CHURCH OF PEPTIDES / THE 60-SECOND GUIDE

GHK-Cu

Interesting skin-repair research. Unproven injection benefits.

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ROUTE MATTERS A skin-cream study cannot tell us whether an injection works or is safe.

01 What is it?

A three-amino-acid peptide bound to copper, studied for its role in skin and tissue biology. The fictional Restorer illustrates the topic; the evidence comes from research. [1]

02 What might it help?

Laboratory work found increased collagen production in cultured fibroblasts. Topical products have been studied for skin appearance after laser resurfacing. These findings do not establish whole-body repair or anti-aging benefits from injections. [1][2]

03 How strong is the evidence?

Topical: limited human evidence. In a randomized post-laser study, 13 people completed follow-up. Satisfaction improved, but objective wrinkle and skin-quality results did not differ between groups. Injectable: human safety data remain limited; topical findings cannot validate this route. [2][3]

04 Risks & unknowns

For injections, FDA flags potential immune reactions related to peptide clumping and impurities. The frequency and long-term effects are not well defined. Product quality matters: contamination or incorrect strength can add risks to compounded drugs. [3][4]

05 Approval & status

United States: compounded GHK-Cu drugs are not FDA-approved. Cosmetic availability does not establish approval for an injectable treatment. FDA specifically identifies safety concerns for injectable GHK-Cu; compounding-list consideration is not drug approval. [3][4]

06 The question to ask

Was this benefit shown in people using the same formulation and route? Ask about the actual outcome measured, study size, alternatives and remaining safety gaps. A promising mechanism is a starting point, not a proven treatment.

SOURCES / Tap a reference to open

[1] Maquart et al. (1988) / Collagen synthesis in cell cultures
[2] Miller et al. (2006) / Randomized topical post-laser study
[3] FDA / Injectable GHK-Cu safety concerns
[4] FDA / Compounding and approval explained

Educational information, not dosing or treatment instructions. Prepared by Church of Peptides; no independent clinical review.