



GLOW STACK PRODUCT INFORMATION & FAQ's:

What is THE GLOW STACK and how does it work?

GHK-Cu • BPC-157 • TB-500

A powerful 3-part peptide blend designed to support recovery, vitality and overall tissue balance.

GHK-Cu (Copper Peptide)

A naturally occurring peptide known for its strong regenerative reputation. GHK-Cu is widely recognised for supporting skin appearance, collagen balance, complexion brightness and overall tissue integrity. It's often included in "glow" blends due to its link with improved skin tone, firmness and visual radiance.

BPC-157

BPC-157 is commonly associated with supporting soft tissue, gut balance and recovery processes. It is well-regarded for assisting the body's natural ability to recover from strain, stress and inflammation. Many people use it as part of a stack aimed at joint comfort, training recovery and internal balance.

TB-500

TB-500 is frequently used alongside BPC-157 as a recovery-focused peptide. It is known for its role in supporting mobility, muscle and soft tissue resilience. TB-500 is often added to stacks aiming to maintain flexibility, reduce tightness and assist overall physical performance

★ *Why These Three Together?*

This stack brings together three peptides that complement each other extremely well:

- GHK-Cu → skin tone, glow, appearance
- BPC-157 → internal balance and soft tissue support
- TB-500 → mobility, flexibility and body recovery

Together, they create a well-rounded blend designed for people wanting to look, feel and recover at their best.

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**.

Is this stronger than taking them individually?

Most people choose the stack because they want **broader benefits** — skin, recovery, and mobility — instead of just one area.

Taking the Glow Stack together can be more effective than using each peptide on its own because they work through **complementary pathways**. When combined, the peptides support skin quality, tissue repair, and recovery from multiple angles at the same time, creating a synergistic effect rather than a single, isolated action. Using them as a stack allows the body to receive broader signalling support, which may lead to more noticeable and consistent results compared to running each peptide separately.

How long will it take to see results?

Usually within **2–6 weeks**, depending on consistency and how their body responds.

Can I use when pregnant or breastfeeding?

GLOW 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.

How is it administered?

Injectable GLOW 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 is the recommended dosage and cycling?

- Injection Volume:
 - 2-3ml mixed into 70mg
 - 5-20 units on the needle depending on your outcome goals and amount of BAC water it has been mixed into, subcutaneous daily
- Cycle: Daily for up to 30 consecutive days
- Break: Take at least 15 days off before repeating the cycle
- Vial Usage: Each vial provides 15 doses, so up to 2 vials/month are needed

When can you increase the dosage the longer you are on the peptide?

1. After the first 1–2 weeks

Once users feel comfortable and have no unwanted reactions, some choose to increase their amount slightly if they want faster or stronger results.

2. When results have plateaued

If changes slow down after several weeks, users may increase slightly to continue progress.

3. For higher-demand goals

People with goals such as:

- more intense recovery support
 - more noticeable skin improvements
 - active training schedules
- may choose to increase earlier or run higher daily usage.

4. If they feel completely fine at 0.1ml

Some users stay at 0.1ml for the entire cycle if they're happy with their results, while others increase because they feel no side effects and want stronger effects.

When NOT to increase

People typically avoid increasing if they experience:

- nausea
- fatigue
- strong headaches
- discomfort
- redness that persists

Most users wait for these to settle before making changes.

How long will one vial last?

This depends on how much you use per dose.

Typical users get **20–30 days** from each vial, but this varies.

What are the potential side effects?

PEPTIDE RELATED EFFECTS:

Using GHK-Cu, BPC-157, and TB-500 at the same time can amplify mild effects during the first week as the body adjusts.

Most commonly reported:

- Fatigue
- Headaches (especially if dehydrated)
- Mild nausea
- Temporary increased hunger
- General “warming” sensation in the body
- Injection site irritation (redness, small bumps, slight itchiness)

Less common but possible:

- Trouble falling asleep (usually from TB-500)
- Short-term loose stools or mild digestive changes
- Slight mood swings or irritability
- Temporary increase in thirst or urination

These effects usually settle after 3–7 days of consistent use.

INJECTION RELATED EFFECTS:

Many “side effects” are actually just normal responses to injecting liquid under the skin:

- Redness
- Mild swelling or small bump
- Bruising
- Itching
- Warmth at the site

These are common and typically disappear within an hour or two.

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

What should I do to maximise results?

◆ 1. Be Consistent

- Use the stack consistently
- Stick to the same dosing window each day
- Run it for 8–12 weeks without big gaps

The Glow Stack works best when the peptides are kept stable in the system.

◆ 2. Stay Hydrated

- 2–3L of water daily
- Extra fluids around training days

Hydration also helps minimise side effects like headaches or fatigue.

◆ 3. Eat Clean, Whole Foods

- High-protein meals
- Vegetables + whole foods
- Healthy fats
- Lower sugar + processed foods

This supports recovery, skin health, and overall wellbeing.

◆ 4. Prioritise Sleep

- 7–9 hours per night
- Consistent bedtime
- Minimising screens before sleep

Better sleep = better skin, better recovery, better results.

◆ 5. Train Smart (Not Excessive)

The Glow Stack supports recovery and wellbeing, but overtraining slows progress.

Recommendations:

- Mix strength training + light cardio
- Allow proper rest days
- Avoid pushing through bad joint pain or strain

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

Weeks 1–2:

Your body adjusts. You may notice mild fatigue, light nausea, or increased thirst. Early changes include fresher-looking skin and slight improvements in post-training comfort.

Weeks 3–4:

The stack begins to take effect. Skin may look brighter and smoother, with more even tone. Many people feel better movement, less tightness, and quicker recovery.

Weeks 5–6:

Peak improvements. Skin often appears clearer, firmer, and more radiant. Recovery becomes noticeably faster, and overall day-to-day comfort improves.

Weeks 7–12:

Results compound. Expect steady skin enhancement, improved glow, balanced texture, and consistently better physical recovery. This stage helps “lock in” long-term benefits.

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 (Pre-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.