

All the TB's! Which one is best for glowing skin?

By Anela Protocols

If you're using my Anela Protocol for painless GHK-Cu research and want to add TB for extra glowing skin benefits, choosing the right TB peptide is important.

It can be confusing when looking at TB peptides because their names — TB4, TB500, and TB Frag 17-23 — sound similar, but they aren't interchangeable. Let's start with how these peptides affect skin health and what makes them different:

Which TB is Best for Skin?

Note the CAS numbers — this is how you identify which is which. Ask the vendor or domestic company what the CAS number is.

- **TB4** (CAS 77591-33-4) is the gold standard for great skin. It directly supports collagen production, repairs the extracellular matrix (ECM), and calms inflammation. All of this helps give you that smooth, flawless glow.
- **TB500** (CAS 885340-08-9), while effective for wound healing, doesn't directly enhance skin texture or appearance. It's designed more for muscle and tissue repair, so its skin benefits are secondary.
- **TB Frag 17-23** (CAS 476014-70-7) is even more limited — it promotes blood flow through angiogenesis (vessel growth), but it doesn't deliver the full-spectrum benefits that TB4 has for skin.

If your focus is on achieving glowing skin, TB4 is the peptide you want.

Here's the Breakdown:

1. Thymosin Beta-4 (TB4)

CAS Number: 77591-33-4

Type: Natural

Dosing: Typically dosed daily at 350-650 mcg for research purposes.

Skin Benefits:

TB4 is unmatched for giving you glowing skin. It boosts collagen production, reduces inflammation, and repairs the ECM — the foundation of smooth, poreless-looking skin. Its anti-inflammatory and healing properties make it ideal for anti-aging, scar prevention, and that glass skin glow.

Muscle & Tissue Healing:

As the full-length, natural peptide, TB4 also promotes systemic muscle and tissue repair. It reduces scar tissue, supports angiogenesis, and accelerates healing throughout the body.

2. TB500

CAS Number: 885340-08-9

Type: Synthetic

Dosing: Typically dosed twice a week at 1-2 mg for research purposes.

Skin Benefits:

TB500 does not directly contribute to achieving glass skin. While it speeds up wound healing, its primary focus is stabilizing tissue repair rather than enhancing skin texture or glow. Its twice-a-week dosing schedule also makes it less practical for daily skin-focused protocols.

Muscle & Tissue Healing:

TB500 excels in muscle and tissue repair. It mimics TB4's effects like angiogenesis and cell migration, but its benefits are best suited for recovery, not skin health.

3. TB Frag 17-23

CAS Number: 476014-70-7

Type: Synthetic

Dosing: Typically dosed daily or as a microdose, depending on the application.

Skin Benefits:

TB Frag 17-23 focuses on angiogenesis (vessel growth), improving localized blood flow. While this can support healing in small areas, it doesn't promote collagen production or ECM repair, making it far less effective for achieving glass skin.

Muscle & Tissue Healing:

This fragment is best for localized blood flow improvements but lacks the comprehensive repair benefits of TB4 or TB500. It's best suited for vascular-focused studies, not full-spectrum tissue repair.

What's on the Market?

Right now, most products marketed as TB500 are actually TB4. This is why using the CAS number is so important — it's the only way to know exactly what you're working with. CAS numbers act like a fingerprint for peptides, helping researchers avoid confusion and choose the right one for your research needs.

Why TB4 is the Best for Skin

If your goal is achieving glowing skin, TB4 is the peptide to choose. Its ability to repair the ECM, boost collagen, and calm inflammation makes it the most effective option for skin-focused protocols. Unlike TB500, which is better for muscle and tissue repair, TB4 consistently delivers the kind of skin benefits that give you a smooth, flawless, glass skin look. TB Frag 17-23, while useful for vascular health, doesn't offer the broad skin benefits that TB4 provides.

By focusing on the unique strengths of TB4, you can create a glowing skin protocol that gives you the results you want.

TLDR:

TB4 is the best choice for skin improvements — it boosts collagen, reduces inflammation, and helps your skin heal, giving you glowing skin. It's a perfect accompaniment to my Anela Protocol for painless GHK-Cu research.

Disclaimer:

This is not medical advice. I am not a medical provider, just a long-time researcher sharing knowledge. These peptides are for research purposes only and not for human consumption. They are not designed to diagnose, treat, cure, or prevent any disease.

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