

PEPTIDE REFERENCE GUIDE

# A reference for research peptides.

A friendly walkthrough of every research compound in the HealthHub Research catalogue — what each one is and what researchers study it for, without the jargon.

2026 Edition · For research purposes only  
[research.healthhub.one](https://research.healthhub.one)

## ABOUT THIS GUIDE

# How to use this reference

Research peptides have a reputation for being complicated. Long names, scientific jargon, and acronyms that don't mean much unless you've read the literature. This guide is meant to fix that.

For each compound in our catalogue, we've written a short, friendly description — what it actually is, where it comes from in nature (when relevant), and what researchers study it for. No PhD required.

Each entry also has a "**Researched for**" tag list — the practical areas of research interest associated with that compound. So if you're curious which peptides come up in research on weight loss, hair growth, recovery, sleep or anything else, the tags make it easy to spot them at a glance.

These are research compounds. Every description in this guide refers to what the compound has been studied for in laboratory and academic settings — not what it does in any other context. Nothing here is a recommendation, instruction, or claim about real-world application outside of qualified scientific research.

| Format     | What it means   |
|------------|---|
| Pen format | Pre-filled, buffer-stabilised pen — ready to use, no mixing |
| Vial       | Traditional research vial format                            |
| Capsules   | Oral capsule format (small molecules only)                  |
| Combo      | Two or more compounds pre-mixed in a single pen             |

## CATEGORY

# Regenerative & Tissue

## TB-500

Tissue repair compound · [Thymosin Beta-4](#)

Studied in research focused on tissue repair, recovery from physical stress, and how the body rebuilds itself after damage. One of the most-paired research compounds — often looked at alongside BPC-157 in studies on regeneration, joint and muscle healing, and even hair follicle biology.

## RESEARCHED FOR

|                                       |                             |                                    |                               |
|---------------------------------------|-----------------------------|------------------------------------|-------------------------------|
| <a href="#">Recovery &amp; repair</a> | <a href="#">Hair growth</a> | <a href="#">Joint &amp; muscle</a> | <a href="#">Wound healing</a> |
|---------------------------------------|-----------------------------|------------------------------------|-------------------------------|

Pen format · 5mg / 10mg

## GHK-Cu

Copper peptide · [Skin & tissue research](#)

A small copper-binding peptide that occurs naturally in the body. Heavily studied in skin research, hair-follicle biology, collagen science, and how cells regenerate over time. One of the most-referenced compounds in skin and tissue regeneration literature.

## RESEARCHED FOR

|  |                             |                          |                               |
|--|-----------------------------|--------------------------|-------------------------------|
| <a href="#">Skin &amp; anti-ageing</a> | <a href="#">Hair growth</a> | <a href="#">Collagen</a> | <a href="#">Wound healing</a> |
|--|-----------------------------|--------------------------|-------------------------------|

Pen format · 50mg / 100mg

## Epitalon

Pineal peptide · [Cellular ageing research](#)

A short four-amino-acid peptide studied in research on cellular ageing, telomere biology, and how the body manages its own internal clock. A frequent subject of longevity-focused research papers.

## RESEARCHED FOR

|   |                       |                                   |
|---|-----------------------|-----------------------------------|
| <a href="#">Anti-ageing &amp; longevity</a> | <a href="#">Sleep</a> | <a href="#">Telomere research</a> |
|---|-----------------------|-----------------------------------|

Pen format · 10mg / 20mg

## Thymosin Alpha-1

Thymic peptide · [Immune research](#)

A peptide that occurs naturally in the thymus gland. Studied for its role in immune system research — how the body recognises threats, regulates T-cells, and modulates its response to challenges.

## RESEARCHED FOR

|                                |                          |
|--------------------------------|--------------------------|
| <a href="#">Immune support</a> | <a href="#">Recovery</a> |
|--------------------------------|--------------------------|

Pen format · 5mg / 10mg

## KPV

Anti-inflammatory tripeptide

A tiny three-amino-acid peptide derived from a natural body hormone. Studied in research on inflammation, gut biology, and how cells calm overactive responses. Often featured in broader regenerative and digestive research.

### RESEARCHED FOR

|            |              |      |
|------------|--------------|------|
| Gut health | Inflammation | Skin |
|------------|--------------|------|

Pen format · 5mg / 10mg

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## DSIP

Sleep & stress peptide

Short for "delta sleep-inducing peptide." Studied in research focused on sleep biology, how the brain transitions through rest stages, and how the body manages stress responses during recovery.

### RESEARCHED FOR

|       |        |          |
|-------|--------|----------|
| Sleep | Stress | Recovery |
|-------|--------|----------|

Pen format · 5mg / 10mg

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## CATEGORY

# Cognitive & Neuro

## Selank

[Calming neuropeptide](#) · [Stress research](#)

A small synthetic peptide modelled on a natural body fragment called tuftsin. Studied in research on anxiety biology, calm focus, and how the brain handles pressure without sedation.

## RESEARCHED FOR

|                                      |                       |                      |
|--------------------------------------|-----------------------|----------------------|
| <a href="#">Stress &amp; anxiety</a> | <a href="#">Focus</a> | <a href="#">Mood</a> |
|--------------------------------------|-----------------------|----------------------|

Pen format · 5mg / 10mg

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## Semax

[Focus & memory neuropeptide](#)

A short synthetic peptide based on a fragment of natural ACTH. Studied in research focused on memory, mental clarity, BDNF (a brain growth factor), and how brain cells protect themselves under stress.

## RESEARCHED FOR

|                                    |                                  |                      |
|------------------------------------|----------------------------------|----------------------|
| <a href="#">Focus &amp; memory</a> | <a href="#">Brain protection</a> | <a href="#">Mood</a> |
|------------------------------------|----------------------------------|----------------------|

Pen format · 5mg / 10mg

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## Dihexa

[Cognitive small molecule](#) · [Synapse research](#)

A small molecule studied in research focused on memory and how the brain forms new connections between cells (synaptogenesis). One of the more potent compounds in cognitive-focused research literature.

## RESEARCHED FOR

|                        |                           |                                  |
|------------------------|---------------------------|----------------------------------|
| <a href="#">Memory</a> | <a href="#">Cognition</a> | <a href="#">Brain plasticity</a> |
|------------------------|---------------------------|----------------------------------|

Pen format · 10mg / 20mg

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## Cerebrolysin

[Neuropeptide complex](#) · [Brain health research](#)

A complex of small neuropeptides studied for decades in research on brain protection, cell health, and how neurons recover after stress. Widely cited in neurological research.

## RESEARCHED FOR

|                              |                          |                           |
|------------------------------|--------------------------|---------------------------|
| <a href="#">Brain health</a> | <a href="#">Recovery</a> | <a href="#">Cognition</a> |
|------------------------------|--------------------------|---------------------------|

Pen format · 5mg / 10mg

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## CATEGORY

# Metabolic & Growth Hormone Axis

## Sermorelin

[GHRH analogue](#) · [Pituitary research](#)

A short version of the body's own growth hormone-releasing hormone (GHRH). Studied in research on how the pituitary gland releases growth hormone naturally over time.

## RESEARCHED FOR

|                             |                        |                       |                          |
|-----------------------------|------------------------|-----------------------|--------------------------|
| <a href="#">Anti-ageing</a> | <a href="#">Energy</a> | <a href="#">Sleep</a> | <a href="#">Recovery</a> |
|-----------------------------|------------------------|-----------------------|--------------------------|

Pen format · 5mg

## CJC-1295 (No DAC)

[Short-acting GHRH analogue](#)

A modified version of GHRH studied for short, pulse-like growth hormone activity. Frequently paired with Ipamorelin in growth hormone research because their effects work in different ways.

## RESEARCHED FOR

|                          |                        |                             |                          |
|--------------------------|------------------------|-----------------------------|--------------------------|
| <a href="#">Recovery</a> | <a href="#">Muscle</a> | <a href="#">Anti-ageing</a> | <a href="#">Fat loss</a> |
|--------------------------|------------------------|-----------------------------|--------------------------|

Pen format · 2mg

## CJC-1295 (With DAC)

[Long-acting GHRH analogue](#)

The extended-release version of CJC-1295 with a Drug Affinity Complex attached. Studied for sustained growth hormone activity over a longer time window.

## RESEARCHED FOR

|                          |                        |                             |                          |
|--------------------------|------------------------|-----------------------------|--------------------------|
| <a href="#">Recovery</a> | <a href="#">Muscle</a> | <a href="#">Anti-ageing</a> | <a href="#">Fat loss</a> |
|--------------------------|------------------------|-----------------------------|--------------------------|

Pen format · 2mg

## Ipamorelin

[Selective GH secretagogue](#)

A clean, highly selective growth hormone-releasing peptide. Studied in research because it works through the ghrelin pathway without spiking the stress hormone cortisol or prolactin — making it a popular "clean signal" research compound.

## RESEARCHED FOR

|                          |                       |                          |                        |
|--------------------------|-----------------------|--------------------------|------------------------|
| <a href="#">Recovery</a> | <a href="#">Sleep</a> | <a href="#">Fat loss</a> | <a href="#">Muscle</a> |
|--------------------------|-----------------------|--------------------------|------------------------|

Pen format · 5mg / 10mg

## GHRP-2

[Growth hormone releasing peptide](#)

A short synthetic peptide studied for stimulating growth hormone release through the ghrelin receptor. Often researched alongside GHRH analogues to study combined GH activity.

### RESEARCHED FOR

|        |          |        |
|--------|----------|--------|
| Muscle | Recovery | Energy |
|--------|----------|--------|

*Pen format · 5mg*

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## GHRP-6

[GH-releasing peptide · Appetite research](#)

Similar to GHRP-2 but with a stronger appetite-signalling effect. Studied in research on growth hormone release, hunger biology, and how the body regulates feeding behaviour.

### RESEARCHED FOR

|             |          |          |
|-------------|----------|----------|
| Muscle gain | Appetite | Recovery |
|-------------|----------|----------|

*Pen format · 5mg / 10mg*

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## Hexarelin

[Potent GH secretagogue](#)

One of the strongest growth hormone-releasing peptides, studied for its impact on GH levels and also referenced in cardiac tissue research.

### RESEARCHED FOR

|        |              |          |
|--------|--------------|----------|
| Muscle | Heart health | Recovery |
|--------|--------------|----------|

*Pen format · 5mg*

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## Tesamorelin

[Stabilised GHRH · Visceral fat research](#)

A more stable version of GHRH heavily studied in research focused on visceral fat (the deep belly fat around organs) and metabolic syndrome biology.

### RESEARCHED FOR

|           |                  |             |
|-----------|------------------|-------------|
| Belly fat | Metabolic health | Anti-ageing |
|-----------|------------------|-------------|

*Pen format · 5mg / 10mg*

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## Retatrutide

Triple-action metabolic compound

A next-generation research compound that acts on three different receptors at once (GIP, GLP-1, and glucagon). One of the most-studied new-wave metabolic peptides — with major peer-reviewed papers in journals like NEJM and Nature Medicine.

### RESEARCHED FOR

|             |             |          |
|-------------|-------------|----------|
| Weight loss | Blood sugar | Appetite |
|-------------|-------------|----------|

Pen format · 12mg / 24mg / 40mg

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## Semaglutide

GLP-1 receptor compound

A widely-studied GLP-1 receptor research compound. Researched extensively in metabolic biology, weight regulation studies, and blood sugar pathway research.

### RESEARCHED FOR

|             |             |          |
|-------------|-------------|----------|
| Weight loss | Blood sugar | Appetite |
|-------------|-------------|----------|

Pen format · 2mg / 5mg

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## Tirzepatide

Dual-action GIP / GLP-1 compound

A research compound that activates two different metabolic pathways — GLP-1 and GIP — in the same molecule. Heavily featured in modern metabolic and weight regulation research.

### RESEARCHED FOR

|             |             |          |
|-------------|-------------|----------|
| Weight loss | Blood sugar | Appetite |
|-------------|-------------|----------|

Pen format · 5mg / 10mg

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## AOD-9604

GH fragment · Fat metabolism research

A small fragment of the growth hormone molecule, studied specifically for its effect on fat metabolism and lipolysis (how the body breaks down stored fat) without affecting the broader GH receptor system.

### RESEARCHED FOR

|          |            |
|----------|------------|
| Fat loss | Metabolism |
|----------|------------|

Pen format · 5mg

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## 5-Amino-1MQ

NNMT inhibitor · Metabolic capsules

A small molecule (not a peptide) studied in research on fat cell biology, NAD+ metabolism, and how the body manages energy storage at the cellular level.

### RESEARCHED FOR

|          |             |               |
|----------|-------------|---------------|
| Fat loss | Anti-ageing | NAD+ research |
|----------|-------------|---------------|

Capsules · 100 x 15mg

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## L-Carnitine

Amino acid derivative

A naturally occurring amino acid derivative studied in research on how cells transport fatty acids into mitochondria for energy production.

### RESEARCHED FOR

|        |                |
|--------|----------------|
| Energy | Fat metabolism |
|--------|----------------|

Vial · 10ml

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## L-Glutathione

Master antioxidant tripeptide

A small tripeptide that serves as the body's primary internal antioxidant. Studied in research on cellular defence, detoxification biology, and oxidative stress.

### RESEARCHED FOR

|             |       |      |
|-------------|-------|------|
| Antioxidant | Detox | Skin |
|-------------|-------|------|

Pen format · 1000mg

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## CATEGORY

# Longevity & Cellular Health

## NAD+

Coenzyme · Energy & repair research

Nicotinamide adenine dinucleotide — a coenzyme central to almost every cell in the body. One of the most-studied molecules in longevity research because of its role in energy production, DNA repair, and sirtuin (longevity gene) activation.

## RESEARCHED FOR

|        |             |                 |              |
|--------|-------------|-----------------|--------------|
| Energy | Anti-ageing | Cellular repair | Brain health |
|--------|-------------|-----------------|--------------|

Pen format · 500mg / 1000mg

## MOTS-C

Mitochondrial peptide · Energy research

A peptide encoded inside our mitochondria — the cellular power plants. Studied in research on energy metabolism, exercise biology, and how mitochondria adapt over time.

## RESEARCHED FOR

|        |           |                  |             |
|--------|-----------|------------------|-------------|
| Energy | Endurance | Metabolic health | Anti-ageing |
|--------|-----------|------------------|-------------|

Pen format · 5mg / 10mg

## Humanin

Mitochondrial peptide · Longevity research

A small peptide also encoded by mitochondrial DNA. Studied in research focused on cellular protection, stress resilience, and longevity biology.

## RESEARCHED FOR

|             |                     |              |
|-------------|---------------------|--------------|
| Anti-ageing | Cellular protection | Brain health |
|-------------|---------------------|--------------|

Pen format · 5mg

## SS-31 (Elamipretide)

Mitochondria-targeting peptide

A specialised peptide engineered to find and concentrate inside mitochondria. Studied in research on cellular energy, cardiolipin (a mitochondrial fat), and heart-tissue biology.

## RESEARCHED FOR

|        |              |             |
|--------|--------------|-------------|
| Energy | Heart health | Anti-ageing |
|--------|--------------|-------------|

Pen format · 10mg

## SLU-PP-332

[ERR agonist](#) · [Exercise mimicry research](#)

A research compound that activates the same cellular pathway as endurance exercise — the ERR pathway. Studied for mitochondrial biology and how cells adapt as if they were training.

### RESEARCHED FOR

|                          |                           |                                  |
|--------------------------|---------------------------|----------------------------------|
| <a href="#">Fat loss</a> | <a href="#">Endurance</a> | <a href="#">Metabolic health</a> |
|--------------------------|---------------------------|----------------------------------|

*Pen format · 5mg / 10mg*

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## Kisspeptin

[Reproductive neuropeptide](#)

A neuropeptide studied for its role in reproductive hormone signalling, the menstrual cycle, puberty research, and how the brain manages fertility-related signals.

### RESEARCHED FOR

|                          |                           |                        |
|--------------------------|---------------------------|------------------------|
| <a href="#">Hormones</a> | <a href="#">Fertility</a> | <a href="#">Libido</a> |
|--------------------------|---------------------------|------------------------|

*Pen format · 5mg*

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## PT-141

[Melanocortin agonist](#)

A research compound studied in arousal biology and how the brain processes signals related to sexual response — works centrally rather than on the cardiovascular system.

### RESEARCHED FOR

|                        |                                 |
|------------------------|---------------------------------|
| <a href="#">Libido</a> | <a href="#">Sexual function</a> |
|------------------------|---------------------------------|

*Pen format · 10mg*

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## Oxytocin

[Bonding & social neuropeptide](#)

Often called the "bonding peptide." A naturally occurring neuropeptide studied for its role in social behaviour, trust, stress response, connection, and reproductive biology.

### RESEARCHED FOR

|                      |                         |                        |
|----------------------|-------------------------|------------------------|
| <a href="#">Mood</a> | <a href="#">Bonding</a> | <a href="#">Stress</a> |
|----------------------|-------------------------|------------------------|

*Pen format · 2mg / 4mg*

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## CATEGORY

# Muscle & Growth Research

## Follistatin 344

[Myostatin pathway research](#)

Studied in research focused on muscle biology and how the body regulates muscle mass — specifically through the myostatin pathway, which acts as a "brake" on muscle growth.

## RESEARCHED FOR

[Muscle gain](#)[Body composition](#)

*Pen format · 1mg*

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## HGH Fragment 176-191

[GH fragment · Lipolysis research](#)

A small fragment of the growth hormone molecule, studied specifically in fat metabolism research. It does not interact with the full GH receptor system the same way as full-length GH.

## RESEARCHED FOR

[Fat loss](#)[Body composition](#)

*Pen format · 5mg*

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## MGF

[Mechano Growth Factor](#)

A version of IGF-1 produced naturally in muscle in response to mechanical stress. Studied in research focused on muscle repair and recovery after exertion.

## RESEARCHED FOR

[Muscle repair](#)[Recovery](#)

*Pen format · 5mg*

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## PEG-MGF

[Long-acting MGF variant](#)

A modified, longer-acting version of MGF. Studied for sustained activity in muscle research applications where extended action is preferred.

## RESEARCHED FOR

[Muscle repair](#)[Recovery](#)

*Pen format · 5mg*

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## CATEGORY

# Specialty Formulations

## M10

Specialist research formulation

A specialist research formulation. Contact us directly for full compound details and research application guidance.

**RESEARCHED FOR**

Specialist research

*Pen format · 10mg*

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## M20

Specialist research formulation

A specialist research formulation. Contact us directly for full compound details and research application guidance.

**RESEARCHED FOR**

Specialist research

*Pen format · 20mg*

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## CATEGORY

# Pre-Mixed Combinations

## Wolverine Stack

BPC-157 + TB-500 combo

The classic pre-mixed research combination. Two of the most-studied tissue research peptides combined into a single ready-to-use pen — looked at together in regeneration and recovery research.

## RESEARCHED FOR

|          |               |                |             |
|----------|---------------|----------------|-------------|
| Recovery | Injury repair | Joint & tendon | Hair growth |
|----------|---------------|----------------|-------------|

Pen format · 5mg/5mg or 10mg/10mg

## Ipamorelin / CJC Blend

Selective GH secretagogue pair

The most widely-studied growth hormone secretagogue pairing pre-mixed in a single pen. Combines GHRH activity with selective GH release for synergistic research applications.

## RESEARCHED FOR

|          |        |             |       |
|----------|--------|-------------|-------|
| Recovery | Muscle | Anti-ageing | Sleep |
|----------|--------|-------------|-------|

Pen format · 5mg / 2mg

## GLOW Combo

GHK-Cu + BPC-157 + TB-500

A three-compound pre-mixed pen that brings together skin and tissue research peptides — covering multiple regenerative biology research contexts in one formulation.

## RESEARCHED FOR

|                    |             |          |               |
|--------------------|-------------|----------|---------------|
| Skin & anti-ageing | Hair growth | Recovery | Wound healing |
|--------------------|-------------|----------|---------------|

Pen format · 25mg + 5mg + 5mg

## KLOW Combo

BPC-157 + TB-500 + GHK-Cu + KPV

A four-compound research blend combining tissue, skin and inflammation research peptides in a single pen — for broader research across multiple biology areas at once.

## RESEARCHED FOR

|                    |             |          |            |              |
|--------------------|-------------|----------|------------|--------------|
| Skin & anti-ageing | Hair growth | Recovery | Gut health | Inflammation |
|--------------------|-------------|----------|------------|--------------|

Pen format · Multi-compound

**IMPORTANT NOTICE**

# Legal & research disclaimer

**Research use only**

All compounds described in this guide are intended exclusively for scientific research and analytical laboratory purposes only. They are not approved, licensed, or intended for use in humans or animals in any form.

**No medical claims**

Nothing in this document constitutes medical advice, diagnosis, or treatment. Statements have not been evaluated by the FDA, EMA, or MHRA. Always consult a qualified healthcare professional before making any health decisions.

**Regulatory status**

The compounds featured here are not classified as medicines or dietary supplements. Regulatory status varies by country. The buyer is solely responsible for determining legality in their jurisdiction prior to purchase.

**Educational reference only**

The descriptions in this guide summarise what each compound has been studied for in published research literature. References to research findings do not imply that these compounds are safe, effective, or approved for any human or animal application.

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