

PROpeptides Disclaimer – Real Talk

Alright, let's keep it real - peptides are awesome, but they're also still in the "experimental" category. While there's a ton of promising research and a growing number of athletes using them for recovery and performance, they're not FDA-approved for most uses. That means there's some unknowns, and by accepting this package, you're acknowledging that you understand the risks and are choosing to use them at your own discretion.

We're not making medical claims, and this isn't a magic fix—it's a tool that can help with recovery, repair, and performance when used responsibly. As always, if you have any health concerns, talk to a medical professional (luckily, now you know a good one).

By moving forward, you're saying, "Yeah, I get it," and taking ownership of your health and performance choices.

Let's get after it. 🦁💪

— PROpeptides Team

CORE Blend - Foundational Recovery & Inflammation Control Stack

Formulation (per kit):

- BPC-157 – 10 mg
- TB-500 – 10 mg
- KPV – 10 mg

Classification: Non-Prescription – No Medical Consult Required

What Is It?

The **CORE Blend** is the foundation of regenerative recovery — combining the three most clinically recognized peptides for **healing, inflammation control, and systemic tissue repair**.

Built for athletes, active individuals, and patients recovering from injuries or procedures, CORE targets *inflammation, tendon and ligament healing, and gut support* — the three pillars of physical regeneration.

Who Should Use It

- Athletes with chronic joint, tendon, or soft-tissue irritation
- Individuals recovering from injury, PRP, or orthopedic procedures

- Patients with systemic inflammation, autoimmune-type flares, or gut issues
- Anyone looking to maintain mobility and accelerate tissue recovery naturally

Key Benefits

- **Accelerated Healing:** BPC-157 + TB-500 support tendon, ligament, and soft-tissue repair
- **Inflammation Control:** KPV reduces systemic irritation and gut inflammation
- **Enhanced Mobility:** Promotes better flexibility, range of motion, and pain tolerance
- **Gut-Joint Axis Support:** Reduces inflammatory feedback loops that slow recovery
- **Performance Maintenance:** Speeds muscle recovery and tissue turnover between training cycles

Peptide Overview

BPC-157

- Enhances angiogenesis and fibroblast activity for tendon and ligament repair
- Promotes gut mucosal healing and decreases inflammation

TB-500

- Supports actin regulation for faster tissue regeneration
- Improves blood flow and recovery in multi-site soft-tissue injuries

KPV

- Potent anti-inflammatory tripeptide derived from α -MSH
- Regulates immune response, gut-barrier integrity, and systemic inflammation

Together, they create a 3-axis recovery formula targeting *repair + reduce + restore*.

Protocol Options

1-Month Reset Protocol

Use Case: Short-term recovery cycle or post-procedure healing phase

- **Structure:** 4 weeks on → 2 weeks off
- **Use:** For minor injuries, overuse pain, or gut reset
- **Benefits:** Faster pain reduction, improved recovery tolerance

3-Month Foundational Protocol

Use Case: Standard program for athletes or chronic tendon irritation

- **Structure:** 12 weeks on → 2–4 week break
- **Benefits:** Improved soft-tissue durability, less post-training soreness

Maintenance Protocol

Use Case: Continuous support during high-load training or event seasons

- **Structure:** 5 days per week, ongoing
- **Benefits:** Sustains inflammation control and joint integrity

Dosage & Timing

- **Standard Dose:** 10 units from BPC/TB vial + 10 units from KPV vial (total 20 units)
- **Frequency:** 5 days per week (Mon–Fri)
- **Route:** Subcutaneous (abdomen or flank)
- **Cycle:** 4–6 weeks minimum, may repeat with 2-week breaks

Preparation & Storage

- Reconstitute each vial with 1–2 mL bacteriostatic water
- Inject subcutaneously (rotate sites)
- Store refrigerated after reconstitution; discard after 30 days

Risks & Considerations

- Mild injection-site redness or irritation
- Rare: fatigue, appetite changes, or mild dizziness
- Discontinue if severe rash, swelling, or allergic response occurs
- Consult your provider before combining with systemic anti-inflammatory or steroid medications

Long-Term Benefits

- Enhanced recovery between training and competition
- Reduced chronic inflammation and gut-related flares
- Improved joint comfort and range of motion
- Support for tendon durability and cellular repair signaling

Key Takeaways

- **CORE Blend = Foundational Recovery Stack** for athletes and active individuals
- Designed to **heal, reduce inflammation, and protect** the body's repair systems
- Non-prescription; safe for repeat cycles when used responsibly
- Best results seen within 2–4 weeks; full benefits by 6 weeks

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