

Peptide Cheat Sheet

Match the goal. Then check the route.

How to use this sheet

Find your goal, read across, and check the Status column before anything else. "Supplement" means you can buy it and take it. "Prescription" means a clinician decides. "Research use only" means it goes to laboratories, is not intended for human use, and is not something BioLongevity Supplements carries. No dosing protocols appear anywhere in this document, and research-use-only compounds carry no amounts at all.

Route and status, the two columns that decide everything

Before comparing two peptides, check whether they share a route. An oral capsule and a lyophilized vial are not two versions of the same product.

STATUS	WHAT IT MEANS FOR YOU
Supplement	Sold for human use under supplement labeling rules. No prescription needed.
Prescription drug	Approved for a specific indication. A clinician decides the dose, a pharmacy dispenses it.
Compounded	Made up by a compounding pharmacy for one patient. Still needs a prescription.
Research use only	Sold to labs for in vitro work. Not intended for human use, no matter how consumer-friendly the website looks.

Chain length sets the route. Peptides two to three amino acids long have a transporter in the gut wall built to carry them through. Longer chains depend on their sequence, and anything past about thirty amino acids needs an engineered delivery system or an injection.

Gut health and gut barrier

The one goal where oral delivery is the stronger route rather than the compromise, because the target tissue is the digestive tract itself.

PEPTIDE	STUDIED FOR	ROUTE	STATUS
BPC-157	Gut lining integrity, soft tissue signaling	Oral capsule, research vial	SUPPLEMENT (CAPSULE)
			RESEARCH USE ONLY (VIAL)
KPV	Calming intestinal inflammatory signaling	Oral capsule	SUPPLEMENT
Larazotide, N-acetyl larazotide	Tight junction regulation	Oral	INVESTIGATIONAL DRUG
			SUPPLEMENT (N-ACETYL FORM)
Zinc L-carnosine	Gastric and intestinal mucosal support	Oral capsule	SUPPLEMENT
Tributylin	Delivering butyrate to colon cells	Oral capsule	SUPPLEMENT

Evidence tiers: BPC-157 extensive animal work, no completed Phase II trial. KPV animal colitis models. Larazotide animal and human celiac trials. Zinc L-carnosine small human crossover trial. Tributyrin animal and human microbiome research.

Skin, hair, and visible aging

The goal where topical delivery competes on equal terms, since the peptide can reach its target without crossing the gut at all.

PEPTIDE	STUDIED FOR	ROUTE	STATUS
GHK-Cu	Collagen and elastin synthesis, dermal fibroblast function	Topical cream or serum, oral capsule, research vial	SUPPLEMENT (TOPICAL, ORAL) RESEARCH USE ONLY (VIAL)
Collagen peptides	Dermis density, hydration, elasticity	Oral powder or capsule	SUPPLEMENT
Cosmetic signal peptides (AK series, palmitoyl peptides)	Skin tone, texture, barrier support	Topical	COSMETIC

Evidence note: GHK-Cu cell, animal and gene expression data. Collagen peptides human randomized trials. Cosmetic signal peptides manufacturer-run human panels.

Recovery, joints, and soft tissue

The goal with the widest gap between what's popular and what's purchasable, because most of the well-known repair peptides exist only as research vials.

PEPTIDE	STUDIED FOR	ROUTE	STATUS
BPC-157	Tendon, muscle and connective tissue signaling	Oral capsule, research vial	SUPPLEMENT (CAPSULE) RESEARCH USE ONLY (VIAL)
TB-500 (thymosin beta-4 fragment)	Angiogenesis, tissue repair	Injectable research vial only	RESEARCH USE ONLY Prohibited in competitive sport.
GHK-Cu	Wound and connective tissue repair	Topical, oral capsule, research vial	SUPPLEMENT (TOPICAL, ORAL) RESEARCH USE ONLY (VIAL)
CJC-1295 with ipamorelin	Growth hormone release	Injectable	COMPOUNDED RESEARCH USE ONLY
PEA (palmitoylethanolamide)	Discomfort and inflammatory balance	Oral capsule	SUPPLEMENT

Evidence note: BPC-157 preclinical, with very limited human case data. TB-500 preclinical only. GHK-Cu cell and animal. CJC-1295 with ipamorelin animal models. PEA human meta-analysis.

What the injectable recovery evidence actually looks like

A 2026 review in the American Journal of Sports Medicine walked through exactly this list for orthopaedic physicians and reached a blunt conclusion. The indications, dosing, frequency and duration for these injectable peptides remain unknown, and thymosin beta-4 derivatives are banned substances in sport.

Metabolic support and body composition

Dominated by prescription drugs. This section's job is mostly to keep you from confusing them with supplements.

COMPOUND	STUDIED FOR	ROUTE	STATUS
Semaglutide, tirzepatide	Blood glucose, body weight	Injection or tablet	PRESCRIPTION DRUG
Tesamorelin	Visceral fat in HIV-associated lipodystrophy	Injection	PRESCRIPTION DRUG
MOTS-c	Mitochondrial metabolic signaling	Research vial	RESEARCH USE ONLY
AOD-9604	Fat metabolism signaling	Research vial	RESEARCH USE ONLY

Evidence note: Semaglutide and tirzepatide large human trials. Tesamorelin human randomized trials. MOTS-c animal and cell. AOD-9604 animal, with mixed human results.

Brain, focus, and mood

Cognitive peptides split cleanly into oral capsule formats you can buy and intranasal research preparations you can't.

PEPTIDE	STUDIED FOR	ROUTE	STATUS
Cerluten (A-5 nervous system complex)	Nervous system tissue support	Oral capsule, 40 mg	SUPPLEMENT
Semax	Attention and neuroprotective signaling	Intranasal research preparation	RESEARCH USE ONLY IN THE US
Selank	Anxiety-related signaling	Intranasal research preparation	RESEARCH USE ONLY IN THE US
Noopept	Cognitive performance	Oral capsule	SUPPLEMENT
Dihexa	Synaptic signaling	Research compound	RESEARCH USE ONLY

Evidence note: Cerluten ultrashort peptide research literature. Semax animal, plus non-US clinical literature. Selank animal. Noopept animal, with limited human data. Dihexa animal and cell.

Organ systems and healthy aging

The bioregulator bucket, and the one goal where the oral capsule is the original research format rather than a consumer adaptation.

PEPTIDE	STUDIED FOR	ROUTE	STATUS
Khavinson bioregulators, A-1 through A-21	Tissue-specific cellular signaling	Oral capsule, 40 mg	SUPPLEMENT
Epitalon	Pineal and telomere-related signaling	Research vial	RESEARCH USE ONLY IN THE US
GPL geroprotector complexes	Multi-tissue healthy aging support	Oral capsule, 65 mg	SUPPLEMENT

Evidence note: Bioregulators ultrashort peptide gene and protein research. Epitalon animal, plus non-US clinical literature. GPL complexes bioregulator research literature.

Hormone, libido, and immune

Two of the compounds people search for here are approved drugs, which changes the answer entirely.

PEPTIDE	STUDIED FOR	ROUTE	STATUS
Bremelanotide (PT-141)	Sexual desire in premenopausal women with HSDD	Subcutaneous auto-injector	PRESCRIPTION DRUG, FDA APPROVED
Kisspeptin	Reproductive hormone signaling	Research preparation	RESEARCH USE ONLY
Thymosin alpha-1	Immune modulation	Injection	PRESCRIPTION IN SOME COUNTRIES RESEARCH USE ONLY IN THE US
Testoluten (A-13), Vladonix (A-6)	Reproductive and thymus tissue support	Oral capsule, 40 mg	SUPPLEMENT

Evidence note: Bremelanotide two Phase 3 randomized trials. Kisspeptin early human mechanistic work. Thymosin alpha-1 human trials in specific conditions. Testoluten and Vladonix bioregulator research literature.

Things that get called peptides but aren't

Half the confusion in this category comes from compounds filed under "peptides" that are nothing of the kind.

COMPOUND	WHAT IT ACTUALLY IS	WHY IT GETS GROUPED WITH PEPTIDES
MK-677 (ibutamoren)	Non-peptide growth hormone secretagogue	Sold alongside GH peptides
5-Amino-1MQ	Small molecule NNMT inhibitor	Sold in the same catalogs
SLU-PP-332	Small molecule ERR agonist	Marketed as an exercise mimetic
PEA	Fatty acid amide	Filed under peptide supplements
C60, urolithin A	Small molecules	Both sit in longevity stacks

What the mg number actually tells you

The number on a peptide label means something different depending on the format, and that single fact causes more bad comparisons than anything else in this category.

WHAT YOU SEE	WHAT IT MEANS	THE TRAP
"1,000 mcg per serving" on a capsule bottle	1 mg of that peptide in one full serving	A serving may be two or three capsules, so check the serving size
"40 mg per capsule" on a bioregulator	The full peptide complex weight in each capsule	Bioregulator complexes are dosed by complex weight, not by single peptide
"70 mg" on a lyophilized vial	The total powder in the vial	This is inventory, not a dose, and it says nothing about how it would be used
"99% or higher, HPLC"	Purity of the material, verified by chromatography	Purity is separate from amount, and a pure product can still be underdosed
"Proprietary blend, 500 mg"	Combined weight of undisclosed ingredients	You cannot verify any single amount, which is why serious formulas skip this

Blend math, in one line

A research blend labeled 70 mg is usually three peptides sharing that total. Fifty milligrams of one plus 10 mg each of two others adds up to the number on the front, and no single component is anywhere near 70 mg. Add a fourth peptide at 10 mg and the vial reads 80 mg without any of the original three changing. And remember: 1,000 mcg equals 1 mg.

Reading a peptide label without getting fooled

A good peptide label tells you the form, the amount, and who verified it, in that order.

GREEN FLAG	RED FLAG
The specific form is named, such as BPC-157 arginine salt	Just the peptide name with no form
Every active has a printed amount per serving	A proprietary blend total
Serving size stated in capsules	Amounts printed "per scoop" with no scoop weight
Batch-specific Certificate of Analysis available to view	"Third-party tested" with no document behind it
Purity method named, such as HPLC or LC-MS	A purity percentage with no method
Storage instructions that match the format	No storage guidance at all
Delivery support explained, such as a pH buffer or delayed release	An oral version of a large peptide with no delivery strategy

Storage, in four lines

Format determines storage, and getting it wrong quietly costs you the product.

- Capsules and tablets want cool, dry, dark and tightly sealed. Room temperature is fine, a bathroom cabinet is not, since humidity and heat both cycle in there.
- Lyophilized powder in a sealed vial keeps longest cold and dark. Oxidation and deamidation are the main chemical degradation routes for peptides, and temperature swings drive aggregation and cut shelf life.
- Anything already in solution is far less stable than powder. Refrigerate it, keep it out of light, and respect the supplier's stated window.
- Creams and serums need a tight cap, no windowsill, and no hot car.

The full guide, with the research behind every row, is on the blog.

biolongevitysupplements.com/blog/peptide-cheat-sheet/

This document is educational reference material and is not medical advice. It contains no dosing protocols. Compounds listed as research use only are sold to laboratories, are not intended for human use, and are not sold by BioLongevity Supplements. Ask a qualified clinician before starting any supplement if you are pregnant, nursing, taking medication, or managing a medical condition. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.