

# PRESCRIPTION MONOGRAPH

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**Compounded Active Ingredients:** BPC-157

**Form:** Oral Capsule

**Drug Class:** Synthetic pentadecapeptide

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**Mechanism of Action**<sup>1,2</sup>: BPC-157 is a small protein fragment (peptide) with potential to help the body heal and recover. It is intended to:

- Promote angiogenic repair signals by activating VEGF-related pathways and Akt-eNOS signaling to increase endothelial NO and support microvascular repair.
  - Support connective-tissue healing by enhancing fibroblast activity and tendon/muscle repair.
  - Modulate vasomotor tone by promoting NO-dependent vascular relaxation and supporting endothelial stabilization in injury models.
  - Reduce inflammatory mediators and neuromuscular stabilization.
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**Indications Commonly Prescribed For:**

- Musculoskeletal injury and recovery
  - Post-surgical healing support
  - Gastrointestinal protection
  - Wound healing & tissue repair
  - Neurological support
  - Vascular/endothelial support
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**Before Use:** Let your health care provider know if you have any medication allergies before you take this compounded preparation. Let your health care provider know if you have any liver or kidney problems. Let your healthcare provider know of all supplements you are currently taking.

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**Contraindications:**

- Active malignancy
  - Hypersensitivity to peptide or components
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**Cautions:** Let your Healthcare provider know if you experience any adverse side effects.

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**Warnings and Precautions:**

- Theoretical cancer risk: Angiogenesis-promoting properties could promote tumor growth in susceptible individuals.
  - Coagulation effects: Potential influence on clotting or vascular function warrants caution in patients with clotting disorders or those on anticoagulants.
  - Autoimmune disorders: Consider immune modulation risks with chronic peptide use
  - Cardiovascular disease: Monitor blood pressure due to potential NO interaction
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**Adverse Reactions:** If you experience any side effects or adverse reactions, including those not listed, please contact your healthcare provider. Seek emergency care if symptoms are severe.

### Common:

- Nausea, abdominal discomfort
- Dizziness, headache
- Fatigue
- Feelings of hot/cold
- Flushing
- Sleep disturbances
- Appetite changes

### Serious, but Rare:

- Pathologic angiogenesis
  - Toxic metabolite formation
  - Changes in blood pressure
  - Overproduction of nitric oxide
  - Changes in coagulation or vascular response
  - Immune modulation
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### Interactions:

- Caution with other investigational peptides or agents affecting angiogenesis/NO pathways
  - Corticosteroids such as Prednisone, can decrease the effectiveness of BPC-157
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### Use in Specific Populations:

- Pregnancy/lactation: Avoid; no data.
  - Pediatrics: Avoid; no data.
  - Oncology history: Avoid; pending data due to pro-angiogenic signaling.
  - Athletes: Prohibited substance (WADA S0).
  - Older adults: May support soft-tissue healing but monitor closely.
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### Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
  - Store in a cool dry place away from heat, sunlight, and moisture
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**How to Use:** This compounded preparation is in the form of an oral capsule. Swallow the capsule whole with a glass of water. Do not chew or crush the capsule. If you miss a dose, take as soon as you remember, but not at the time for the next dose. The desired results may take up to several weeks.

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### Monitoring Parameters:

- Baseline risk review: Cancer history, thrombo-oncologic risk, concurrent unapproved peptides.
- Clinical: Wound/soft-tissue outcomes, unexpected edema or neurologic symptoms.

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### Citations:

1. Chang CH, Tsai WC, Lin MS, Hsu YH, Pang JH. The promoting effect of pentadecapeptide BPC 157 on tendon healing involves tendon outgrowth, cell survival, and cell migration. *Journal of Applied Physiology*. 2011 Mar;110(3):774–780. doi:10.1152/jappphysiol.00945.2010. Epub 2010 Oct 28. PMID: 21030672.
2. Sikiric P, Seiwert S, Rucman R, Turkovic B, Rokotov DS, Brcic L, Sever M, Klicek R, Radic B, Drmic D, Ilic S, Kolenc D, Aralica G, Safic H, Suran J, Rak D, Dzidic S, Vrcic H, Sebecic B. Toxicity by NSAIDs. Counteraction by stable gastric pentadecapeptide BPC 157. *Current Pharmaceutical Design*. 2013;19(1):76–83. doi:10.2174/1381612813011306010076.
3. McGuire FP, Martinez R, Lenz A, Skinner L, Cushman DM. Regeneration or Risk? A Narrative Review of BPC-157 for Musculoskeletal Healing. *Curr Rev Musculoskelet Med*. 2025;18(12):611-619. doi:10.1007/s12178-025-09990-7