

What is in the vial

Ten milligrams each of two healing peptides, freeze-dried together: BPC-157, a fragment of a gastric protein, and TB-500, the actin-binding fragment of thymosin beta-4. Sold under a comic-book name for injuries and recovery.

FORMS	Blend vials of 10, 20, or 30 mg; separate vials; both inside GLOW and KLOW
PRICE	\$40–\$120 for 5 + 5 mg; \$60–\$150 for 10 + 10 mg; about a month
STATUS	Neither approved. Both recommended for the compounding list in July 2026; neither listed; the blend has no pathway
ANTI-DOPING	Both banned by WADA at all times

THE NAME IS THE PRODUCT

Two peptides whose combined human record is three small uncontrolled reports and no controlled trial, alone or together.

This pamphlet is for adults using or being offered the blend for an injury, a surgery, or recovery. It is a summary of the published record, not medical advice.

Before using the blend, ask

- ☐ Which peptide am I buying this for, and what is its human evidence?
- ☐ Is either on FDA's compounding list yet? Who made this vial?
- ☐ How much of each peptide per night and per week at my water volume?
- ☐ If something goes wrong, which peptide caused it?
- ☐ Certificate of analysis with identity, ratio, and sterility?
- ☐ Cancer history or anti-doping rules? What proven treatment am I delaying?

SOURCES

- Jóźwiak M, et al. Multifunctionality and possible medical application of the BPC 157 peptide: literature and patent review. *Pharmaceuticals*. 2025;18(2):185.
- Lee E, Padgett B. Intra-articular injection of BPC 157 for multiple types of knee pain. *Altern Ther Health Med*. 2021;27(4):8-13.
- Effect of BPC-157 on symptoms in patients with interstitial cystitis: a pilot study. *Altern Ther Health Med*. 2024.
- Safety of intravenous infusion of BPC157 in humans: a pilot study. *Altern Ther Health Med*. 2025.
- Guarnera G, et al. Thymosin beta-4 and venous ulcers: clinical remarks on a European prospective, randomized study on safety, tolerability, and enhancement on healing. *Ann N Y Acad Sci*. 2007;1112:407-412.
- Sosne G, et al. 0.1% RGN-259 (thymosin beta-4) ophthalmic solution promotes healing and improves comfort in neurotrophic keratopathy patients in a randomized, placebo-controlled, double-masked Phase III clinical trial. *Int J Mol Sci*. 2023;24(1):558.
- U.S. Food and Drug Administration. Meeting of the Pharmacy Compounding Advisory Committee, July 23-24, 2026 (BPC-157, TB-500, KPV, MOTS-c, epitalon, semax recommended).
- U.S. Food and Drug Administration. Bulk drug substances nominated for compounding under section 503A: Category 2 (BPC-157, September 2023); withdrawals including BPC-157 and TB-500 (April 2026).
- World Anti-Doping Agency. The Prohibited List 2026: S0 (BPC-157) and thymosin beta-4 derivatives including TB-500; U.S. Anti-Doping Agency on BPC-157.
- Representative BPC-157 / TB-500 blend listings and reconstitution instructions from research-chemical vendors, as sold September 2026 (20 mg vial, 2 mL, 6 to 10 units nightly).

This guide is an educational summary of published sources and is not medical advice. Neither BPC-157 nor TB-500 is an approved drug anywhere; as of the edition date neither is on the list of substances pharmacies may compound, and the blend has no pharmacy pathway at all. The animal studies and small uncontrolled human reports described here do not establish that either peptide, or the pair, is safe or effective in people. Status statements are current as of the edition date.

Newport Peptide Society

[NEWPORTPEPTIDESOCIETY.COM/GUIDES/BPC-157-TB-500](https://newportpeptidesociety.com/guides/bpc-157-tb-500)

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READER'S GUIDE

BPC-157 / TB-500

A guide to the healing blend vendors call the Wolverine stack: two peptides sold on the same mechanism, one with thin human evidence and one with none, never tested together

The BPC-157 and TB-500 blend is the original peptide stack and still the most popular one for injuries: ten milligrams of each, freeze-dried together in one vial, injected nightly for a few weeks after a strain, a tear, or a surgery. Vendors describe the two as a team, one for tendon and gut and one for muscle, and the name Wolverine promises a superhero's recovery. This guide covers what is in the vial, what each peptide has and has not shown in people, why the division of labor is a sales story rather than a finding, what the blend arithmetic does to each dose, and where both peptides stand after a year of FDA decisions.

What each has shown, and the division of labor

HUMAN RECORD		
PEPTIDE	STUDIES	GRADE
BPC-157	3 uncontrolled reports, ~30 people	C
TB-500 fragment	None	D
Thymosin beta-4 (parent)	Small developer trials; mixed; one failed Phase 3	B, not inherited
The pair	None	—

Hundreds of rodent studies behind each. Rat results are why people try them, not evidence they work.

A RATIONAL COMBINATION NEEDS	
TEST	THIS BLEND
Each works alone	One barely, one not at all
Different mechanisms	Both sold on vessel growth and cell migration
Tested at this ratio	Never; 1:1 is manufacturing
Mixture stability	Untested

IF YOU BELIEVE IN BOTH, BUY THEM SEPARATELY

Separate vials keep each on its own schedule and let you stop one. The blend forces daily TB-500 and hides which peptide caused a reaction.

How it is used, and where the FDA stands

VENDOR PROTOCOL, 20 MG VIAL + 2 ML (10 MG/ML). NO HUMAN STUDY. BEDTIME, 5 NIGHTS ON, 2 OFF.			
WEEKS	DOSE	UNITS PER 4 WK	
1–2	0.6 mg blend (300 mcg each)	6	12 mg
3–8	1 mg blend (500 mcg each)	10	20 mg (1 vial)

After 8 Reassess	
At 10 units: BPC-157 at a full dose; TB-500 at 2.5 mg a week, half its loading dose, given nightly in fifths.	
SEP 2023	FDA lists BPC-157 as not to be compounded (Category 2)
APR 2026	Both leave Category 2 after nominations are withdrawn
JUL 2026	Advisory committee votes 8–6–1 to recommend each for the 503A list; rulemaking pending

LISTED ALONE WOULD NOT MEAN LISTED TOGETHER

Pharmacies compound to a prescription, not to a vendor recipe. Whatever the rulemaking brings, the blend stays a research-chemical product.

Blend arithmetic, and safety

UNITS = (BLEND MCG ÷ MCG/ML) × 100; EACH PEPTIDE GETS HALF

20 mg with 2 mL is 10,000 mcg/mL. Ten units is 1 mg of blend: 500 mcg of each. A protocol written for BPC-157 alone applied to the blend doubles what you draw.

20 MG VIAL, EACH PEPTIDE PER DRAW			
WATER	6 UNITS	10 UNITS	20 UNITS
1 mL	600 mcg	1 mg	2 mg
2 mL	300 mcg	500 mcg	1 mg
3 mL	200 mcg	333 mcg	667 mcg

- No serious harm in the tiny BPC-157 reports; anecdotally, site irritation, nausea, dizziness, head pressure.
- A reaction cannot be traced to either peptide; stopping both is the only remedy.
- Both promote vessel growth; never studied in anyone with a cancer history.
- Two syntheses' impurities, untested mixture, no sterility certification, punctured nightly.
- Athletes: two banned substances per injection; TB-500 detectable for weeks.

WHAT DOES HAVE EVIDENCE FOR INJURY

Progressive loading with a physical therapist, sleep, protein, time, and the surgeon's protocol after a repair. The only things shown to work in controlled trials.