CHURCH OF PEPTIDES / THE 60-SECOND GUIDE

Thymosin alpha-1

Controlled human trials · results vary by indication.



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?

Thymosin alpha-1 is an immune-modulating peptide investigated in several disease settings. It has a clinical research record, but changing immune markers does not guarantee better survival, and results must be assessed separately for each condition. [1]

02 Potential benefits

Has immune-modulating activity and medical use in some countries. Studied across infectious, immune, and cancer settings. [1]

03 Evidence & its limits

In TESTS, published in 2025, 28-day mortality was 23.4% with thymosin alpha-1 and 24.1% with placebo, without a statistically significant difference. The published correction does not change that conclusion. This result concerns sepsis and neither proves nor disproves benefit for every other indication. [1]

04 Risks & unknowns

Not FDA-approved in the United States. Benefits and risks must be judged by indication and product quality. [1]

05 Status & scope

Not FDA-approved in the United States. [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] Isolation and sequence analysis, 1977
[3] TESTS randomized phase III trial, 2025
[4] Published TESTS correction, May 2025

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