

Lifestyle With Dr. Z



Brian Zehnder, MD

Peptides are chains of amino acids linked together. Similar to proteins, peptides are easily absorbed by the body, affecting our intestines and skin quickly via the bloodstream.

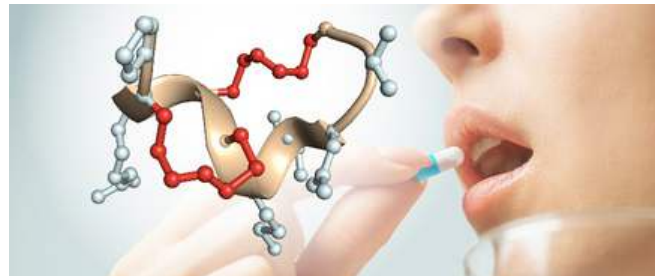
Peptides are naturally present in foods such as meat, fish, milk, eggs, wheat, soy, and oats. Peptides are also available in a variety of products, including oral supplements, skincare products, or as injectable therapies. Lab-made peptides are used in medications for conditions like diabetes or multiple sclerosis due to their ability to mimic natural peptides. Insulin is perhaps the most well-known peptide in the world.

What does peptide therapy do?

Peptides can help lower high blood pressure, improve the immune system, strengthen the skin barrier to fight bacteria and promote healing, and function as antioxidants. In addition, they help our cells communicate to each other via receptors, releasing hormones and maintaining our health.

Some Examples

Ipamorelin (CJC 1295): Used to help aid weight loss and build muscle. It does this by stimulating the production of human growth hormones.



It is used by bodybuilders and has been studied as a [treatment for hypogonadism](#). It has emerged as an alternative to creatine powders. When combined with exercise and training, Ipamorelin can help improve athletic performance.

PC 157: Used to [aid joint recovery](#). It can help improve healing, promoting damage repair and the growth of healthy tissue. It can also help reduce inflammation and acts as an antioxidant, further aiding the healing process.

Lifestyle With Dr. Z



Creatine peptide: Used to improve strength and build muscle. Creatine protein powders have been popular for many years with athletes and bodybuilders but cause digestive issues. Creatine peptides are easier to digest.

Collagen peptide: Used to help slow aging and improve skin elasticity. Collagen peptides stimulate melanin production, improving protection against sun damage. Research also shows collagen may help prevent age-related bone loss and promote faster wound healing.

Other benefits of peptide therapy: Peptides improve the skin barrier, serving as the first line of defense against pollution, toxins, and bacteria. They have antimicrobial properties, which help fight bacteria that cause acne. Peptides can help treat hypertension, prevent blood clots, and help promote faster healing and recovery.

What are the benefits of peptide injections over oral supplements?

Peptide oral supplements are absorbed through the digestive system and take time to work. Because peptides have short amino acid chains, they are easily broken down by the digestive system. This can result in an absorption rate of 50% or less.

Peptide injections deliver directly to the bloodstream, bypassing the digestive system and achieving the highest absorption rate possible.

If you are unable to take peptide injections due to fear or aversion to needles, you should discuss alternatives with your healthcare provider.

They may be able to guide you towards oral supplements that are reliable, safe, and in proper dosage.

Are there side effects to peptide therapy?

Peptide therapy is unlikely to cause serious side effects in healthy people, as therapeutic peptides are similar to those present in food. You should still get medical guidance. Those who are pregnant or breastfeeding, have chronic health conditions, or take prescription medications should check with their doctor to make peptide therapy is safe.

Obtaining peptide therapy through a licensed and trained physician is the safest way to get peptide therapy. The following link can help guide you to a practitioner near you.

[Find A Practitioner - The International Peptide Society](#)

Finally, when selecting a peptide therapy provider, consider the lab providing peptides. Make sure to check that the lab is certified by the U.S. Food and Drug Administration (FDA). This certification means the lab meets FDA requirements for safety and operating procedures.

In summary, peptide therapy can be helpful. As with any medicine, do your research, consult with experts in the field, and carefully weigh your options before embarking on treatments for your optimal health.