

FAST FACTS

Peptides

Peptide therapy

What

Peptides are short chains of amino acids that are naturally present in the human body that play a vital role in the regulation of various physiological functions.

They act as signalling molecules, which means they communicate with other cells to produce specific effects, and are involved in a wide range of biological processes, including growth, healing, immune function, and metabolism.

Peptides are now increasingly being used therapeutically for health optimisation and disease prevention, as they can help to promote overall health and wellbeing. Peptides have extremely high specificity and affinity for their intended target. For this reason they have been shown to be generally well tolerated with very low side effect profiles.

How it works

When administered correctly, peptides work by replenishing our natural levels that decline with age, providing a seemingly endless list of health benefits (depending on the peptide), such as:

- improving sleep
- improving cognition
- boosting immune health
- increasing lean muscle growth
- enhancing longevity and anti-ageing
- stopping hair loss (and even re-growing hair)
- improving gut health
- improving insulin sensitivity and metabolic health
- supporting injury healing
- muscular/joint recovery



Pros

- May assist with muscle growth and body building
- May assist with injury recovery
- May improve testosterone function
- May assist with hormone regulation

Cons

- Peptides are injectable prescription medicines that are prescribed under restricted authority
- Peptides are often prescribed as stacks of 2 or more different peptides
- Access to information about available peptide products requires approval of an application to the provider for access

Contraindications

Peptides are prescription only medications and are not suitable for people with certain medical conditions or those taking certain medications. Evaluation by an appropriately qualified medical practitioner is required.

Learn more

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