

Peptide Proof

Categorized Research Peptide Reference

Website: www.PeptideProof.com

■ Weight Loss & Metabolic Enhancement

Tirzepatide: Dual GLP-1/GIP agonist shown to reduce appetite, body weight, and improve insulin sensitivity.

Semaglutide: GLP-1 agonist reducing appetite and food intake; improves blood sugar.

Retatrutide: Triple agonist (GLP-1, GIP, glucagon) – promising data on fat loss and metabolic enhancement.

AOD-9604: Fragment of hGH linked to enhanced lipolysis and fat breakdown.

CJC-1295 (No DAC) + Ipamorelin: Stimulates GH release, supporting fat loss and lean mass retention.

■ Muscle Growth & Strength

IGF-1 LR3: Increases muscle cell proliferation and hypertrophy.

CJC-1295 (No DAC): Stimulates pulsatile GH release, promoting lean mass growth.

Ipamorelin: Ghrelin mimetic that increases GH without spikes in cortisol/prolactin.

Tesamorelin: Boosts endogenous GH, reduces visceral fat in HIV lipodystrophy studies.

GHRP-2 / GHRP-6: Older GH secretagogues shown to stimulate GH and appetite.

■ Injury Recovery, Tissue & Joint Repair

BPC-157: Accelerates healing of tendons, ligaments, and GI tissue; anti-inflammatory effects.

TB-500 (Thymosin Beta-4): Aids muscle and connective tissue repair; supports angiogenesis.

GHK-Cu: Copper peptide known for skin regeneration, wound healing, and anti-aging properties.

AOD-9604: Fat-burning with cartilage repair potential.

IGF-1 LR3: Regenerative effects on muscle and nerve tissue.

Epitalon: Shown to support telomere length and cell repair in some animal models.

■ Cognitive Enhancement & Neuroprotection

Semax: Enhances memory, focus, and stress resilience; increases BDNF.

Selank: Anxiolytic; reduces stress without sedation.

Dihexa: Potent neurogenic compound in early research for Alzheimer's and brain repair.

GHK-Cu: Has shown protective effects against oxidative stress in neurons.

■ Anti-Aging & Longevity Support

Epitalon (Epithalon): Telomerase activation, possible lifespan extension in animal models.

GHK-Cu: Antioxidant, anti-inflammatory, and DNA repair-promoting effects.

Thymalin / Thymosin Alpha-1: Immune system modulation and longevity support.

MOTS-c: Mitochondrial peptide with metabolic and longevity research interest.

Humanin: Mitochondrial-derived peptide shown to protect cells against stress and aging.

CJC-1295 + Ipamorelin: Supports youthful GH levels, muscle retention, and metabolic health.

■ Immune Support & Inflammation Control

Thymosin Alpha-1 ($T\alpha 1$): Immune-regulating peptide used in chronic infections, cancer, and autoimmune studies.

BPC-157: Reduces inflammation, supports gut-immune axis.

LL-37: Antimicrobial peptide studied for wound healing and infection resistance.

KPV: Potent anti-inflammatory peptide with gut and systemic immune effects.

■ Sexual Health, Libido & Hormone Support

PT-141 (Bremelanotide): Increases libido in men and women; FDA-approved for female sexual dysfunction.

Kisspeptin-10: Stimulates LH and FSH, potentially increasing testosterone.

CJC-1295 / Ipamorelin: Enhances GH/testosterone indirectly through pituitary stimulation.

■ Mood, Stress & Sleep Support

Selank: Reduces anxiety and promotes emotional stability.

Semax: May improve mood and focus under stress.

DSIP (Delta Sleep-Inducing Peptide): Studied for promoting deep sleep, circadian rhythm regulation, and reducing stress-related sleep disturbances.

Thymosin Alpha-1: Modulates immune-brain interaction (gut-brain axis implications).

BPC-157: Anecdotally used for mood stability and trauma recovery.

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