Kisspeptin

Foundational biology · human evidence varies.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

Kisspeptins are natural signaling peptides that help regulate the reproductive hormone system. They act upstream of GnRH and are important for puberty and reproductive function. Human research explores possible therapeutic applications, including carefully controlled fertility-treatment settings. [1]

02 Potential benefits

Activates GnRH neurons and helps govern reproductive maturation. Studied in human reproductive-endocrine research. [1]

03 Evidence & its limits

A 2017 phase 2 trial studied egg maturation during IVF in women at high risk of ovarian hyperstimulation syndrome. That specialized setting cannot establish general fertility or wellness benefits, and an effect on reproductive hormones is not by itself proof of improved everyday outcomes. [1]

04 Risks & unknowns

Not an approved general fertility or libido treatment. Long-term therapeutic roles and optimal applications remain under study. [1]

05 Status & scope

Not an approved general fertility or libido treatment. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] Randomized phase II study in an IVF setting, 2017
[3] FDA Drugs@FDA database
[4] Original KISS1 report, 1996

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.