

# Wolverine

## History and Background

Wolverine is a peptide blend combining BPC-157 and TB-500, two of the most well-researched healing peptides. This combination leverages the synergistic effects of both compounds - BPC-157's fast-acting local healing properties with TB-500's systemic tissue repair and anti-inflammatory effects. The blend was designed to provide comprehensive recovery support for athletes and individuals with injuries.

## Primary Uses

Wolverine is investigated for accelerated healing of muscle, tendon, ligament injuries, post-surgical recovery, reducing inflammation, improving joint health, and comprehensive tissue regeneration. It combines the gut-healing and rapid pain relief of BPC-157 with the systemic healing and flexibility improvements of TB-500.

## How It Works

Wolverine works through dual mechanisms. BPC-157 increases nitric oxide production, stimulates growth factor expression (VEGF, FGF), and promotes rapid local tissue healing. TB-500 increases actin expression for cell migration, promotes systemic angiogenesis, and reduces inflammation throughout the body. Together, they create a comprehensive healing environment targeting both local and systemic recovery.

## Standard Protocol

**Dosing:** Follow standard TB-500 dosing protocol. Loading: 5-10mg 2-3x weekly for 4-6 weeks. Maintenance: 2-5mg 1-2x weekly.

**Administration:** Subcutaneous or intramuscular injection. Can inject near injury site for enhanced local effects or anywhere for systemic benefits.

**Timing:** No strict timing requirements. Many prefer evening dosing.

### Titration Schedule:

**Typical Protocol:** Follow TB-500 loading/maintenance schedule

**Loading Phase:** 5-10 mg total, 2-3x per week for 4-6 weeks

**Maintenance Phase:** 2-5 mg total, 1-2x per week

**Duration:** 4-12 weeks depending on injury severity

**Duration:** Acute injuries: 4-8 weeks. Chronic conditions: 8-16 weeks. Can cycle as needed with breaks between cycles.

## What to Expect

## Positive Effects (Week 1-2)

Rapid pain reduction often within first week. Improved mobility and range of motion by week 2-3. Enhanced recovery between workouts. Reduced inflammation and stiffness. Accelerated tissue healing visible by week 4-6. Some users report improved gut health and digestion.

## Timeline to Results

Pain/inflammation reduction: 1-2 weeks. Noticeable healing: 2-4 weeks. Significant tissue repair: 4-8 weeks. Full recovery support: 8-12 weeks.

## Dose Response

Higher loading doses may accelerate acute healing. Maintenance doses sufficient for continued progress. Effects are synergistic - combination more effective than individual compounds.

## Pros

- Combines best properties of both BPC-157 and TB-500
- Fast-acting pain relief from BPC-157
- Systemic healing benefits from TB-500
- Can target both local and whole-body recovery
- Reduces inflammation effectively
- Improves joint flexibility and mobility
- Well-tolerated with minimal side effects
- Cost-effective compared to buying both peptides separately
- Synergistic effects enhance overall healing
- Suitable for both acute injuries and chronic maintenance

## Cons

- Requires consistent injection schedule
- More expensive than single peptides
- Can mask pain before full tissue healing
- Individual response varies
- May require longer cycles for chronic conditions
- Not FDA-approved for human use
- Limited specific research on exact combination
- Potential for overtraining if pain relief leads to premature activity

## Who Should Consider It

Athletes with sports injuries, individuals recovering from surgery, those with chronic joint or tendon issues, people seeking comprehensive healing support, and individuals wanting both local and systemic recovery benefits.

## Who Should Avoid It

People with active infections, severe autoimmune conditions, active cancer or recent cancer history, or those prone to masking pain and overtraining.

***For research purposes only. Not FDA-approved for human use. Consult healthcare professionals before use.***

