



Live Well Peptide Guide

AOD-9604 – Fat Metabolism Peptide

What it is: A modified fragment of human growth hormone designed to target fat metabolism without affecting blood sugar.

Benefits: Helps burn stubborn fat, prevents new fat storage, supports metabolism.

Use: Can be used short or long-term.

Best for: Clients struggling with stubborn belly fat, GLP-1 patients who want extra fat-burning support.

BPC-157 – Healing & Recovery Peptide

What it is: A naturally occurring peptide from the stomach that speeds up healing.

Benefits: Accelerates injury recovery, reduces inflammation, supports gut health.

Use: Often used in 1–3 month cycles during recovery, but safe for longer use.

Best for: Clients with joint pain, tendon/ligament injuries, or gut inflammation.

CJC-1295 – Growth Hormone Support

What it is: A peptide that stimulates your body to naturally release more growth hormone.

Benefits: Improves energy, fat loss, lean muscle, sleep quality, and recovery.

Use: Can be used in cycles or long-term as part of anti-aging or weight loss plans.

Best for: Clients with slowed recovery, age-related hormone decline, or stubborn body fat.

GHK-Cu – Skin & Hair Regeneration Peptide

What it is: A copper-binding peptide found naturally in the body.

Benefits: Improves skin elasticity, reduces wrinkles, stimulates hair growth, speeds up wound healing.

Disclaimer: The information provided on this page is for educational purposes only and is not intended as medical advice or to diagnose, treat, cure, or prevent any disease. Peptide therapies are available by prescription only and should be used under the supervision of a licensed medical provider. Results vary from person to person. Any references to potential benefits are based on current research and clinical experience but are not guaranteed outcomes. If you are interested in peptide therapy, schedule a consultation with one of our licensed medical professionals to determine if it's appropriate for you.



Use: Can be used continuously (especially topically) or in 2–3 month cycles.

Best for: Clients looking for anti-aging treatments, skin rejuvenation, or hair regrowth.

GLOW Blend (BPC-157, GHK-Cu, TB500)

What it is: A regenerative blend combining peptides for healing, recovery, and skin rejuvenation.

Benefits: Accelerates healing, improves skin and hair, reduces inflammation.

Use: Typically used in 2–3 month programs.

Best for: Clients recovering from surgery, chronic injuries, or looking for both recovery and cosmetic benefits.

Gonadorelin – Hormone Reset Peptide

What it is: A peptide that stimulates natural production of testosterone and fertility hormones.

Benefits: Helps restore natural hormone balance, supports fertility.

Use: Usually taken in cycles.

Best for: Men on or coming off testosterone therapy, couples looking to improve fertility.

hCG (Human Chorionic Gonadotropin)

What it is: A hormone that mimics luteinizing hormone (LH), stimulating testosterone and fertility.

Benefits: Maintains testicular health during TRT, supports fertility in men and women.

Use: Can be used continuously at low doses or in cycles.

Best for: Men on TRT, women in fertility care, clients needing hormone balance support.

IGF-1 – Growth & Repair Factor

What it is: A peptide that works alongside growth hormone to support muscle growth and repair.

Benefits: Enhances muscle recovery, fat metabolism, and cognitive function.

Use: Typically short-term (1–2 months) for performance or recovery goals.

Best for: Athletes, clients focused on body composition, or recovery from injury.



NAD+ – Energy & Longevity Therapy

What it is: A natural coenzyme critical for energy and cell repair.

Benefits: Boosts brain clarity, improves energy, reduces inflammation, supports healthy aging.

Use: Safe for continuous use (injections, IV, or troches).

Best for: Clients with fatigue, brain fog, or those seeking anti-aging and cellular health benefits.

Ipamorelin – Gentle Growth Hormone Stimulator

What it is: A peptide that stimulates GH release without affecting other hormones.

Benefits: Improves sleep, recovery, fat loss, and lean muscle.

Use: Can be used long-term; often combined with CJC-1295.

Best for: Clients struggling with energy, recovery, or metabolism.

Sermorelin – Growth Hormone Support

What it is: A peptide that naturally boosts growth hormone production.

Benefits: Supports recovery, sleep, fat metabolism, muscle tone, and skin health.

Use: Can be used continuously for long-term support.

Best for: Aging clients, those with weight loss resistance, or poor sleep/recovery.

Tesamorelin – Visceral Fat Reducer

What it is: A peptide FDA-approved for reducing belly fat in HIV-associated lipodystrophy, used off-label for stubborn visceral fat.

Benefits: Reduces deep belly fat, improves metabolism and IGF-1 levels.

Use: Typically used for 3–6 months.

Best for: Clients with stubborn belly fat around the organs, metabolic syndrome, or those who haven't responded fully to GLP-1s.