

Glow

PEPTIDES

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IMPORTANT: Read This Before Proceeding With Dosing Go to the Prep & Injection Guide for proper reconstitution, syringe sizing, and injection protocols. Mistakes here can compromise your research. the Prep & Injection Guide GLOW Protocol The GLOW protocol is for those looking to reduce the signs of aging by improving the health and appearance of the skin. It is excellent for the hair as well — from regrowing hair to strengthening and thickening follicles, and accelerating the speed of hair growth. Because of its tissue regenerating qualities, GLOW is ideal for wound healing and the reduction of scar tissue. The Glow protocol contains the following: BPC-157 – 10MG Stimulates collagen synthesis Reduces scar tissue Accelerates the wound healing process in a variety of tissues, including skin, muscle, tendon, ligament, and more GHK-Cu – 50MG Stimulates elastin and collagen production Improves hydration of the skin Restores skin elasticity and helps reverse the thinning of aging skin More effective than most prescription retinols Reduces fine lines and wrinkles, photodamage, and hyperpigmentation Reduces free radical damage Protects skin from UV radiation exposure Anti-inflammatory and antioxidant Accelerates hair growth — equal to or better than Minoxidil 5% Enlarges hair follicle size; strengthens follicles Stimulates wound-healing TB-500 – 10MG Promotes collagen production Reduces scarring Protects, regenerates, and remodels injured or damaged tissues Wounds treated with TB-500 have more mature, tightly organized collagen structures Boosts the production of antibodies Stimulates and strengthens hair follicles, leading to faster, thicker hair growth Helps to regrow hair Possible Side Effects Injection site reaction (redness, swelling, itching, tenderness, lumps and/or bruising) Signs of allergic reaction include swelling and difficulty breathing COPPER REACTIVITY Note: For some users, GHK-Cu (a copper peptide) is painful to inject and/or may cause a reaction at the injection site. This is not universal for all people- where many have a painful injection experience and a high incidence of injection site reactions (ISR's), others have neither and get to reap the benefits without so much as minor discomfort. If you experience pain or an aggressive ISR, you can safely assume that you will not react well to copper peptides in any form. The injection pain might range from a small pinch to the sting of a bullet ant. Injection site reactions (ISR's) may include redness, swelling, bruising, pain, development of a knot beneath the skin which may last for several days. Wondering why some people are unaffected by the pain and reactivity that other users have to deal with? Here's why some people are more sensitive to copper ions: They have low baseline ceruloplasmin (the copper-binding protein that regulates free copper) Their skin barrier or microcirculation is already inflamed They have trace metal imbalances (e.g., low zinc or high iron) When injected, free copper can temporarily separate from GHK, generating mild oxidative activity and histamine release in that area — leading to redness, itching, or mild swelling. There are a couple things

you can do to prevent these reactions altogether, or at least minimize their severity. First, always rotate your injection site: you should never use the same spot twice in a row. Reference the “Subcutaneous Injection Site Locations” illustration in the Prep and Dosing Guide to learn about additional injection zones. Second, once your daily dose has been drawn into your syringe, add 30-90 units of water to the shot. Diluting the GHK-Cu will reduce the localized inflammation response. Third, consider using the GLOW or KLOW blend rather than GHK-Cu alone. When GHK-Cu and BPC-157 are combined, the pain associated with the injections decreases substantially. For those who find that they cannot tolerate GHK-Cu injections even after dilution all is not lost! You don't have to throw away the remainder of the vial and waste your money... just add it to a half-ounce to an ounce of a thick moisturizing cream or ointment. Due to the 2.5mL of water you reconstituted the vial with, the final product will be very watery. It is best to apply this thin, watery solution underneath a secondary moisturizer that will aid absorption. See Topical Administration for a list of compatible/synergistic ingredients in skincare products. GLOW: 70MG: RECONSTITUTION AND DOSING Mix with 2.5mL (250 units) of BAC water Cycle is 6-12 weeks on followed by 6-12 week washout period May dose at any time of day; fasting is not necessary Subcutaneous administration Dosing 5-10 units (1-2mg of GHK-Cu), once a day, 7 days per week Injection Tips GHK-Cu can sting quite a bit at the injection site. To reduce the discomfort: After drawing your dose, dilute it with 20 or more units of BAC water or sterile injection solution After injection, gently massage the site for about 60 seconds to aid absorption Rotate injection sites daily for comfort Stacking Suggestions To further boost regeneration, anti-aging, and hair/skin optimization: Epithalon – For telomere repair, DNA integrity, and longevity CJC-1295 + Ipamorelin – To stimulate collagen, tissue recovery, and increase GH output Glutathione – For skin brightening, antioxidant protection, and detox support Snap-8 or Argireline – To layer on wrinkle reduction through topical use AOD-9604 – To help reduce stubborn fat while preserving skin elasticity during recomposition GHK-Cu Topical Cream – For localized skin enhancement (stacked with internal GLOW injections)

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