

Patient Education: Understanding Peptide Therapy

What Are Peptides?

Peptides are short chains of amino acids that act as signaling molecules in your body. They communicate with cells to trigger specific biological responses. Peptide therapy uses these natural compounds to support healing, optimize hormones, and improve overall health.

How Does Peptide Therapy Work?

Peptides work by binding to specific receptors on cells, triggering targeted responses. Unlike traditional medications that may have broad effects, peptides are highly specific in their actions, which often results in fewer side effects.

Common Types of Peptide Therapy

- Growth Hormone Peptides: Support muscle growth, fat loss, and recovery
- Healing Peptides: Accelerate tissue repair and reduce inflammation
- Weight Management Peptides: Help regulate appetite and metabolism
- Cognitive Peptides: Support brain function and mental clarity
- Immune Peptides: Enhance immune system function

What to Expect During Treatment

Most peptides are administered via subcutaneous injection (just under the skin). Your healthcare provider will teach you proper injection technique. Results vary by peptide type:

- Some effects may be noticed within days (energy, sleep)
- Other benefits develop over weeks to months (body composition, healing)
- Consistency is key - follow your prescribed schedule

Storage and Handling

- Store unreconstituted peptides in the refrigerator or freezer
- Once mixed with bacteriostatic water, keep refrigerated
- Most reconstituted peptides are stable for 4-6 weeks refrigerated
- Never freeze reconstituted peptides
- Protect from light and heat

When to Contact Your Provider

- Severe or persistent injection site reactions
- Signs of allergic reaction (difficulty breathing, swelling)
- Unexpected side effects
- Questions about your treatment