



## **Introduction to Peptides**



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## ***A Patient's Guide to Wellness & Optimization***

Peptides are short chains of amino acids — the building blocks of proteins — that naturally occur in the body. They act as messengers, supporting a variety of biological functions. Scientists have developed specific therapeutic peptides that can help the body in targeted ways, such as supporting recovery, promoting healthy aging, encouraging restful sleep, and much more.

This handbook is designed to help you understand the different types of peptides available through our clinic. Each section will describe the potential benefits and uses in a simple, easy-to-read format. All therapies are prescribed only after evaluation by a licensed medical provider.

## **Our Clinic's Role in Your Peptide Journey**

Our clinic provides a **personalized and monitored approach** to peptide therapy.

### **We will:**

- **Assess** your health and goals through consultations and lab testing.
- **Design** a custom peptide protocol tailored to your specific needs.
- **Monitor** your progress with ongoing follow-ups and lab reviews.
- **Provide** access to high-quality peptides that have been thoroughly vetted for purity and quality.

We provide medically directed, evidence-informed care to help you maximize the benefits of your treatment.

# Categories of Therapeutic Peptides

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## 1. Anti-Aging Peptides

These peptides can support cellular health, tissue repair, and healthy longevity.

- **Epithalon** – Often studied for its potential role in supporting healthy cell function and regulating natural biological rhythms.
- **FOXO4-DRI** – Investigated for targeting senescent (“aged”) cells, potentially helping maintain tissue vitality.
- **GHK-Cu** – A naturally occurring copper peptide that can support skin appearance, wound healing, and antioxidant activity.
- **Thymosin Beta-4 (TB500)** – Linked to tissue repair and regeneration, particularly in muscles and skin.

## 2. Immune-Boosting Peptides

These peptides can help maintain a healthy immune system.

- **Thymosin Alpha-1** – Studied for its immune-modulating properties, potentially supporting the body’s natural defenses.
- **LL-37** – A naturally occurring antimicrobial peptide that can help the body respond to bacterial and viral challenges.

### 3. Hair Restoration Peptides

These peptides can support healthy hair growth and scalp vitality.

- **GHK-Cu** – Can help improve hair follicle function and promote healthier hair density.
- **PTD-DBM** – Investigated for stimulating hair follicle regeneration.

### 4. Neuro-Improvement Peptides

These peptides can help support cognitive performance, mood, and focus.

- **Semax** – Studied for its potential to support brain circulation and memory.
- **Selank** – Can help promote a calm mood and mental clarity.
- **Dihexa** – Investigated for its role in supporting neuron growth and synaptic connections.
- **Cerebrolysin** – A peptide blend studied for supporting brain metabolism and recovery after injury.
- **BDNF(Brain-Derived Neuropathic Factor)**-Support brain health by promoting the survival, growth, and maintenance of neurons.
- **ARA-290**-Can help promote vascular repair, reduce nerve inflammation, and improve microcirculation.
- **PE-22-28**-May reduce neuroinflammation, and oxidative stress, factors that are often linked to cognitive decline and neurological conditions.

## 5. Performance Peptides

These peptides can help support muscle development, stamina, and recovery.

- **CJC-1295** – Can help stimulate natural growth hormone release for recovery and lean body mass.
- **Ipamorelin** – A growth hormone-releasing peptide often used for recovery and performance.
- **Tesamorelin** – Studied for reducing visceral fat and supporting metabolic health.
- **Sermorelin** – Can help support youthful growth hormone levels naturally.

## 6. Injury & Gut Healing Peptides

These peptides can help accelerate the repair of tissues and support digestive wellness.

- **BPC-157** – Studied for its potential to speed up the healing of muscles, tendons, ligaments, and gut lining.
- **TB500** – Can support recovery from soft tissue injuries.
- **KPV** – Investigated for calming inflammation in the digestive tract and skin.
- **LL-37** – Can help with tissue defense and healing processes.

## 7. Sexual Wellness Peptides

These peptides can help support healthy sexual function.

- **PT-141 (Bremelanotide)** – Studied for enhancing sexual desire and arousal.
- **Oxytocin** – Known as the “bonding hormone,” oxytocin can support emotional connection and sexual satisfaction.

## 8. Sleep Improvement Peptides

These peptides can help promote deep, restorative sleep.

- **DSIP (Delta Sleep-Inducing Peptide)** – Studied for its ability to support healthy sleep cycles.

## 9. Weight Management Peptides

These peptides can help support healthy metabolism and appetite regulation.

- **Semaglutide** – Studied for supporting healthy weight loss by reducing appetite and improving satiety.
- **Tirzepatide** – A multi-target peptide that can help improve metabolism and regulate appetite.
- **Retatrutide** – Investigated for its effects on multiple metabolic pathways for weight management.
- **AOD-9604** – A growth hormone fragment that can assist in fat metabolism without affecting blood sugar.
- **5-Amino-1MQ** – Studied for supporting fat reduction through cellular energy regulation.
- **Cagrilintide** – Can help promote fullness and reduce food intake.

## 10. Tanning Peptides

These peptides can help stimulate melanin production for a tanned appearance.

- **Melanotan I** – Studied for gradual melanin stimulation and potential skin photoprotection.
- **Melanotan II** – Similar to Melanotan I but with additional potential effects on libido.

**\*Contact Galen Healthcare about peptide therapy today @**

**864-520-2836 or [www.galenhealthcaresc.com](http://www.galenhealthcaresc.com)**

*DISCLAIMER: Statements made are for informational purposes and have not been evaluated by the US Food and Drug Administration (FDA). They are not intended to diagnose, treat, cure, or prevent any disease. Most peptides are not regulated by the FDA. All therapies are prescribed only after evaluation by a licensed medical provider.*