



UNDERSTANDING YOUR TREATMENT



GHK-Cu

A physician's guide to copper peptide therapy for skin rejuvenation and tissue remodeling

- i** GHK-Cu (copper peptide, glycyl-L-histidyl-L-lysine:copper(II)) is a naturally occurring tripeptide-copper complex found in human plasma, saliva, and urine. Discovered by Loren Pickart in the 1970s, it declines with age (plasma levels drop from ~200 ng/mL at age 20 to ~80 ng/mL at age 60). GHK-Cu sti

HOW IT WORKS

1

Compound Class

Copper-Binding Tripeptide

2

Amino Acids3 (Gly-His-Lys + Cu²⁺)

3

Gene Activation

4,000+ genes involved in tissue remodeling

Talk to your prescriber about whether GHK-Cu may be right for you

This compound is available by prescription only



WHAT RESEARCHERS HAVE FOUND

Collagen and Skin Rejuvenation

GHK-Cu increased collagen synthesis in aged fibroblasts, promoted wound healing, and improved skin elasticity and thickness in multiple controlled studies.

Journal of Cosmetic Dermatology, 2015

Gene Expression Remodeling

Genome-wide analysis showed GHK-Cu modulates expression of 4,000+ human genes, shifting patterns from tissue destruction toward tissue repair and regeneration.

Genome Medicine, 2014

QUESTIONS TO ASK YOUR PROVIDER

- ? What evidence level supports GHK-Cu for this patient's indication?
- ? What monitoring protocol should I establish?
- ? Are there contraindications or interactions to screen for?
- ? What is the recommended duration and cycling protocol?
- ? What is the current regulatory status?

IMPORTANT SAFETY INFO

- Generally well-tolerated with minimal systemic side effects
- Injection site redness and mild bruising are most common
- Avoid in patients with Wilson's disease or copper metabolism disorders
- Topical formulations may cause temporary skin redness

Have Questions?

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This is a compounded preparation and is NOT an FDA-approved product. It is prepared by a licensed pharmacy based on a prescription from your healthcare provider. The safety and efficacy of this compounded preparation have not been established by the FDA.