

BPC-157

BPC-157 (short for Body Protection Compound-157) is a synthetic peptide derived from a small fragment of a protein naturally found in human stomach juice. It has attracted attention for its potential to promote healing in animal studies, but it is not an approved medication for human use in the U.S., Europe, or most other countries.

What is it do?

People use BPC-157 hoping it will:

- Speed healing of tendons, ligaments, muscles, and bones
- Improve recovery from sports injuries
- Help heal stomach ulcers or other gastrointestinal problems
- Reduce inflammation
- Support nerve recovery
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Is it legal?

The legal status depends on the country:

- It is used as a **“research chemical”** and is typically **not approved for medical treatment**.

For tendon, ligament, and muscle injuries

This is where BPC-157 has the strongest preclinical evidence.

Studies suggest it may:

- Increase formation of new blood vessels
- Stimulate fibroblasts (cells that produce collagen)
- Improve tendon-to-bone healing
- Reduce inflammation
- Speed healing after tendon or muscle injury

However, there are no high-quality human clinical trials proving these benefits.

Conditions people commonly use it for

- Rotator cuff injuries
- Tennis elbow

- Achilles tendinopathy
- Plantar fasciitis
- Muscle strains
- Meniscus injuries

The evidence in humans remains anecdotal.

For gastrointestinal conditions

Since BPC-157 was derived from a gastric protein fragment, researchers have studied it for:

- Gastric ulcers
- Inflammatory bowel disease
- Leaky gut
- Intestinal healing

Again, the encouraging findings are almost entirely from animal research.

For nerve injuries

Studies suggest BPC-157 may promote nerve regeneration after peripheral nerve injury or spinal cord injury.

Price:

- **\$175** for 20 mg vial
- shipping \$20
- reconstitution solution is \$15
- you will mix the powder with 2ml of solution
- **Keep refrigerated after mixing**
- 200 units in the vial after you mix it
- daily injection is 5 units close to the site of injury.
- 40 shots per vial