BPC-157

PRECLINICAL REPAIR RESEARCH—HUMAN DATA ARE MINIMAL

Benefits, research claims, evidence boundaries, and safety context—in one page.

15 AMINO ACIDS

NOT FDA-APPROVED

WHAT THE EVIDENCE IS STUDYING

BPC-157 is a synthetic 15-amino-acid peptide derived from a sequence described in gastric juice research. Most claimed benefits come from laboratory and animal studies.

RESEARCH PROFILE

- **Evidence base**
  Mostly animal + cell
- **Human efficacy**
  Not established
- **Clinical status**
  Not FDA-approved

EVIDENCE REALITY CHECK

A broad preclinical literature is not the same as human clinical evidence. A 2025 pilot reported short-term IV safety observations in only two adults and did not establish efficacy.

BEST WAY TO DESCRIBE IT

A preclinical research peptide—not a proven human healing therapy.

SCAN FOR THE LIVE GUIDE

Opens the current printable PDF at rippedtidebiolabs.com.

Permanent Education Center resource link.

1 TENDON + LIGAMENT MODELS

Animal studies report changes in tendon-to-bone healing, fibroblast activity, and injury recovery. Human treatment effects have not been established.

2 GI RESEARCH

Rodent models explore mucosal protection, ulcers, and inflammatory injury. These findings do not establish treatment of human GI disease.

3 SIGNALING PATHWAYS

Research implicates nitric-oxide, angiogenic, inflammatory, and growth-factor pathways. Complex mechanistic effects may create both benefit hypotheses and safety uncertainty.

4 HUMAN EVIDENCE GAP

No adequate randomized human trial establishes dosing or efficacy for musculoskeletal injury, pain, gut health, neurologic recovery, or performance.

IMPORTANT SAFETY + REGULATORY NOTE

BPC-157 is not FDA-approved. FDA cites risks related to immunogenicity, peptide impurities, and insufficient human safety information for compounded BPC-157. Long-term effects, interactions, pregnancy risk, tumor biology, and injectable-product sterility are unknown. Educational only—not a recommendation to use.

Sources: Sikiric et al., Curr Pharm Des. 2018;24:1972-1989; Thanasas et al., Curr Rev Musculoskelet Med. 2025, BPC-157 systematic review; FDA compounding safety-risk summary.