

What BPC-157 is

A synthetic chain of fifteen amino acids copied from a protein in human gastric juice, isolated in the 1990s by one research group in Zagreb. It survives stomach acid, so it is used by mouth as well as by injection.

CLASS	Synthetic pentadecapeptide
FORMS	Subcutaneous injection, oral capsule, joint injection
STATUS	Not approved anywhere. Not yet on FDA's compounding list as of this edition; an advisory committee recommended adding it in July 2026.
ANTI-DOPING	Banned by WADA at all times since 2022

POPULAR IS NOT PROVEN

Over five hundred papers, almost all in rodents and almost all from one lab. The human record is three small uncontrolled studies totaling about thirty people.

This pamphlet is for adults using or being offered BPC-157 for an injury, gut problem, or recovery. It is a summary of the published record, not medical advice.

Before using BPC-157, ask

- ☐ Is it FDA-approved for anything? (No.)
- ☐ Is it on FDA's compounding list yet? Which pharmacy made this, under what authority?
- ☐ What is the human evidence for my injury? Show me the study.
- ☐ What is the concentration, and can I see the certificate of analysis?
- ☐ Am I subject to anti-doping rules?
- ☐ What proven treatment am I skipping, and what is the plan if this does nothing?

SOURCES

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3. Regeneration or risk? A narrative review of BPC-157 for musculoskeletal healing. 2025. *PMC12446177.*
4. 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.
5. Effect of BPC-157 on symptoms in patients with interstitial cystitis: a pilot study. *Altern Ther Health Med.* 2024.
6. Safety of intravenous infusion of BPC157 in humans: a pilot study. *Altern Ther Health Med.* 2025.
7. U.S. Food and Drug Administration. Meeting of the Pharmacy Compounding Advisory Committee, July 23-24, 2026.
8. AJMC. FDA panel backs 6 peptides for compounding. July 2026.
9. U.S. Food and Drug Administration. Bulk drug substances nominated for use in compounding under section 503A of the Federal Food, Drug, and Cosmetic Act (Category 2 placement, September 2023; removal, April 2026).
10. U.S. Anti-Doping Agency. BPC-157: experimental peptide creates risk for athletes.
11. STAT News. BPC-157: the peptide with big claims and scant evidence. February 3, 2026.
12. World Anti-Doping Agency. The Prohibited List: S0, non-approved substances. Current edition.

This guide is an educational summary of published sources and is not medical advice. BPC-157 is not an approved drug anywhere, and as of the edition date it is not on the list of substances pharmacies may compound. The animal studies and small uncontrolled human studies described here do not establish that it is safe or effective in people. Status statements are current as of the edition date.

Newport Peptide Society

NEWPORTPEPTIDESOCIETY.COM/GUIDES/BPC-157

FIRST EDITION · SEPTEMBER 2026 · REVISED
OCTOBER 1, 2026

READER'S GUIDE

BPC-157

A guide to the healing peptide: a thousand animal studies, thirty human subjects, and a rule change in progress

BPC-157 is a 15-amino-acid fragment of a protein found in human gastric juice. In rats it speeds the healing of cut tendons, torn muscles, and injured gut lining, which is why it has become the most talked-about peptide in sports and wellness clinics. In people it has been studied in about thirty patients, never against a placebo. This guide separates what the animal work shows from what is known in humans, and explains where the FDA stands after a year of rule changes.

Animal studies, and the human evidence

RODENT MODEL	REPORTED EFFECT
Cut tendon, torn muscle, ligament	Faster healing and load tolerance
Stomach and bowel injury	Smaller ulcers; protection from NSAIDs
Blood vessels	New vessel growth (the pathway tumors use)
Nerve and spinal injury	Functional recovery

Surgically injured animals at high doses; little independent replication. Rat results are not human evidence.

3^{4,5,6}

Published human studies: knee injections (16 patients), bladder instillation (12), IV safety (2). All uncontrolled.

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Randomized placebo-controlled trials, and no registered trial recruiting

WHAT WOULD COUNT

A randomized trial against placebo or standard care, in a defined injury, with a pre-registered outcome. None exists.

How it is used, and where the FDA stands

CLINIC PROTOCOL FOR A 10 MG VIAL + 4 ML WATER (2,500 MCG/ML). NONE VALIDATED.			
WEEKS	DAILY DOSE	UNITS	PER 4 WK
1–2	250 mcg	10	7 mg
3–6	500 mcg	20	14 mg

After 6 Reassess

Oral: 250–500 mcg daily. Joint injection by a clinician: one case series. With 2 mL of water the draws halve to 5 and 10 units.

SEP 2023	FDA lists BPC-157 as not to be compounded (Category 2): impurity and immune concerns
APR 2026	Removed from Category 2 after nominations were withdrawn
JUL 2026	FDA advisory committee votes 8–6–1 to recommend adding it to the compounding list
NEXT	FDA rulemaking, typically 6–12 months

STILL NOT COMPOUNDABLE AS OF THIS EDITION

The advisory vote is a recommendation, not a rule. A pharmacy compounding BPC-157 today has no legal basis, and the vials sold online come from chemical suppliers with no pharmacy involved.

Dose arithmetic, and safety

UNITS = (MCG ÷ MCG/ML) × 100

A 10 mg vial with 4 mL water is 2,500 mcg/mL. A 250 mcg dose is 0.1 mL, or 10 units on an insulin syringe. Doses are in micrograms, vials in milligrams: a decimal point is a thousandfold error.

10 MG VIAL, ILLUSTRATION ONLY		
WATER	250 MCG	500 MCG
2 mL	5 units	10 units
4 mL	10 units	20 units
5 mL	12.5 units	25 units

- No serious harm reported in the tiny human studies; anecdotally, injection-site irritation, nausea, dizziness.
- Promotes blood-vessel growth, a pathway tumors use. Never studied in anyone with cancer.
- Research-chemical vials: unverified purity, impurities that can provoke immune reactions, no sterility certification.
- Athletes: a positive test at any time, including from contaminated supplements.

WHAT DOES HAVE EVIDENCE FOR TENDON INJURY

Progressive loading with a physical therapist, sleep, protein, and time. The only things shown to work in controlled human trials.