

# BPC-157

## Category: Healing & Recovery

---

### Description

Body Protection Compound 157 is a pentadecapeptide of 15 amino acids isolated from human gastric juice. It demonstrates remarkable regenerative properties across multiple tissue types in preclinical research.

### Protocol & Dosage

Recommended dosage: 250 500 mcg/day subcutaneous or intramuscular

Biological half-life: 4 6 hours

Administration: Subcutaneous injection (typical)

### Key Benefits & Mechanisms

\267 Accelerates tendon-to-bone healing

\267 Promotes gut mucosal repair

\267 Reduces inflammation

\267 Protects organs

\267 Enhances nitric oxide synthesis

### Side Effects & Safety Profile

\267 Nausea

\267 Dizziness

\267 Hot flashes

### Important Disclaimer

This document is provided for educational and research purposes only.

Peptides discussed herein are not approved for clinical use without physician oversight.

Never attempt self-administration without professional medical supervision.

Black market peptides can be contaminated, mislabeled, or dangerous.