



GHK-CU PRODUCT INFORMATION & FAQ's:

What is GHK-CU and how does it work?

GHK-Cu is a naturally occurring copper peptide found in the body. It helps repair skin, reduce inflammation, boost collagen, and support healthy hair and tissue regeneration.

It binds to copper and delivers it into the skin, activating healing pathways, stimulating collagen and elastin, and improving overall skin quality, texture, and tone.

It is commonly used for:

- Skin rejuvenation (fine lines, firmness, glow)
- Improving scars and pigmentation
- Helping with inflammation or redness
- Supporting hair health and density
- General skin barrier strengthening

Why is it blue?

- GHK-Cu is a **copper peptide** → the “Cu” means it’s bound to **Copper (II)**.
- Copper in its +2 state naturally forms **blue complexes** when it binds to certain molecules.
- When the GHK peptide grabs onto that copper ion, it creates a stable **blue-coloured complex**.

How long will it take to see results?

Most people notice a fresher, healthier skin look in 2–4 weeks.

More visible improvements (texture, firmness, scars, hair density) usually appear over 6–12 weeks.

How is it administered?

Injectable GHK-Cu is typically used in a **subcutaneous (under the skin)** format. Professionals describe it as being administered similarly to other subcutaneous research peptides — meaning:

- It is delivered **into the fatty tissue layer**, not the muscle.
- Common areas *in general peptide use* include the abdomen, outer thigh, or upper arm.
- It is designed to enter circulation gradually so the peptide can exert its regenerative effects throughout the body.

To administer:

- Pinch the skin to create a bunched up section of fat
- Inject the needle parallel to your body, directly in to the fat, not in to the muscle.

What does an on-cycle and off-cycle look like?

GHK-Cu is generally not a “blast and cruise” peptide. It behaves more like a **repair + regeneration cycle** compound.

ON-CYCLE:

- Common use is 4–12 weeks, depending on the goal
- Many people use it during phases of:
 - Skin repair
 - Injury or tissue recovery
 - Hair restoration
 - Anti-inflammatory cycles

OFF-CYCLE:

- After completing a cycle, users typically take **a break of similar length**.
- This allows the body’s natural copper and peptide signalling to stabilise
- It also prevents unnecessary long-term overstimulation of tissue repair pathways

Why cycling matters:

GHK-Cu is naturally produced in the body — cycling mimics the body’s own rhythmic release and avoids the body adapting to continuous exposure.

What is the recommended dosages for the different uses?

General skin/hair health, anti-aging pathways:

- **0.5 mg – 2 mg per day** (micro-to-low-milligram systemic exposure)
- Daily or near-daily administration during a repair cycle
- These are small amounts because GHK-Cu is very potent even at microgram levels.
- Cycle lengths: 8-12 weeks

Injury, Inflammation or Tissue Repair:

- **2 mg – 5 mg per day**
- Shorter cycles
- Designed to mimic natural spikes in copper-peptide signalling during injury
- Cycle lengths: 4-6 weeks

Scalp and hair regeneration:

- **0.5 mg – 2 mg**, applied locally
- Frequency varies between daily → 2–3 times weekly depending on the study design

Do you need to increase the dosage the longer you are on the peptide?

GHK-Cu doesn't require increasing the dose during a cycle. It's a peptide that works best with steady, consistent exposure, not progressive loading. Research shows its benefits peak at low to moderate amounts, and raising the dose doesn't create better results — in fact, copper peptides have a U-shaped response curve, meaning too much can actually reduce their effectiveness. Most people simply run the same dose for the whole 4–12 week cycle, then take an off-phase to let the body reset its natural copper signalling.

How long will one vial last?

Because GHK-Cu is used in very small daily amounts in the literature, a 100 mg vial usually lasts a long time. Most research models explore 0.5–2 mg per day for systemic or skin-repair purposes, which means.

The length of time on a vial will depend on whether you mix 1, 2 or 3ml of BAC water in to it, and the dose amounts you do. 2ml - 3ml is recommended. 1mg will be too concentrated and increase side effects. Most people aim to administer 5-15 units once it has been reconstituted. The general life-span of the vial, once reconstituted, is 4-5 weeks. After this, the potency will decrease.

Can it be used alongside other active skin care products, such as Vitamin C or Retinol?

Yes — injectable GHK-Cu can safely be used alongside active skincare like Vitamin C and retinol, because they work on completely different layers of the skin and don't interfere with each other. The peptide works systemically in the body, while topical actives stay on the surface, so there's no known clash or reduction in effectiveness. The only thing to be mindful of is that GHK-Cu can enhance skin repair and turnover, which may make the skin slightly more responsive to strong actives like retinol, so people with sensitive skin may prefer alternating nights.

Can it be used alongside prescription skin care?

Yes — injectable GHK-Cu can generally be used alongside prescription skincare, because they act at completely different levels of the body and don't directly interfere with each other. Prescription topicals (like tretinoin, azelaic acid, antibiotic creams, steroid creams, etc.) work locally on the skin's surface, while injectable GHK-Cu works systemically through circulation, supporting repair and anti-inflammatory pathways internally. There's no known biochemical conflict between the two.

The only thing to keep in mind is that prescription actives — especially tretinoin, adapalene, benzoyl peroxide, and strong AHAs — can already make the skin more sensitive or dry. Since GHK-Cu speeds up repair and turnover, some people may feel that their skin is slightly more reactive while using both. In that case, spacing out prescription actives or moisturising more can help.

Can it be used alongside Microneedling or similar processes?

Yes — injectable GHK-Cu can generally be used alongside microneedling, but with one important distinction:

Injectable GHK-Cu works systemically, circulating through the body to support repair, collagen signalling, and anti-inflammatory pathways. Microneedling works locally, creating controlled micro-injuries in the skin to trigger collagen production. Because they act on different levels, they don't interfere with each other or reduce each other's effects.

The only real consideration is timing. After microneedling, the skin is sensitised and more permeable. Applying or injecting anything directly into the treated area immediately after the procedure is generally avoided unless done under professional supervision. But using injectable GHK-Cu as part of your normal systemic routine away from the treated zone, or on a different timing schedule, is fine and commonly done in practice.

Can I use when pregnant or breastfeeding?

Injectable GHK-Cu hasn't been studied in pregnancy or breastfeeding, so it's not recommended during these times. There isn't enough safety data, and it's always best to wait until after pregnancy or breastfeeding before using any peptide.

What are the potential side effects?

Injectable GHK-Cu is generally well-tolerated, but like any peptide or subcutaneous injection, there are possible effects to be aware of:

◆ **Injection-site reactions (most common)**

- Redness
- Mild tenderness
- Small welt or bump
- Light bruising
- Temporary itching

These are normal for many subcutaneous peptides and usually settle quickly. If concerned, dilute further with more bacteriostatic water, or lower dosage.

HELPFUL HINT: the reaction is a histamine effect. To reduce and minimise this, take an anti-histamine 20 mins prior to injection.

◆ **Skin sensitivity**

Because GHK-Cu increases repair activity and collagen signaling, some people may notice:

- Slightly increased skin sensitivity
- Temporary tightness
- Mild flushing

This is usually short-lived.

◆ **Copper-related reactions (rare)**

GHK-Cu contains bound copper, but the amount is extremely small.

In rare cases:

- Mild nausea
 - Headache
 - Metallic taste
- can occur if someone is unusually sensitive to copper.

◆ Transient fatigue or light-headedness

A small number of users report mild fatigue, especially early in a cycle.
This is believed to be linked to the peptide's systemic anti-inflammatory effects.

◆ Allergic reaction (very rare)

Any injectable product carries a small risk of:

- Rash
- Hives
- Swelling

These are uncommon with GHK-Cu.

What should I do to maximise results?

Because GHK-Cu works by boosting repair, collagen signalling, and reducing inflammation, the goal is to **support those pathways**, not increase the dose or frequency.

1 Be consistent

GHK-Cu works cumulatively.

The biggest factor in great results is simply:

- Staying consistent through the entire on-cycle
- Avoiding missed days where possible

Stable exposure → better collagen signalling → better skin + recovery benefits.

2 Prioritise sleep + recovery

This peptide amplifies the body's natural repair processes — so the better you recover, the better the results.

- Aim for quality sleep
- Reduce chronic stress
- Let your body actually *use* the peptide for repair

3 Stay hydrated

Collagen formation and tissue repair rely heavily on hydration.

Hydrated tissue = better peptide utilisation.

4 Support copper balance naturally

You do *not* need high copper intake, but having adequate:

- Zinc
- Copper (from normal food intake)

helps maintain healthy enzyme activity.

You don't need excess — just a balanced diet.

5 Pair with good skincare or recovery practices

Your routine can boost results depending on your goal:

For skin:

- Vitamin C (AM)
- Moisturiser
- Sun protection
- Retinol (PM, alternate if sensitive)

For recovery/injury:

- Avoid overtraining
- Supportive mobility
- Good nutrition

6 Avoid things that constantly break down collagen

If the goal is skin improvement, reducing triggers that degrade collagen will noticeably improve results:

- Excess sun exposure
- Alcohol-heavy weeks
- Smoking

GHK-Cu can't outpace daily collagen damage.

7 Run proper on/off cycles

GHK-Cu responds best to:

- A steady on-cycle
- A rest phase
so your natural copper signalling doesn't get fatigued.

An 8-12 week (typical anti-aging cycle) overview - What should I expect to see and feel?

Across an 8–12 week GHK-Cu cycle, people typically notice smoother, calmer skin in the first few weeks, followed by firmer, clearer, more youthful-looking skin around the 4–8 week mark. By the end of the cycle, skin often looks noticeably healthier, tighter, and more even. Because GHK-Cu boosts the body's natural repair pathways, the improvements tend to continue into the off-cycle.

How should it be stored?

DRY POWDER (Lyophilised)

- Store in a cool, dry place away from heat and sunlight.
- Ideal storage is refrigerated to maintain maximum stability.
- Keep the vial sealed and upright until you are ready to mix.
- Avoid moisture and temperature fluctuations.

LIQUID SOLUTION (Mixed)

- Must be kept in the refrigerator at all times.
- Store upright and protected from light.
- Do not freeze once mixed.
- Keep the rubber seal on at all times.