# **BPC-157**

# Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

#### About

BPC-157 is a peptide that occurs naturally in the human stomach. As a research compound, it has been shown to heal numerous body tissues including the skin, muscle, and bone, as well as ligament and tendon. Its underlying mechanism is not fully understood. However, it does appear to increase the density of growth hormone receptors in some tissues.

Bodybuilders and other athletes use BPC-157 to speed repair of damaged muscle and joint tissue. Some underground experts have touted it as 'the most powerful healing drug on earth for injuries', after experiencing that administration of this compound let injuries, which usually take 10-12 weeks to heal, healed within 2-3 weeks. Anecdotes suggest that BPC-157 is effective when administered immediately after an injury occurs, but also when taken in order to fix an improperly healed injury that occurred years ago. Although athletes inject this peptide, BPC-157 is stable in gastric juice and therefore orally available. Animal studies have proven topical administration of BPC-157 to be effective as well.

In dozens of animal studies, BPC-157 has been shown to stimulate repair processes of the mucosa. In animal studies, a synthesized yet identical version of this molecule accelerates the healing of ulcers and other gastric and duodenal lesions, protects the liver from toxic compounds, speeds up the healing of lung tissue after inhalation of aggressive gasses, protects the mucosa in the nose from capsaicin, and diminishes the side effects of chemotherapy with doxorubicine in the heart. In other animal studies BPC-157 accelerates the healing of wounds and broke bones and burn wounds, stimulates healing of transected nerves, enhances the healing of transected ligaments, rotator cuff tear injury, and Achilles tendons. In one animal study, BPC-157 even stimulated the reattachment of a severed Achilles tendon to the bone! Finally, BPC-157 enhances the healing of surgically transected or crushed muscle tissue.

BPC-157 reinforces healing processes by stimulating angiogenesis (production of blood vessels) in tissues, probably by activating the 'blood vessel hormone' VEGF.

### **Side Effects**

In the scientific literature and experiences of users no side effects of BPC-157 have surfaced yet. However, as this drug has not yet been approved as a pharmaceutical agent its safety, and its propensity for side effects may not be well understood at this time. We want to stress here that we know of only one human study on the effects of BPC-157. That study, which concerned test subjects with mild-to-moderate ulcerative colitis that were given BPC-157 rectally, wasn't published in peer-reviewed literature, but presented at a conference. All the other studies are in vitro or used animal models.

## **Administration**

This drug is not available as a pharmaceutical product. Prescribing guidelines are unavailable.



BPC-157 is injected with insulin needles. When used off label, most athletes administer dosages of 200-300 microgram/day to accelerate healing of injuries. They inject 200-300 micrograms subcutaneous or intramuscular (not into the joints) as close as possible to the place where the injury occurred, one, two and sometimes even three times a day. Cycles last for 2-4 weeks, after which most underground sources advise an off-period of 2 weeks. If the injury needs further treatment, another cycle can be started.