

# Glow (GHK-CU + TB-500 + BPC)

## History and Background

Glow is a comprehensive peptide blend combining GHK-Cu (copper peptide), TB-500, and BPC-157 in a synergistic formulation designed for skin rejuvenation, healing, and anti-aging. GHK-Cu was discovered in the 1970s and has been extensively researched for wound healing and skin regeneration. The combination leverages GHK-Cu's powerful skin and collagen benefits with TB-500 and BPC-157's tissue repair properties to create a comprehensive anti-aging and healing protocol.

## Primary Uses

Glow is investigated for skin rejuvenation and anti-aging, collagen production and skin elasticity, wound healing and scar reduction, fine lines and wrinkle reduction, hair growth stimulation, overall tissue repair and regeneration, inflammation reduction, and improvement of skin tone and texture.

## How It Works

Glow works through three synergistic mechanisms. GHK-Cu stimulates collagen and elastin production, increases antioxidant enzymes, and promotes copper-dependent wound healing. It also modulates metalloproteinases (MMPs) that break down damaged collagen. TB-500 promotes angiogenesis and systemic tissue repair while reducing inflammation. BPC-157 accelerates local healing, supports gut barrier function, and enhances tissue regeneration. Together, these create comprehensive anti-aging and regenerative effects targeting skin, hair, and overall tissue health.

## Standard Protocol

**Dosing:** Anti-aging: 0.5-1mg daily or every other day. Intensive healing: 1-2mg daily. Maintenance: 0.5mg 2-3x weekly.

**Administration:** Subcutaneous injection, typically in abdomen or thigh. Some users inject in areas of concern (face, scalp) for localized benefits.

**Timing:** Daily dosing recommended for first 4-8 weeks. Can dose in morning or evening. Consistent timing helpful but not critical.

### Titration Schedule:

**Anti-Aging Protocol:** 0.5-1mg daily or every other day subcutaneous

**Intensive Healing:** 1-2mg daily for acute injury or intensive skin repair

**Maintenance:** 0.5mg 2-3 times weekly after initial loading phase

**Duration:** Initial phase: 8-12 weeks. Maintenance: ongoing or cycled

**Duration:** Initial loading: 8-12 weeks for noticeable skin improvements. Maintenance: can be used long-term at reduced frequency or in cycles (12 weeks on, 4 weeks off).

## What to Expect

### Positive Effects (Week 1-2)

Improved skin texture and tone within 2-4 weeks. Reduction in fine lines and wrinkles by 4-8 weeks. Enhanced skin elasticity and firmness. Faster wound healing and scar improvement. Potential hair growth and thickness improvement. Overall more youthful appearance. Improved skin hydration and glow. Reduction in age spots and hyperpigmentation.

### Timeline to Results

Early changes: 2-3 weeks (skin texture, hydration). Noticeable improvements: 4-6 weeks (fine lines, tone). Significant changes: 8-12 weeks (wrinkles, elasticity, overall appearance). Optimal results: 3-6 months of consistent use. Hair growth effects: 2-4 months if applicable.

### Dose Response

Higher doses (1-2mg) produce faster results but increase cost. Most users find 0.5-1mg effective for anti-aging. Effects cumulative over time. Consistent use more important than high doses.

### Pros

- Comprehensive anti-aging benefits for skin, hair, and tissue
- Combines three well-researched peptides in synergistic blend
- Noticeable skin improvements within weeks
- Supports both surface appearance and underlying tissue health
- Well-tolerated with minimal side effects
- Can target specific areas with localized injection
- Benefits extend beyond skin to overall tissue repair
- May improve hair growth and thickness
- Can be used long-term for maintenance
- Synergistic effects greater than individual peptides alone

### Cons

- Requires consistent injection schedule
- More expensive than single peptides
- Results take weeks to become noticeable
- Individual response varies significantly
- No large-scale clinical trials on this specific combination
- Copper content may be contraindicated for some conditions
- Optimal dosing protocols not firmly established
- May cause blue/green tint at injection site from copper
- Requires proper reconstitution and storage
- Long-term safety data limited for combined formulation

### Who Should Consider It

Individuals seeking comprehensive anti-aging and skin rejuvenation, those with fine lines, wrinkles, or loss of skin elasticity, people recovering from injury or surgery, individuals with scars or wound healing concerns, those experiencing hair thinning or loss, anyone wanting to improve overall skin health and appearance, users already familiar with peptide therapy.

## Who Should Avoid It

Individuals with Wilson's disease or copper metabolism disorders, those with active skin infections, pregnant or breastfeeding women, people with bleeding disorders or on anticoagulants, those with active malignancies, individuals allergic to any component peptides, people uncomfortable with regular injections.

***For research purposes only. This combination is not FDA-approved. Individual components have research support, but the specific blend has not been clinically validated. Use under medical supervision and with proper monitoring.***

