

# The Glow Blend

**GHK-CU + BPC-157 + TB-500 — PATIENT  
EDUCATION GUIDE — SKIN, HAIR &  
REGENERATIVE THERAPY**

**Harriman Precision  
Health**

Physician-Supervised  
Telemedicine Wellness  
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## What Is the Glow Blend?

The Glow Blend is a physician-supervised triple-peptide protocol combining GHK-Cu (Glycyl-L-Histidyl-L-Lysine-Copper), BPC-157 (Body Protection Compound-157), and TB-500 (synthetic Thymosin Beta-4) into a single injectable regimen designed for skin rejuvenation, collagen restoration, tissue regeneration, and systemic anti-aging.<sup>1,2</sup> The name reflects the most commonly reported outcome: a visible, progressive improvement in skin quality — tone, firmness, hydration, and clarity — that patients describe as a lit-from-within appearance that develops over the first four to eight weeks of the protocol.<sup>3</sup>

What makes the Glow Blend distinct from single-peptide protocols is that each of the three components targets a different but complementary layer of the tissue repair and rejuvenation cascade. No single peptide in the stack covers all six stages of skin and tissue regeneration. Together, they create a complete repair cycle that works simultaneously at the cellular signaling level (GHK-Cu), the local tissue repair level (BPC-157), and the systemic cell migration and remodeling level (TB-500).<sup>4</sup>

## The Three Components

### **GHK-Cu**

#### **THE REJUVENATION SIGNAL**

A naturally occurring copper-binding tripeptide that declines 60% between ages 20 and

### **BPC-157**

#### **THE LOCAL REPAIR ENGINE**

Derived from a protective protein in human gastric juice. Upregulates growth factor receptors (IGF-

### **TB-500**

#### **THE SYSTEMIC MOBILIZER**

A synthetic fragment of Thymosin Beta-4 that regulates actin dynamics and operates systemically

60. Activates over 4,000 genes related to repair and regeneration. Drives collagen and elastin synthesis, rebuilds the extracellular matrix, provides antioxidant defense, and stimulates hair follicle growth cycles. The primary driver of the visible glow effect.<sup>5,6</sup>

1, VEGF, HGF), promotes angiogenesis at specific repair sites, drives fibroblast proliferation, and protects skin barrier integrity. In the Glow Blend, BPC-157 ensures vascular support and local tissue repair are optimized for GHK-Cu to build on.<sup>7,8</sup>

throughout the body. Mobilizes stem and progenitor cells to repair sites, reduces fibrosis and scar formation, and provides anti-inflammatory signaling across all tissue types. Ensures newly built tissue is structurally sound and minimally scarred.<sup>9,10</sup>

**Why all three?** *BPC-157 alone creates healing and blood supply but limited structural rebuilding. GHK-Cu alone synthesizes collagen but cannot mobilize repair cells to deliver it. TB-500 alone migrates cells but does not generate the collagen matrix they build. Together, the three create a complete, self-reinforcing regenerative cycle — each peptide enabling the next.*<sup>4</sup>

## How the Three Peptides Work Together

Repair Stage	Timing	GHK-Cu	BPC-157	TB-500
<b>Inflammation Control</b>	Days 1-5	Modulates inflammatory cytokines; antioxidant defense	Upregulates growth factor signaling; calms excessive inflammatory response	Suppresses cytokine cascade; mobilizes macrophages
<b>Cell Recruitment</b>	Days 3-10	Attracts immune and repair cells to damaged skin tissue	Promotes angiogenesis; improves blood and nutrient delivery locally	Drives actin-dependent cell migration; mobilizes stem cells systemically
<b>Collagen Production</b>	Weeks 2-8	Activates fibroblasts;	Supports fibroblast	Promotes collagen

		stimulates Type I and III collagen and elastin; remodels damaged matrix	proliferation; maintains vascular supply for continued repair	deposition; ensures cell scaffolding integrity
<b>Remodeling &amp; Scar Reduction</b>	<b>Weeks 4-12</b>	Breaks down damaged collagen while building new; resets gene expression toward youthful patterns	Supports extracellular matrix reorganization; improves tissue mechanical quality	Anti-fibrotic signaling; reduces scar formation; matures new connective tissue

## What the Glow Blend Is Used For

The Glow Blend is the Harriman Precision Health protocol of choice for patients whose primary goals center on skin quality, visible rejuvenation, hair restoration, and aesthetic recovery — while also providing the comprehensive tissue repair and anti-inflammatory benefits of the full Wolverine stack. It is particularly well-suited for:

Anti-aging and skin rejuvenation — reducing fine lines, wrinkles, skin laxity, and uneven pigmentation while improving overall firmness, texture, and hydration.<sup>2,11</sup> Hair thinning and follicle restoration — combining GHK-Cu's Wnt signaling and follicle activation with the systemic angiogenic support of TB-500 for improved scalp blood supply and hair density.<sup>6</sup> Post-procedure recovery — after microneedling, laser resurfacing, chemical peels, or cosmetic surgery, where the blend dramatically accelerates skin barrier restoration and collagen induction.<sup>11</sup> Wound healing and scar improvement — including surgical scars, stretch marks, and acne scarring, where collagen remodeling and anti-fibrotic activity work together.<sup>7,10</sup> Active adults and athletes seeking both performance recovery and aesthetic benefits simultaneously — where the Glow Blend delivers the full healing spectrum of the Wolverine stack with the added layer of skin and hair optimization.<sup>3</sup>

## What to Expect: Timeline of Results

The Glow Blend produces results on two timelines simultaneously.

Recovery and healing benefits — reduced inflammation, improved skin texture, faster wound recovery — typically begin within one to two weeks.<sup>2</sup>

Visible skin rejuvenation results — improved firmness, reduced fine lines, better tone and radiance — develop progressively from weeks three through eight as collagen production accelerates and the extracellular matrix is rebuilt.<sup>11</sup> Hair restoration results take the longest, with meaningful density improvements typically requiring two to three complete cycles (two to four months of active treatment), though reduced shedding and improved hair texture are often among the earlier changes patients notice.<sup>6</sup>

Full remodeling — including scar reduction, mature tissue strengthening, and sustained anti-aging effects — continues to develop through weeks eight to twelve and consolidates after the active cycle ends.

## Standard Protocol

Component	Dose	Frequency	Route
<b>GHK-Cu</b>	1–2 mg/day	Once daily	Subcutaneous; may also inject near area of concern (scalp, scar site)
<b>BPC-157</b>	250–500 mcg/day	Once daily	Subcutaneous (abdominal fat pad or near target tissue)
<b>TB-500 — Loading</b>	2.0–2.5 mg	Twice weekly (Weeks 1–4)	Subcutaneous; rotate injection sites
<b>TB-500 — Maintenance</b>	2.0–2.5 mg	Once weekly (Weeks 5–12)	Subcutaneous; rotate injection sites
<b>Cycle Structure</b>	8–12 weeks active, followed by 4-week rest period. GHK-Cu may also follow a 30-days-on / 30-days-off structure per physician guidance.		
<b>Medication</b>	Compounded by Empower Pharmacy (Houston, TX)		

BPC-157 and TB-500 can be drawn into the same syringe and administered as a single injection on days both are scheduled. GHK-Cu is administered as a separate daily injection. Your care team will provide a simple weekly schedule at onboarding.

## Safety Profile

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The Glow Blend carries the combined safety profiles of its three components, all of which are well-characterized in the research literature. None of the three peptides are hormones, none suppress the HPG axis, and post-cycle therapy is not required. None are controlled substances. Side effects are generally mild — the most common being brief, localized injection site reactions (minor redness or swelling) that resolve within 24–48 hours, and occasional mild fatigue during the TB-500 loading phase that typically subsides within the first two weeks.<sup>12</sup>

The most important clinical consideration for the Glow Blend is that all three peptides promote angiogenesis and cell growth signaling. For this reason, the Glow Blend is contraindicated in patients with active malignancy or a history of hormone-sensitive cancers without oncology consultation.<sup>13</sup> Patients with Wilson's Disease or other copper metabolism disorders should not use GHK-Cu. NSAIDs should be avoided during the cycle as they antagonize BPC-157's healing mechanisms.<sup>7</sup> The Glow Blend is not recommended during pregnancy or breastfeeding.

## How to Maximize Your Results

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The Glow Blend works from the inside out — but what you do on the outside and in your daily habits determines how visibly and quickly the results manifest.

### Evidence-Informed Optimization Strategies

- › **Collagen + Vitamin C — Every Morning<sup>14,15</sup>** — All three peptides in the Glow Blend stimulate collagen synthesis. Providing 10–15 g of hydrolyzed collagen peptides with 500–1,000 mg of vitamin C each morning supplies the essential substrate and enzymatic cofactor for collagen cross-linking. This is the single most impactful

nutritional addition for patients using the Glow Blend for skin and hair goals. The amino acids glycine, proline, and hydroxyproline from collagen are rate-limiting for new collagen fiber construction.

- › **Daily Sun Protection — SPF 30+<sup>6</sup>** — UV radiation accelerates collagen breakdown, oxidative damage, and the inflammatory skin aging that all three peptides are actively working to reverse. Daily SPF 30 or higher is non-negotiable during your cycle. Patients who skip sun protection during a Glow Blend protocol are working against themselves at the most fundamental level.
- › **Adequate Protein (0.7–1.0 g/lb body weight daily)<sup>16</sup>** — Collagen, elastin, and all structural tissue proteins are synthesized from dietary amino acids. High-quality protein sources — whey, lean meat, eggs, collagen peptides — provide the building blocks the Glow Blend's signaling is designed to use. Glycine in particular is the primary amino acid in collagen and is often deficient in standard Western diets.
- › **Topical Synergy for Skin Goals** — The injectable Glow Blend works systemically, but topical GHK-Cu serums (1–3% concentration) used in combination can amplify local skin effects, particularly for targeted areas like the face, neck, or décolletage. Post-microneedling application of topical GHK-Cu is especially effective, as the microchannels created by needling dramatically improve peptide penetration to the dermis.<sup>11</sup>
- › **Scalp Massage and Microneedling (for Hair Goals)<sup>6</sup>** — For patients using the Glow Blend specifically for hair restoration, regular scalp massage (5–10 minutes daily) and periodic scalp microneedling improve local circulation and follicle response to GHK-Cu's growth signaling. This combination — systemic peptide therapy plus mechanical scalp stimulation — produces superior hair density outcomes compared to either approach alone.
- › **Prioritize Sleep — 7–9 Hours<sup>17</sup>** — Growth hormone peaks during slow-wave sleep and directly amplifies the collagen synthesis and cellular repair all three peptides are initiating. Chronic sleep deprivation is one of the most consistent accelerants of skin aging — directly counteracting the rejuvenation this protocol is designed to deliver.

- › **Anti-Inflammatory, Antioxidant-Rich Diet**<sup>18</sup> — Omega-3 fatty acids (fish oil, 2–4 g daily), berries, leafy greens, and curcumin reduce systemic oxidative stress and inflammatory background. Chronic dietary inflammation generates free radicals that break down the collagen and elastin the Glow Blend is actively building. Minimize processed foods, excess sugar, and alcohol throughout your cycle.
- › **Zinc, Copper, and Vitamin D Balance**<sup>19</sup> — GHK-Cu delivers copper directly, but zinc and vitamin D are essential cofactors for skin repair enzyme function and inflammatory modulation. Maintain standard supplemental doses of both. Avoid excess zinc (>50 mg/day), which can compete with copper absorption and reduce GHK-Cu efficacy.
- › **Avoid Smoking** — Smoking is the most potent accelerant of skin aging, causing oxidative damage, reduced skin blood flow, and direct impairment of collagen synthesis — working against every mechanism the Glow Blend activates. Patients who smoke consistently see reduced outcomes from skin rejuvenation protocols.

## Frequently Asked Questions

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### ***How is the Glow Blend different from the Wolverine Blend?***

The Glow Blend adds GHK-Cu to the Wolverine Blend's BPC-157 and TB-500 combination, making it a triple-stack. The Wolverine Blend is optimized for musculoskeletal recovery — tendon, ligament, muscle, and joint repair. The Glow Blend extends that healing capacity to include skin rejuvenation, collagen restoration, hair restoration, and visible anti-aging as primary goals. If you want comprehensive healing and recovery AND visible skin and hair benefits, the Glow Blend is the most complete protocol we offer.

### ***Will I notice results during the first cycle?***

Yes. Most patients report noticeable improvements in skin texture and hydration within the first two to four weeks, with more visible firmness and radiance developing through weeks four to eight.<sup>2,3</sup> Hair benefits take longer — two to three cycles for meaningful density changes, though reduced shedding is often among the first things patients notice. Consistency through the full cycle is essential.

### ***Can I use topical GHK-Cu products alongside the injectable protocol?***

Yes, and it is encouraged for skin-specific goals. Injectable systemic GHK-Cu addresses the entire body at the cellular level; topical application provides additional local concentration to specific areas of concern. Post-microneedling topical GHK-Cu is a particularly powerful adjunct for facial rejuvenation goals.

### ***Is the Glow Blend compatible with my other HPH therapies?***

Yes. The Glow Blend is compatible with TRT and GLP-1 weight loss programs. Testosterone replacement supports collagen production, muscle definition, and skin quality — complementing GHK-Cu's mechanisms directly. GLP-1-driven fat loss often improves skin laxity concerns, making the Glow Blend a valuable addition for patients mid-weight-loss journey.

### ***How is my medication sourced?***

All peptides are compounded by Empower Pharmacy, our licensed Houston-based compounding pharmacy partner, under strict quality and sterility standards.

**Important Notice:** This document is for educational purposes only and does not constitute medical advice. All therapies at Harriman Precision Health are physician-supervised and protocols are individualized to your health history and goals. Results may vary. All three components of the Glow Blend are off-label compounded therapies. Patients with active malignancy, hormone-sensitive cancer history, Wilson's Disease, or who are pregnant or breastfeeding should discuss this with their physician prior to initiating. NSAIDs should be avoided during the cycle. This material should not be used for self-diagnosis or self-treatment. Questions? Contact us through your patient portal.

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Research cited includes peer-reviewed published studies, preclinical models, and physician-supervised clinical practice data. The Glow Blend is a physician-designed multi-peptide protocol; all three components are off-label compounded therapies with ongoing human clinical research. All therapies at Harriman Precision Health are physician-supervised and protocols are individualized to each patient's health history and goals. This document does not constitute a guarantee of clinical outcomes.

