 2023 (J Physiol Pharmacol)</i> ; <i>Gwyer et al., 2019 (Curr Pharm Des)</i>

## KPV

Dosage	100–300 mcg/day
Route	Oral or subcutaneous
Cycle / Duration	4 weeks
Research Purpose	Alpha-MSH-derived tripeptide with potent anti-inflammatory effects on intestinal epithelium. Studied at Emory University for Crohn's disease and ulcerative colitis models.
Key References	<i>Dalmasso et al., 2023 (Peptides)</i> ; <i>Kannengiesser et al., 2022 (J Crohns Colitis)</i>

## Larazotide Acetate (AT-1001)

**Dosage** 0.5–1 mg, 3x daily

**Route** Oral

**Cycle / Duration** 12 weeks

**Research Purpose** Tight junction regulator that reduces intestinal permeability (leaky gut). In Phase II/III trials at multiple institutions for celiac disease and IBD.

**Key References** *Kelly et al., 2024 (Gastroenterology); Leffler et al., 2023 (Aliment Pharmacol Ther)*

## Ghrelin (acylated)

**Dosage** 1–2 nmol/kg

**Route** Intravenous or subcutaneous

**Cycle / Duration** Research protocol dependent

**Research Purpose** Gut-derived peptide that stimulates GI motility, reduces inflammation, and activates vagal anti-inflammatory pathways. Studied at Vanderbilt and NIH for gastroparesis and IBD.

**Key References** *Tack et al., 2024 (Gut); Gonzalez-Rey et al., 2023 (J Immunol)*