

Which peptides are people actually buying and injecting outside clinical settings, and what do they report?

BPC-157 + TB-500 is the anchor of a \$1–3bn gray market that a July 2026 FDA advisory vote has just cracked open toward legal compounding — the winnable position for a wellness brand is verified sourcing and batch-specific third-party COAs, not efficacy claims.

health

2026-06-25 → 2026-07-25

1,517

items retrieved

382

on-topic after screening

362

comments read in full

202,068

words of evidence analysed

11

sources that qualified

EXECUTIVE SUMMARY

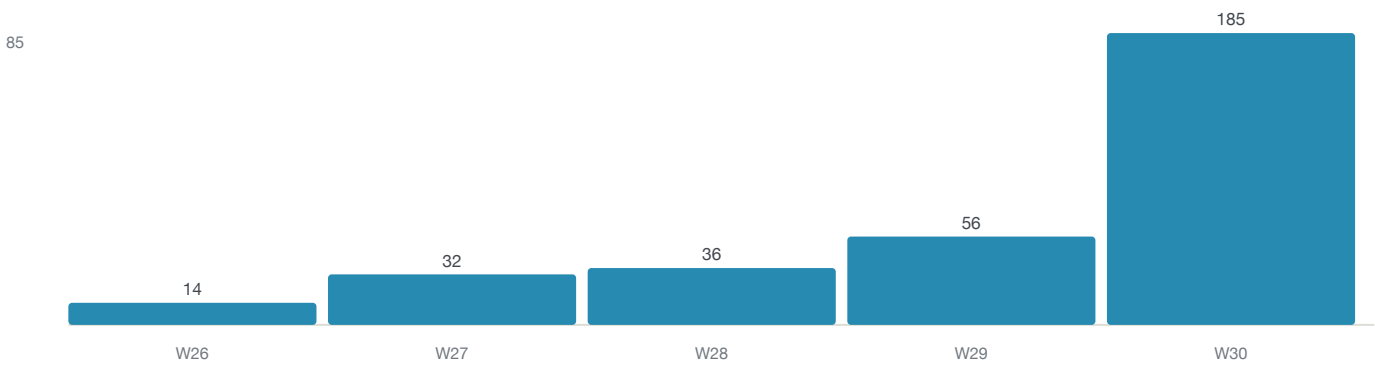
The peptide conversation is dominated by a small, stable set of compounds: BPC-157 appears in 94 items (18.3% share of voice, 526k engagement), FDA in 43, TB-500 in 41, KPV in 22 and CJC-1295 in 19 — with BPC-157 + TB-500 repeatedly named as "the most-used soft-tissue repair pair" ^{1, 2, 3, 4, 5, 6}. Volume is event-driven, not organic: weekly item counts jump from 14 (W26) to 185 (W30), coinciding with the FDA Pharmacy Compounding Advisory Committee meeting of 23–24 July 2026, which voted (8-6-1, then four straight YES votes) to recommend BPC-157, TB-500, KPV and MOTS-c for the 503A compounding bulk list against FDA staff's own recommendation not to add any of them ^{7, 8, 9, 10, 11, 12, 13, 14, 15}. That vote is a recommendation, not approval, and reporting on it is genuinely contradictory — some sources report rejection of all seven, others report loosened access ^{16, 17, 18, 19, 20}.

What buyers report is bifurcated. Claimed results are dramatic and testimonial (pain resolution, 25lb loss, restored hair pigment, discontinued prescriptions) ^{3, 21}, but the same threads carry blunt self-awareness — "we're all injecting questionable compound with little evidence in humans other than anecdotes" — and frequent nil-effect reports ^{3, 22, 23, 24}. The regrets are overwhelmingly about sourcing, not pharmacology: a \$13,000 vendor exit scam, \$600 and \$800 losses, fake shipping companies, and endemic COA fraud where resellers reuse old certificates and order matching cap colours ^{25, 26, 27, 28}. Independent testing referenced by Dr Eric Topol puts mislabelling at roughly 20%, and one documentary-tested ipamorelin vial contained 0% ipamorelin plus arsenic and lead ²⁹.

Stance is close to evenly divided (pro 103, anti 103, mixed 57, na 119 items), but pro content carries far more engagement (375k vs 56k) — the gray market wins on reach, the critics on volume of caution. Clinician alarm is consistent and cross-source: no long-term human safety data, zero human RCTs for BPC-157, no human studies at all found for TB-500 ^{30, 31, 32, 33, 34, 35, 13}. In China, Xiaohongshu is the single largest community in this corpus (84 items) but functions mainly as a B2B export marketplace for lyophilized peptide powder with dedicated customs-clearance shipping lines to the US/UK/EU — this is the upstream supply chain, not the consumer ^{36, 37, 38}.

Inference, clearly labelled: the commercially defensible entry is not a peptide efficacy claim. It is the trust layer — verified identity, pharma-grade or FDA-registered sourcing, and public batch-level third-party COAs — because that is the explicit, quantified, unmet complaint in the buyer communities, and because incumbents (Hims & Hers, Empower, Olympia) are already building the compounding channel ^{39, 40, 9}.

VOLUME OVER THE WINDOW



Items per ISO week across the 30-day window. 59 items carried no parseable date and are excluded.

FINDINGS

What people are actually buying: a short, concentrated list led by BPC-157 + TB-500 HIGH CONFIDENCE

The metrics are unambiguous about concentration. BPC-157 is mentioned in 94 distinct items (18.3% share of voice, 526,284 engagement, present on ten platforms including Reddit, X, TikTok, YouTube, WeChat, Xiaohongshu and Zhihu). TB-500 follows at 41 items (8.0%), KPV at 22 (4.3%), CJC-1295 at 19 (3.7%), Ipamorelin at 10 plus 7 lowercase variants, GHK-Cu at 9, Retatrutide at 9. GLP-1 terms fragment across English and Chinese spellings (semaglutide 9, tirzepatide 9+8, 替尔泊肽 13, GLP-1 12).

Qualitative evidence matches: a Rite Aid page lists "BPC-157 + TB-500 — the most-used soft-tissue repair pair" and "CJC-1295 + Ipamorelin — the standard GHRH + GHRP pair for recovery and sleep" ^{1,2,33,41,1}. Users report BPC-157 twice daily for workout recovery and gut repair ^{1,2,3}, and a YouTube creator ran a two-month BPC-157/TB-500 cycle for a torn hip labrum in place of surgery ^{4,5,6}.

Buying happens in stacks, not single SKUs. Self-experimenters describe capping at "3-4 peps at a time" — e.g. tirzepatide + tesamorelin/ipamorelin + GHK-Cu + an energy compound (NAD, MOTS-c or L-carnitine) ^{3,41,1}. Branded blends circulate as fixed products: "GLOW" (GHK-Cu + BPC-157 + TB-500/TB-4) and "KLOW", dosed by unit-conversion math in tracker apps ^{23 42, 43, 44}. Heavier users combine TRT, retatrutide, GH secretagogues and mitochondrial peptides (SS-31, MOTS-c) in one protocol, with retatrutide split 6mg across Monday/Friday ⁴⁵.

Sub-categories with their own named rosters exist but are smaller: cognitive (Semax, Selank, Pinelon, Dihexa) ⁴⁶, post-addiction dopamine recovery (Semax, Selank, 9-me-BC, Bromantane) ⁴⁷, nerve repair (ARA-290, framed as distinct from BPC/TB-500) ^{48,49}, and unsupervised HGH at 2–7 IU/day ⁵⁰.

Inference: basket composition, not single-product demand, is the design unit. Any entrant offering one compound is competing against a stack habit.

The regulatory window: a 23–24 July 2026 advisory vote that is being over-read as approval HIGH CONFIDENCE

Volume in this corpus is regulatory-event-driven. Weekly item counts run 14 → 32 → 36 → 56 → 185 across 2026-W26 to W30, and "FDA" is the second-largest entity at 43 items (8.4%, 195k engagement) — larger than TB-500. This spike maps onto the FDA Pharmacy Compounding Advisory Committee (PCAC) meeting held 23–24 July 2026 [51, 52, 53](#) [10, 11, 12](#).

What the committee did: it reviewed seven peptides (BPC-157, TB-500, KPV, MOTS-c on day one; DSIP, Semax/Selank, Epitalon on day two), voted 8-6-1 on day one and then delivered four YES votes to recommend BPC-157, TB-500, KPV and MOTS-c for the 503A bulk drugs compounding list — explicitly against FDA staff's own recommendation not to add any [7, 8, 9](#) [10, 11, 12](#) [16, 17, 18](#). A separate 8-5 vote recommended Semax [51, 52, 53](#). CJC-1295 and Ipamorelin were declined in 2024 and remain restricted, and are not returning via this process [54, 55](#). GHK-Cu is slated for a second meeting before February 2027 [54, 55](#).

What it did not do: approve anything. A urologist who testified explains the next step is a 30–60 day public comment period before rulemaking [10, 11, 12](#); a TikTok creator estimates 6–12 months to actual approval while simultaneously framing it as "a really big win" [56, 57](#).

Reporting is contradictory and a sceptical reader should be told so. One YouTube physician reports FDA reviewers concluded all seven should be rejected [16, 17, 18](#); an X account states "the FDA rejected all 7 peptides... [yet] the PCAC recommended the addition of BPC157, KPV, TB500, and MotsC despite the fda saying hell nah" [19, 20](#). Both accounts are reconcilable — FDA *staff* recommended against, the *committee* voted for — but the public narrative has collapsed the distinction. Chinese-language coverage independently reports the same 23 July panel recommending BPC-157 be unbanned [54, 55](#), and WeChat coverage names the same four compounds [58, 59, 60](#).

Context: FDA moved 19 popular peptides to Category 2 ("do not compound") in 2023; HHS Secretary RFK Jr. has called that ban "illegal", signalled in February 2026 that restrictions were pushing patients to the gray market, and announced an April 2026 reclassification framework [13, 14, 15](#) [54, 55](#) [56, 57](#). Panelists with peptide-industry ties were reportedly added before the vote [13, 14, 15](#) [61, 62, 32](#) [63, 64, 65](#).

The sourcing gray market: \$1–3bn, Chinese B2B upstream, 'research use only' as the legal fig leaf HIGH CONFIDENCE

Bloomberg's Big Take puts the peptide black market at an investor-estimated **\$1–3 billion**, operating through a specific mechanism: powdered APIs labelled "research use only, not for human consumption" are imported from China, then reconstituted with sterile water at home for injection ^{60,66}. Commentators call the label "a fig leaf" ^{65,67}; a Zhihu recap and WeChat coverage describe the same RUO framing in Chinese ^{68,69,70}.

The upstream is visible and organised. Xiaohongshu is the largest single community in this corpus (84 items, 18,861 engagement) and functions overwhelmingly as **B2B**, not consumer: source factories (源头工厂) advertise 99%+ purity, COA/lab testing, customisable cartridge vials, and dedicated shipping lines — US 4–6 days, UK 3–7, Canada 3–9, Europe 7–13 — explicitly targeting skincare brands, e-commerce and cross-border traders ^{36,37,38}. One seller post complains a shipment was held at customs despite being packaged as "ordinary cosmetic powder" ^{36,37,38}. Others advertise export credentials and "no middleman" pricing ^{71,72,73}.

Distribution into Western consumers runs through Telegram, Discord, TikTok and Instagram. TikTok accounts run "current research range" stock charts with #ResearchOnly hashtags (91,071 views) and solicit "wholesale" comments to onboard resellers with label, packaging and website services plus two-day domestic shipping ^{71,72,73}. Chinese independent sales sites camouflage as e-cigarette-accessory, 3D-printing, maternity or clothing storefronts, with real transactions on a separate 特货 ("special goods") platform ^{74,75}.

Pricing signals in the corpus: kits of 10 vials described as lasting a year for \$200 ⁷⁶; \$35 for 10 vials called "a guaranteed scam, no matter what's in it" ⁷⁷; \$50–90 shipping normalised, waived above \$400–500 orders ⁷⁸; one high-volume buyer ordering ~\$3,500/week ⁷⁹; another reporting orders of \$7k per transaction ²⁵.

A parallel Chinese regulatory-crackdown narrative exists: 14 people sentenced and fined for illegal production/sale of "weight-loss miracle drugs", with Chinese outlet Pengpai questioning whether injectable anti-aging peptides are proven safe ^{74,75}.

The regrets are about fraud and purity, not pharmacology — this is the wedge HIGH CONFIDENCE

The most emotionally loaded content in this corpus is not about side effects. It is about being robbed.

Documented losses: a \$13,000 exit scam where a successful \$300 order built false trust ²⁵; commenters reporting \$800 and \$1,800 losses in the same thread ²⁵; \$600 lost to "Zen Peptide Supply China" via a fake shipping entity "Swiftlane Maritime" ²⁶; \$400 ⁸⁰; \$107 to a vendor called "PrimeRX" ^{81, 82}; a buyer who "bought from china and they never sent me anything" ⁷⁸. Community self-policing tactics are elaborate: check the vendor against Janoshik's public COA database, join the vendor community for several days to detect fake activity (one reports "a scammer group of fake uthers with 10k members"), never pay crypto, prefer PayPal/Alipay/Alibaba-only suppliers, insist on UPS/FedEx shipping, spread orders across vendors, and group-test batches to split costs ^{25 26 80 79 83}.

COA fraud is described as endemic. Resellers reuse previous batches' COAs while awaiting new ones, and order custom cap colours to match a COA found online from a different batch ^{27, 28}. A biohacking TikTok creator says she found 4–5 companies selling with expired or absent COAs, one seller admitting "we haven't gotten them back yet, but I use that one and it's fine", and argues "probably 90% of peptide companies out there are selling peptides that are not verified" ^{27, 28} — note this 90% figure is one creator's estimate, not a measurement. Reddit's own summary: "Most COAs are fake. Buy, test and hope for the best," with basic testing ~\$250 and complete testing ~\$600 per kit ⁷⁷. One buyer says lab testing is 75% of their peptide expense ⁷⁸.

The hardest independent number in the corpus: cardiologist Dr Eric Topol states that when gray-market peptides are studied by independent labs, "20% or so aren't even what the peptides they say they were supposed to be" and often contain impurities; the same documentary sent an ipamorelin product for testing and got **0% ipamorelin detected, with arsenic and lead present instead** ²⁹. In PED communities, pharma-grade vs underground-lab sourcing is treated as the single variable explaining whether HGH works at all: "If it's UGL, could be weeks to months or possibly never if it's bunk" ⁵⁰.

Buyers do not agree on the fix. Some argue paying more to a US reseller buys reduced sourcing risk; others insist "all peptides come from 2 factories. All is same" ⁸⁰. Dissent exists that the scam narrative unfairly generalises: "plenty of amazing vendors to be had if take the time to vet them" ⁸⁰. One vendor, ElliotMeds, is praised specifically because "they have a doctor prescribe it for you and it comes from a pharmacy so you know it's legit" — while another commenter counters "any way you slice it you're getting ripped off" ⁸⁴.

Inference: verified identity + batch-specific, publicly posted third-party COAs + conventional payment with refund recourse is the exact bundle this market is manually and expensively reconstructing for itself. That is a product, not a marketing message.

What users report: dramatic testimonials, frequent nil results, and open acknowledgement that it's anecdote HIGH CONFIDENCE

Stance is almost perfectly split by item count — pro 103, anti 103, mixed 57, na 119 — but pro content carries 375,238 engagement against anti's 55,940. Enthusiasm travels; caution does not.

Claimed wins. A user reports pinning "13 times a day" with optimised blood markers and two prescription medications discontinued with doctor approval; another reports six years of physio-resistant stiffness resolving within a month of CJC-1295 + BPC-157, plus 25lb lost, running again, "NO MORE PAIN" ³. BPC-157 users report improved workout recovery and resolved food intolerances ^{1, 2, 3}, and regained use of hip and shoulder after three surgeries in one year ^{1, 2, 3}. GHK-Cu users report thicker hair, softer skin, lightened moles, faster nail growth, and under-eye circles "completely gone" after a lifetime ²²; a 71-comment, 111-upvote thread centres on multiple independent users reporting **gray hair re-pigmentation** on GHK-Cu, sometimes only when stacked with tirzepatide ²¹.

Claimed nil results and adverse effects, often in the same thread. A seven-month GHK-Cu user: "i havent noticed ANYTHING" ²²; "KLOW80 did absolutely nothing for me, to the point I have wondered if my entire kit was bunk" ²³; "Im on week 3 of ghk-cu and have seen nothing yet. 3mg a day" ²³; "Nad + did nothing for me" ²⁴. Novel self-named side effects appear — "GHK fatigue" forced one user to stop ²². On energy peptides, one user who "tried them all" reports MOTS-c and NAD+ didn't work and SLU-PP-332/5-amino faded over 3–4 weeks, concluding testosterone "is the only thing that works day in and day out" ²⁴. HGH self-dosers at 6 IU report numbness and carpal-tunnel symptoms ⁵⁰. On the PED side, Clenbuterol is called "obsolete" and displaced by retatrutide/tirzepatide, with one user reporting chest pain after three months of 6mcg every other day ⁷⁶.

Epistemic self-awareness is high and matters for messaging. In the same thread as the glowing testimonials: "But at least medications are scientifically proven. We're all injecting questionable compound with little evidence in humans other than anecdotes... It's a recipe for disaster and I know it" ³. On GHK-Cu: "Youre going to be waiting for a long time if you want to see legit before/after pics showing the wonders of ghk-cu lmao" ²². On mega-stacks: "Too much. You don't know what is working or not" and "Taking every peptide available makes zero sense" ⁸⁵. In a cognition thread, the top-voted answer to "peptides to enhance memory" was simply "It's called sleep" ⁴⁶.

Inference: this audience is not credulous. It is under-served. A brand that leads with hype will be dismissed by the same commenters who dismiss vendors; a brand that leads with verification and explicitly declines to promise outcomes is speaking their language.

Clinician alarm is consistent, cross-source, and specific enough to be quotable against you HIGH CONFIDENCE

The clinician position is not fragmented opinion — it converges. UCHHealth warns people "to be very cautious and to wait for scientific evidence showing whether peptides are beneficial or harmful"; HonorHealth's Dr Dean notes online peptide products "aren't FDA approved... not regulated for safety or effectiveness"; the Washington Times frames them as "unproven substances... despite little evidence they are safe or effective" ^{30, 31, 32}.

The evidence base as stated by FDA staff: five BPC-157 studies "were of short duration, had small sample sizes and evaluated doses that were likely exploratory in nature"; for TB-500, regulators **could not find any human studies at all**; and FDA associate director Russell Wesdyk noted "there's no way to know what the substance actually is, was or will be tomorrow because that name has no legal meaning" ¹³. Independent science communicators corroborate: "there are currently zero randomized control trials studying bpc 157 in humans", the sole human study being a retrospective, uncontrolled, 16-person knee-pain study ^{33, 34, 35} ⁸⁶. USADA has banned BPC-157 in competition ⁸⁶. FDA reviewers found the evidence "unanimous across the board... do not recommend to move forward", with three of the peptides showing "very troubling flags for potentially being linked to cancer" ^{87, 88, 89}. Regulators also raised contamination, allergic reaction and quality control risks ^{16, 17, 18}.

Physicians on r/medicine read the advisory vote as regulatory capture: "so we just swapped conflict of interest pharma folks with conflict of interest peptide charlatans?"; "I guess GI docs will do well scoping people for colon cancers after millions of people take pro-VEGF peptides"; and a physician who had patients at the New England Compounding Center one day before its tainted medications shipped writes that he "really worr[ies] that the floodgates are about to open on compounders again" ⁷. KFF's Amy Maximen warns the vote "will be mistaken as approval" ^{61, 62, 32}. One clinician-adjacent X account claims ER visits are rising from people "injecting research chemicals they found on Reddit" — this is a single unquantified assertion and should not be repeated as fact ^{81, 82}.

The AMA's stated position is the one usable benchmark for a brand: unapproved synthetic peptide products should undergo FDA regulatory review **and third-party testing** to demonstrate safety and efficacy before marketing or clinical use ⁹⁰.

There is a counter-current worth noting: clinicians do exist who prescribe supervised stacks — Dr Bal Nandra at Transform RX sources only from FDA-registered facilities ⁹⁰, and an X-based clinician describes a patient improving over 90 days on BPC-157/CJC-1295/ipamorelin with nutrition and sleep changes ^{42, 43, 44}.

GLP-1 as the gateway: how the audience got comfortable with needles HIGH CONFIDENCE

The single clearest behavioural mechanism in the corpus is that GLP-1 normalised self-injection. A therapist profiled by Bloomberg started Zepbound in May 2024, lost 200lb in two years, then began injecting GHK-Cu for post-loss skin sagging plus glutathione via a functional-medicine doctor's compounding pharmacy — her words: "I honestly think GLP-1s have just been a gateway drug to peptides" ^{60,66}. A reporter describes Silicon Valley "peptide raves" where attendees comfortable with off-brand Ozempic moved to epitalon and MOTS-c: "if Ozempic is like a magic shot for weight loss, what if there was a magic shot for everything else, whether it's sleep or fitness or my skin" ^{60,66}.

The stacking is now explicit: a Reddit user asks "Can I take KLOW while on Wegovy?" ⁴⁵, and Reddit commenters direct peptide buyers to GLP-1 forums as the only trustworthy vendor source: "Everyone just go to glp1 forums. All legit suppliers. End of story. Anything else is a scam" ²⁶.

GLP-1 users are also intensely cost-sensitive and tool-hungry. In r/tirzepatidecompound, drawing residual units from an emptying vial and topping up from a new one across two syringes is standard practice, supported by community dose-transition calculators (glapp.io, fatscientist.com): "I use every drop I can get out of the old vial!" ⁹¹. Peptide schedulers are improvised from Apple Health medication reminders ⁴⁵.

China shows the same behaviour with a harder edge. WeChat and Xiaohongshu carry week-by-week self-injection diaries: 7 jin lost in a month on tirzepatide ^{92,93,94}; 1.8kg in 7 days with "side effects fiercer than I imagined" ^{95,96}; a liraglutide diary running "from 130 jin to vomiting and IV drip" then plateauing near 63.6kg ^{95,96}; a week-3 diary warning of "big side effects, easily damages stomach, easy binge rebound" and advocating low-dose gradual protocols over "aggressive drug for dropping weight fast" ^{92,93,94}. A Xiaohongshu post: "Wake up — the cost of losing weight via injection is truly unbearable" ^{95,96}. The corpus figures layer confirms the rebound theme: an 80% figure appears with "反弹包的, 80%都会反弹" (80% will rebound), and a 25–40% figure recurs regarding the share of lost weight that is muscle. A WeChat nutritionist describes a consumer hospitalised in dehydration shock after self-injecting illegally-sourced semaglutide ^{97,98,99}, and Zhihu users report 20kg lost in 5 months with 3kg regained within 3 months of stopping, and "stopping the drug basically always causes rebound" ^{97,98,99}.

Inference: the highest-intent, most reachable audience for a trust-first peptide product is the post-GLP-1 population — already needle-comfortable, already cost-conscious, already looking for the "next" shot, and already worried about skin laxity and muscle loss. Discontinuation support and body-composition preservation are the adjacent needs the evidence actually voices.

The competitive field is already moving — and the gray market will not vacate HIGH CONFIDENCE

Legitimate incumbents are pre-positioned. Hims & Hers bought a peptide manufacturing facility in February 2025 and is developing clinical protocols per its CMO; Olympia Pharmaceuticals' president says the company has been "spending a lot of money to create these formulas" ahead of an anticipated green light; Forbes frames a "potential multi-billion-dollar market within reach" for Empower, Hims & Hers "and a slew of others" ^{39, 40, 9}. Nu Image Medical publicly celebrated the vote day ^{39, 40, 9}.

But informed commentators expect the gray market to persist. A physician-creator states plainly: "does that mean that the gray market is gone? Absolutely not... most of the things in the compounding pharmacy world are still going to be significantly higher than other means" ^{52, 51}. Another argues "the gray market isn't shrinking, it's exploding" because the medical system fails people with chronic pain, gut issues and injuries ^{52, 51}. Chinese coverage reaches the same conclusion: Reddit communities and "hundreds of protesters" show that "regulation won't stop consumer self-injection" ^{87, 88, 89}.

Gray-market prices are the benchmark to beat or reframe: kits of ten vials for ~\$200 lasting a year ⁷⁶, versus \$250–600 per kit for independent testing that buyers currently pay themselves ^{77 78}. Influencer discount codes of 5–30% off are standard in the gray channel (the figures layer shows recurring 10%, 15%, 20%, 25%, 30% and 50% discount mentions, with named vendors like Ascension Peptides at 50% off auto-ship and Ion Peptide at 15%).

The information channel is creator-led and there is an acknowledged vacuum. r/Peptides users name a specific roster of trusted physician-influencers (Dr Ashley Froese/Frazey, Alex Tatem/Tatum, Trevor Bachmeyer, Nick Trigili, Ryan Humiston) rather than official guidance, and one commenter states outright: "There definitely is a gap in the market for an awesome peptide channel to dominate" — while another criticises a creator for pushing a paid "blackcard" product ¹⁰⁰. Regulatory status is being mis-explained on social: a TikTok creator correctly notes bulk-listing does not permit prescription compounding yet, but frames it as a win with a 6–12 month approval horizon ^{56, 57}.

Inference: the differentiation available to a wellness brand is not price and probably not speed to market against Hims & Hers. It is verifiability plus accurate regulatory communication — occupying the credibility gap that both the gray market and the hype creators leave open.

IMPLICATIONS

- 1 Do not launch an injectable BPC-157 or TB-500 product on the strength of the July 2026 PCAC vote. Treat the vote as a watch-item, not a green light, and set an internal gate at final FDA rulemaking. HIGH**

The PCAC vote was a non-binding recommendation against FDA staff's own advice, requires a 30–60 day comment period plus rulemaking, and reporting on the outcome is contradictory — some sources report all seven peptides rejected, others report loosened access [7, 8, 9 10, 11, 12 16, 17, 18 19, 20](#). FDA staff found no human studies at all for TB-500 and flagged three of the seven for possible cancer links [13 87, 88, 89](#). Panel composition is under conflict-of-interest scrutiny including from KFF and physicians on r/medicine [61, 62, 32 7](#). If ignored: a launch built on a misread of 'approval' inherits the exact liability and reputational exposure that the AMA, the FDA staff review and the compounding-disaster precedent all point at [90 7](#).

- 2 Enter first with the trust layer, not the molecule: publish batch-specific, lot-tracked third-party COAs on a public URL for every SKU you sell, name the testing lab (Janoshik is the community's existing reference standard), and make heavy-metal screening explicit. HIGH**

COA fraud is the single most-repeated complaint: resellers reuse prior-batch COAs and order matching cap colours to fake verification, and buyers conclude 'Most COAs are fake. Buy, test and hope for the best' [27, 28 77](#). Buyers already pay \$250–600 per kit to self-test and organise group buys purely to split testing costs — one says testing is 75% of their peptide spend [77 78 79](#). The quantified hook is Topol's ~20% mislabelling rate and the tested ipamorelin vial containing 0% ipamorelin plus arsenic and lead [29](#). If ignored: you are indistinguishable from the gray vendors this audience has been trained to assume are scamming them, and you forfeit the only claim you can make that is both true and verifiable.

3 Position on sourcing and identity verification, and explicitly avoid outcome claims. Say where it was made, who tested it, and what is in the vial — never that it heals tendons, regrows hair or reverses gray. HIGH

There are zero randomised human trials for BPC-157 (one 16-person retrospective study) and no human studies located for TB-500 ^{33, 34, 35 86 13}. Self-reported results are wildly inconsistent — the same GHK-Cu threads contain 'dark circles completely gone' and 'i havent noticed ANYTHING' and 'KLOW80 did absolutely nothing' ^{22 23}. Crucially, the audience already knows this: 'We're all injecting questionable compound with little evidence in humans other than anecdotes' ³. Media narrative across UCHHealth, HonorHealth, Guardian and Washington Times is uniformly 'not approved, not regulated' ^{30, 31, 32}. If ignored: efficacy claims invite both regulatory action and community derision, and burn the credibility that is the whole asset.

4 Target the post-GLP-1 cohort as the beachhead audience — people who finished or are tapering a GLP-1 and are worried about skin laxity, muscle loss and rebound — and lead with cosmetic/topical GHK-Cu and non-injectable formats rather than injury-repair injectables. MEDIUM

GLP-1 is documented as the gateway that normalised self-injection, with one profiled user moving to GHK-Cu specifically for post-weight-loss skin sagging ^{60, 66}. GHK-Cu has organic, named community buzz around skin, under-eye and hair claims and is a lower-regulatory-risk cosmetic entry than injury-recovery injectables ^{22 21}. Rebound and muscle-loss anxiety is loud, especially in China: 80% rebound claims, 25–40% of lost weight as muscle, 20kg lost then 3kg regained in 3 months ^{97, 98, 99 92, 93, 94}. Note GHK-Cu is not in the July 2026 tranche — it is slated for a second PCAC meeting before Feb 2027, so injectable GHK-Cu has no near-term legal compounding path ^{54, 55}. If ignored: you compete head-on with Hims & Hers and Empower in the injectable channel they have been building since February 2025 ^{39, 40, 9}.

- 5 Open a compounding-pharmacy partnership track now (503A relationship, FDA-registered facility sourcing, prescriber network) as a parallel option, and hold it until rulemaking — but price it against a ~\$200-per-10-vial-kit gray benchmark and assume the gray market does not vacate. MEDIUM**

The AMA's stated bar is FDA review plus third-party testing before marketing or clinical use, and the clinicians who do prescribe (e.g. Dr Bal Nandra) differentiate on FDA-registered facility sourcing ⁹⁰. RFK Jr.'s explicit rationale for easing rules is shifting consumers off the unregulated online market ⁹⁰. But commentators expect compounding prices to remain 'significantly higher than other means', so the gray market persists or grows ^{52, 51 87, 88, 89}. Gray kits are cited at ~\$200 for a year's supply ⁷⁶. If ignored: you either arrive after the compounding incumbents have locked prescriber relationships, or you launch at a price the community openly ridicules.

- 6 Build the ancillary trust-and-tools layer as a low-risk first product: accurate regulatory-status explainers, dose-conversion and vial-transition calculators, and a vendor/COA verification resource — distributed via r/Peptides, r/Biohacking and a credentialed-clinician YouTube channel, not via TikTok #ResearchOnly ads. MEDIUM**

Community members explicitly state 'There definitely is a gap in the market for an awesome peptide channel to dominate' and currently rely on a handful of physician-influencers, one of whom they criticise for monetising a paid 'blackcard' ¹⁰⁰. Regulatory status is being actively mis-explained on social — bulk-listing framed as near-approval ^{56, 57} — and KFF warned the vote 'will be mistaken as approval' ^{61, 62, 32}. GLP-1 users already improvise with third-party calculators (glapp.io, fatscientist.com) and Apple Health reminders, showing demand for tooling ^{91 45}. The Reddit communities are where vetting actually happens (r/Peptides 14 items/110 comments read, r/Business_China 9 items/139 comments read, r/Biohacking 5 items/58 comments read per the community map). If ignored: you cede the credibility channel to gray-market-adjacent creators and enter later with no earned standing.

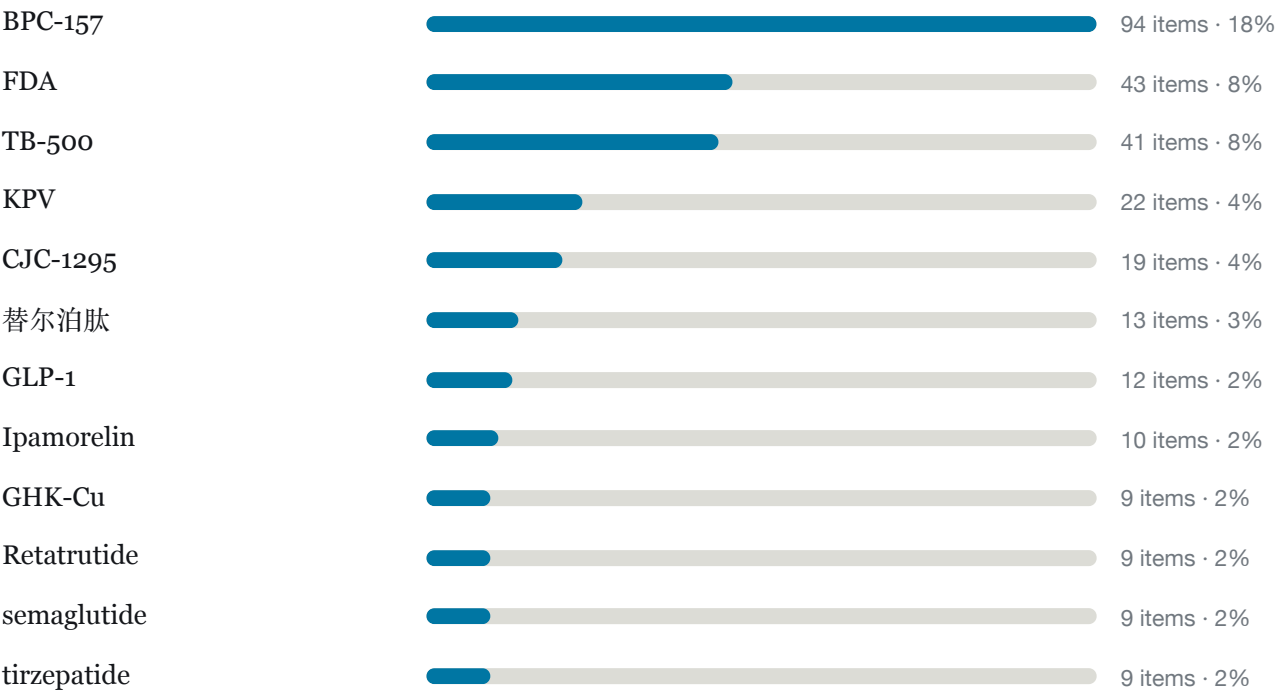
7 Rule out any Chinese Xiaohongshu/Telegram 'source factory' supplier for own-label supply, and require verified corporate identity, conventional payment rails with refund terms, and named-carrier logistics in any supplier contract. HIGH

Xiaohongshu is the largest community in this corpus (84 items) and is functionally a B2B export marketplace advertising customs-clearance shipping lines, with at least one seller reporting a shipment held for shipping peptide powder as 'ordinary cosmetic powder' [36, 37, 38](#). Documented buyer losses in the same supply channel run \$107, \$400, \$600, \$800 and \$13,000, frequently via crypto and fake shipping entities [81, 82 80 26 25](#). Buyers themselves flag crypto/bank-transfer demands as the primary red flag and treat PayPal/Alipay/Alibaba as trust signals [25 81, 82](#). Chinese authorities have prosecuted 14 people for illegal production and sale of weight-loss drugs [74, 75](#). If ignored: a single contaminated or mislabelled batch traced to an unverifiable supplier ends the brand — and the New England Compounding Center precedent is already the analogy clinicians are reaching for [7](#).

THE NUMBERS

Share of voice

Distinct items mentioning each entity. Counted per item, so one prolific poster cannot dominate.



Where the conversation lives

Platform	Community	Items	Engagement	Comments Read
Xiaohongshu	xiaohongshu.com	84	18,861	0
WeChat	WeChat	27	0	0
Zhihu	Zhihu	19	39	0
Reddit	Peptides	14	1,017	110
Reddit	Business_China	9	2,079	139
Web	www.perfectb.com	7	0	0
Reddit	Biohacking	5	1,281	58
Web	riteaid.com	5	0	0

PLATFORM	COMMUNITY	ITEMS	ENGAGEMENT	COMMENTS READ
Rumble	Rumble	4	234	0
Web	www.peptidedeck.com	3	0	0
Web	www.theguardian.com	3	0	0
Web	www.tiktok.com	3	0	0
Reddit	PEDs	2	124	33
Web	www.peptidedosingprotocols.com	2	0	0
Web	www.realpeptides.co	2	0	0

Every figure in the corpus

Extracted mechanically from post and comment text. Repetition count is the signal: a number in one post is an anecdote, the same number in fifteen is a claim with a source worth tracing.

FIGURE	ITEMS CITING IT	PLATFORMS	CONTEXT
100%	12	Reddit, YouTube	Man I am thankful how lucky I got. I found a Chinese vendor and I
20%	11	Web, Reddit, Rumble, YouTube	t my face has dramatic collagen, firming, smoothness, and wrinkle
50%	9	Web, YouTube	ndor That Shut Down (2025-2026) Verified vendors continuing to
15%	9	Web, Reddit, YouTube	vendors continuing to operate as of 2026 include Ascension Peptid
99%	8	Reddit, Rumble, TikTok, Xiaohongshu, YouTube	umbs up to send it to the FDA for approval. Now, does it mean it's
10%	7	Web, Reddit, YouTube	our shirt like that, and you're good to go. Alternately, you can wear

FIGURE	ITEMS CITING IT	PLATFORMS	CONTEXT
2mg	6	Reddit, YouTube	er stress. Curious why you bumped up to 6 mg reta so fast. Reta ki
250mcg	6	Web, Reddit, TikTok, X	for the CJC/Ipa are you saying 250mcg of each totaling 500mcg in
25%	6	Web, YouTube	这话的时候脑子里就一个念头，完了，又送垮一个。欧美那边第一率事件。今年就有期刊发文，用这类药减掉的体重里，25%到40%。
5mg	6	Web, YouTube	h a lot of GHK-Cu. This is literally the last bit I have. >> Hor
10mg	5	Web, TikTok, YouTube	y-derived research planning. Direct human dose-finding trials are
80%	5	Web, TikTok, YouTube, Zhihu	减肥靠打针，靠谱吗？会反弹吗？ 减肥有用，能瘦很多 反弹包的，
500mcg	5	Web, Reddit, TikTok	for the CJC/Ipa are you saying 250mcg of each totaling 500mcg in
22%	4	Web, X, YouTube	&INTCMP=header_support_2025-07-23_JULY_DISCOUNT_HEADER__UK_EU_ROW_US_AUS_CO
40%	4	YouTube	ear, if true, this would be very different than earlier drugs like Oze
30%	4	Web, X, YouTube	rketing system. Influencers frequently provide personalised discou
90%	4	Web, TikTok, X, YouTube	roved for human consumption #peppers #biohacking I just want t
60%	4	TikTok, Xiaohongshu, YouTube	growing, forming new connections and getting better with time, no
70%	4	TikTok, YouTube	n a kit of GHKCU, the 10 vials, one peptide that has like 99.8% pu
1%	4	TikTok, YouTube	The copper peptide serum you bought probably has too much in it

Stance split

STANCE	ITEMS	SHARE	ENGAGEMENT
na	119	31%	495,968
pro	103	27%	375,238
anti	103	27%	55,940
mixed	57	15%	147,077

WHAT THIS REPORT COULD NOT ESTABLISH

Geography. The brief asked for US, UK and China. US evidence is deep (Reddit 36 items with 362 comments read, X 56, YouTube 59, TikTok 29). China evidence is broad but shallow in a specific way: Xiaohongshu contributes the largest single block (84 items) but 0 comments were read across all 84, and 0 comments were read on WeChat (27 items) and Zhihu (19 items) — so we can characterise what Chinese *posters and sellers* say, but not what Chinese *consumers reply*. Weibo is a single item. **The UK is effectively absent as a consumer market:** we have Guardian web items (3) and one Reddit commenter saying "I buy off legit UK suppliers theres plenty" ⁸³, plus Xiaohongshu shipping-line advertising to the UK ^{36,37,38}. There is no UK-specific evidence on MHRA posture, UK sourcing channels, UK prices or UK clinician commentary. Any UK go-to-market decision needs separate primary research.

The regulatory outcome is genuinely unresolved in this corpus. Sources contradict each other on whether the 23–24 July 2026 PCAC meeting rejected all seven peptides or recommended four of them ^{16,17,18 19,20}. Both readings are present in strong-strength findings. We could not locate the official FDA meeting minutes or Federal Register text, so the exact vote tallies (reported variously as 8-6-1 and as four straight YES votes, and 8-5 for Semax) should be treated as press-and-social reconstructions ^{7,8,9 51,52,53}. We could not establish a date for final FDA action.

No prevalence or incidence data. Share of voice measures conversation, not purchase. We cannot say how many people are injecting, what the repeat-purchase rate is, or what average annual spend looks like. The \$1–3bn market size is an investor estimate relayed by Bloomberg, not an audited figure ^{60,66}. The claim that '90% of peptide companies' sell unverified product is one TikTok creator's estimate ^{27,28}; the ~20% mislabelling rate is attributed to Topol summarising independent labs, without the underlying study cited ²⁹.

Harm is asserted, not quantified. The claim of rising ER visits from Reddit-sourced research chemicals rests on a single X post from a commercially interested account and should not be repeated as fact ^{81,82}. We found one specific Chinese hospitalisation case (dehydration shock after illegally-sourced semaglutide) ^{97,98,99} and self-reported chest pain on Clenbuterol ⁷⁶ and carpal-tunnel symptoms on HGH ⁵⁰ — but no adverse-event registry data, no case series, and no denominator for any of it.

Platforms and channels not covered. Telegram and Discord are repeatedly named as where vetting and group-testing actually happen ^{84 83 79}, but no Telegram or Discord content was directly captured — we only have Reddit users describing them. Instagram and Facebook are named as scam-ad vectors ⁷⁹ without direct evidence. Amazon, eBay and mainstream e-commerce listings were not examined. Alibaba, cited as a trust signal ²⁵, was not sampled directly.

Pricing and unit economics are anecdotal. Figures in the corpus (\$200/10-vial kit, \$35/10 vials as a scam signal, \$50–90 shipping, \$250–600 testing) come from individual

Reddit comments, not a price survey ^{76 77 78}. We have no landed-cost, margin or compounding-pharmacy price data, which is the number that decides whether the recommendation to price against the gray benchmark is achievable.

Engagement data is uneven. Recorded engagement for semaglutide (O), tirzepatide (21) and 替尔泊肽 (82) is near-zero, while BPC-157 shows 526k — this reflects platform metric availability (WeChat and web sources return no engagement figures) rather than genuine indifference to GLP-1s. Do not read GLP-1 engagement as low.

Not established: whether any legitimate brand has successfully converted gray-market buyers; whether third-party COA transparency actually shifts purchase behaviour or is merely stated as a preference; what proportion of self-injectors would pay a compounding-pharmacy premium; and any clinician view from the UK or China on the compounding question.

Retrieval angles

Each angle is an independent pass over the last 30 days using different vocabulary. One query finds only what one query's words reach.

ANGLE	EVIDENCE TYPE	QUERY	STATUS
peptide-stack-testimony	testimony	BPC-157 TB-500 ipamorelin CJC-1295 results before after log, week 4 update, 'started injecting', side effects, weight loss, healing, sleep quality, sub-q injection site bruising, r	ran
gray-market-sourcing	commerce	buy peptides research chemicals no PED website, 'for research purposes only' vial, reconstitute with bac water, best peptide vendor reddit, China lab reship, Alibaba peptide suppli	ran
clinician-alarm	expertise	doctor warns patients self-injecting peptides unregulated compounding pharmacy FDA untested contamination risk, endocrinologist Twitter thread peptide therapy dangers, GP comments	ran
overhyped-skeptic-backlash	dissent	peptides are a scam, waste of money, placebo, no proof it works, bro science TikTok peptide gift, 'snake oil' longevity influencer callout, retatrutide semaglutide alternative hyp	ran
uk-china-regulatory-region	region	肽 自己注射 效果 副作用 减脂 修复 小红书 论坛, UK peptide import banned MHRA crackdown reddit UKGymBros, buying peptides legal grey area Britain forum post customs seizure	ran

Source qualification

A source earns a place in this report by contributing evidence, not by having been queried. Sources below the precision floor are excluded from the findings and from every count above.

SOURCE	RETRIEVED	ON-TOPIC	PRECISION	VERDICT	REASON
Xiaohongshu	332	84	25%	kept	
Web	66	61	92%	kept	

SOURCE	RETRIEVED	ON-TOPIC	PRECISION	VERDICT	REASON
YouTube	69	59	86%	kept	
X	137	56	41%	kept	
Reddit	66	36	55%	kept	
TikTok	45	29	64%	kept	
WeChat	38	27	71%	kept	
Zhihu	293	19	6%	kept	
douyin	143	10	7%	dropped	10/143 items on-topic (7%) — below the 25% floor
Bluesky	9	6	67%	kept	
Rumble	8	4	50%	kept	
Hacker News	32	2	6%	dropped	2/32 items on-topic (6%) — below the 25% floor
Weibo	3	1	33%	kept	
Digg	141	0	0%	dropped	0/141 items on-topic (0%) — below the 25% floor
4chan	90	0	0%	dropped	0/90 items on-topic (0%) — below the 25% floor
Bilibili	6	0	0%	dropped	0/6 items on-topic (0%) — below the 25% floor
Kwai	1	0	0%	dropped	0/1 items on-topic (0%) — below the 25% floor
Telegram	24	0	0%	dropped	0/24 items on-topic (0%) — below the 25% floor
facebook	3	0	0%	dropped	0/3 items on-topic (0%) — below the 25% floor

SOURCE	RETRIEVED	ON-TOPIC	PRECISION	VERDICT	REASON
GitHub	4	0	0%	dropped	0/4 items on-topic (0%) — below the 25% floor
Threads	7	0	0%	dropped	0/7 items on-topic (0%) — below the 25% floor

Evidence funnel

STAGE	COUNT
Unique items retrieved	1,517
Passed relevance screening	382
Re-fetched at full depth	94
Comments read in full	362
Words of evidence analysed	202,068
Findings extracted	305
Bot/boilerplate comments filtered	23

Window: 2026-06-25 → 2026-07-25. Generated 2026-07-25T11:14:14+00:00.

EVIDENCE CITED (100 ITEMS)

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
1	Web · riteaid.com	Peptide Stacks: Combinations, Cadence & Safety (2026) Rite Aid	2026-07-09	—	summary
2	X	I take BPC-157 every morning and evening What I've noticed from 1 month: - Workout recoveries have improved dr	2026-07-06	369 likes, 2 quotes, 42 replies, 8 reposts	summary
3	Reddit · Biohacking	The reality of starting if peptides lol.	2026-06-28	190 comments, 284 upvotes	full thread · 21 comments
4	X	I had battled my shoulder for a few years... I started injecting bpc-157 and a few other peptides and it is be	2026-07-18	3 likes, 2 replies	summary
5	YouTube	Are peptides a scam?	—	metrics unavailable	full thread
6	Web · ubiehealth.com	Peptide Therapy (BPC-157, TB-500, and More): What Physicians Know — and the Regulatory Gray Area Ubie Doctor	2026-07-10	—	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
7	Reddit · medicine	Day 1 of 2: FDA Pharmacy Compounding Advisory Committee, which includes physicians who promote unproven peptid	2026-07-23	29 comments, 93 upvotes	full thread · 9 comments
8	X	The FDA's Pharmacy Compounding Advisory Committee voted today to recommend adding BPC-157, TB-500, KPV, and MO	2026-07-23	1 like	summary
9	X	HUGE DAY for peptides. Historic results from Nu Image Medical 🚀 Today the FDA's Pharmacy Compounding Advisory	2026-07-23	1 repost	summary
10	X	A summary of today's FDA peptide meeting and final votes: > BPC-157 ✅ > KPV ✅ > TB-500 ✅ > MOTS-C ✅ 4/4 got ma	2026-07-23	52 likes, 1 reply, 5 reposts	summary
11	YouTube	FDA Just Changed the Future of Peptides	—	metrics unavailable	full thread
12	Web · apnews.com	FDA reviews BPC-157, TB-500 and other peptides favored by RFK Jr. AP News	2026-07-24	—	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
13	Web · www.kmvt.com	FDA panel narrowly backs peptide drug touted by Joe Rogan and other influencers	2026-07-24	—	summary
14	TikTok	A major step forward for peptide medicine. The FDA Pharmacy Compounding Advisory Committee recently voted to r	2026-07-24	4 likes, 99 views	summary
15	YouTube	Peptide Expert: What Do Peptides Actually Do? (EXPLAINED) - Dr Alex Tatem	—	metrics unavailable	full thread
16	YouTube	The FDA vs. Peptides: The Truths About DSIP, Semax, & Epitalon	—	metrics unavailable	full thread
17	X	The FDA compounding panel voted to loosen restrictions on peptides like BPC-157, TB-500, and KPV... Panel favo	2026-07-23	2 likes	summary
18	Web · www.wokv.com	FDA reviews BPC-157, TB-500 and other peptides favored by RFK Jr. - 104.5 WOKV	2026-07-23	—	summary
19	X	Overview of the PCAC peptide meeting today The committee made the fda look like idiots. The FDA rejected all 7	2026-07-24	10 likes, 1 repost	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
20	Web · www.wccbcharlotte.com	FDA panel narrowly backs unapproved peptide drugs favored by RFK Jr. and wellness influencers - WCCB Charlotte	2026-07-24	—	summary
21	Reddit · Peptides	Grey hairs returning to natural color	2026-06-30	71 comments, 111 upvotes	full thread · 11 comments
22	Reddit · Peptides	Results with GHK-CU	2026-07-03	86 comments, 35 upvotes	full thread · 10 comments
23	Reddit · Peptides	Amazing GLOW results!	2026-07-22	43 comments, 88 upvotes	full thread · 10 comments
24	Reddit · Peptides	Best for energy?	2026-07-22	36 comments, 29 upvotes	full thread · 8 comments
25	Reddit · Business_China	BEWARE OF THESE PEPTIDE SCAMMERS	2026-07-14	207 comments, 123 upvotes	full thread · 20 comments
26	Reddit · Business_China	WARNING: "Zen Peptide Supply China" & Fake Shipping Scam ("Swiftlane Maritime")	2026-07-13	84 comments, 36 upvotes	full thread · 20 comments
27	Reddit · Business_China	Why do everybody want to buy peptides?	2026-07-19	167 comments, 18 upvotes	full thread · 11 comments
28	TikTok	This is for research purposes only these are not approved for human consumption #peppers #biohacking	2026-06-26	49 comments, 672 likes, 19 shares, 26,124 views	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
29	YouTube	Why Americans are injecting themselves with unregulated ‘miracle’ drugs On the Ground	—	metrics unavailable	full thread
30	Web · www.uchealth.org	Peptides are surging in popularity. What are they, and do they work? Why doctors are urging caution.	2026-07-23	—	summary
31	Web · www.honorhealth.com	Everyone's injecting peptides. Risks and cost - HonorHealth	2026-07-22	—	summary
32	Web · www.washingtontimes.com	FDA panel narrowly backs unapproved peptide drug touted by Joe Rogan and other influencers	2026-07-23	—	summary
33	YouTube	What Science ACTUALLY Says About BPC 157 Benefits	—	metrics unavailable	full thread
34	YouTube	BPC-157 Peptide The Hidden Side Effect No One Talks About	—	metrics unavailable	full thread
35	YouTube	Peptides: The FDA's Unapproved Drug Warning	—	metrics unavailable	full thread
36	Xiaohongshu · xiaohongshu.com	多肽厂家 支持卡式瓶定制	2026-07-21	2 comments	summary
37	Xiaohongshu · xiaohongshu.com	多肽冻干粉 出口美国专线	2026-07-21	1 like	summary
38	Xiaohongshu · xiaohongshu.com	谁懂啊！冻干粉寄欧美缺一份文件直接被滞留	2026-07-22	1 comment, 2 likes	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
39	Web · www.forbes.com	Peptides May Soon Be Legal. These Companies Are Ready To Cash In	2026-07-22	—	summary
40	Web · www.wired.com	The Great Peptide Cash Grab Has Begun WIRED	2026-07-21	—	summary
41	Rumble · Rumble	FAT INCINERATOR After 40: The Peptide Stack + Metabolic Rate Hack (Retta, Tesamorelin, KLOW)	2026-07-19	1 comment, 74 views	summary
42	Reddit · Peptides	Best peptide stack for body composition, skin, hair & energy?	2026-07-22	6 comments, 5 upvotes	full thread · 3 comments
43	Reddit · Peptides	Pepmate.app. A Peptide - GLP1 tracker. Feedback needed.	2026-07-22	5 comments	full thread · 3 comments
44	X	She felt like herself again after 90 days, not a younger version, but herself. Addressing gut health, inflamma	2026-07-24	metrics unavailable	summary
45	Reddit · Biohacking	TRT/Reta/Peptide Journey	2026-07-15	253 comments, 300 upvotes	full thread · 17 comments
46	Reddit · Peptides	Recs for peptides to enhance memory	2026-07-06	25 comments, 28 upvotes	full thread · 10 comments
47	Reddit · Peptides	Any peptides worth looking into for dopamine recovery after cocaine use?	2026-07-03	70 comments, 32 upvotes	full thread · 14 comments

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
48	TikTok	BPC and TB-500 both act on tendons, ligaments and connective tissue.. NERVE fibre is a different problem entir	2026-07-16	319 comments, 10,245 likes, 4,655 shares, 190,792 views	summary
49	Web · fortune.com	The FDA's peptide vote could create telehealth's next multibillion-dollar market Fortune	2026-07-20	—	summary
50	Reddit · PEDs	hgh results	2026-07-16	47 comments, 14 upvotes	full thread · 16 comments
51	YouTube	The FDA Is About to Decide the Future of Peptides: BPC-157, TB-500, KPV, & MOTS-C	—	metrics unavailable	full thread
52	TikTok	One step closer.... Let's talk about it	2026-07-23	80 comments, 895 likes, 607 shares, 30,146 views	summary
53	X	FDA JUST APPROVED SEMAX. The FDA's advisory panel voted 8 to 5 to recommend it for legal compounding. BIG WIN!	2026-07-24	70 likes, 3 replies, 3 reposts	summary
54	Web · onetwenty.com	7 Best Peptide Companies: How to Get Legal Peptides Online OneTwenty	2026-07-20	—	summary
55	Xiaohongshu · xiaohongshu.com	FDA专家组建议解禁多肽BPC157	2026-07-24	1 save, 2 likes, 3 shares	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
56	TikTok	Some really big but also small winds at the same time for the pepper community. Definitely interesting to see	2026-07-24	3 comments, 29 likes, 4 shares, 712 views	summary
57	Web · www.peptidedeck.com	BPC-157: Benefits, Dosage, Side Effects & 2026 Guide PeptideDeck	2026-07-22	—	summary
58	X	The Wolverine Stack just got a green light from the FDA. An advisory panel voted to recommend both BPC-157 and	2026-07-23	582 likes, 5 quotes, 14 replies, 47 reposts	summary
59	WeChat · WeChat	“肽”疯狂：FDA上演罕见撕裂对决	2026-07-24	—	summary
60	YouTube	The Underground Peptide Market Is Getting Ready to Go Mainstream Big Take	—	metrics unavailable	full thread
61	YouTube	FDA panel considers loosening regulations on certain unapproved peptides	—	metrics unavailable	full thread
62	YouTube	FDA advisory panel recommends loosening restrictions on 2 unapproved peptides	—	metrics unavailable	full thread

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
63	X	NEW: An FDA advisory panel narrowly voted to allow compounding of two unapproved peptides, BPC-157 and KPV. Ma	2026-07-23	15 likes, 1 quote, 1 reply, 9 reposts	summary
64	Xiaohongshu · xiaohongshu.com	FDA专家组建议解禁多肽BPC157	2026-07-24	1 save, 2 likes, 3 shares	summary
65	YouTube	Peptides Like BPC-157: What the Science (and the Law) Actually Say in 2026	—	metrics unavailable	full thread
66	YouTube	Tech community embracing unregulated "Chinese peptides" for health, wellness	—	metrics unavailable	full thread
67	YouTube	The Unregulated Drug Millions Are Injecting	—	metrics unavailable	full thread
68	YouTube	FDA's Peptide Review Is Here: What Pharmacies, Providers, and Product Companies Need to Know	—	metrics unavailable	full thread
69	WeChat · WeChat	“网红神药”肽注射在美风行，狂热背后隐忧几何？	2026-07-09	—	summary
70	Zhihu · Zhihu	「Peptides肽」线上研讨会回顾：别把肽类当成普通补剂	2026-06-30	1 upvote	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
71	TikTok	 Current PEPTX stock. Here's our current research range, all in one chart. Which one would you like to learn	2026-07-06	13 comments, 1,857 likes, 670 shares, 91,071 views	summary
72	TikTok	Drop a “wholesale” so we can get you started, StudzFam does it best #studzfam #SmallBusiness #buildyourbrand #	2026-06-24	1,590 comments, 1,545 likes, 207 shares, 58,393 views	summary
73	Xiaohongshu · xiaohongshu.com	peptides	2026-07-22	2 likes	summary
74	Zhihu · Zhihu	多肽独立站投流全攻略：特货引流与避坑指南	2026-07-03	1 upvote	summary
75	WeChat · WeChat	“减肥肽”“抗衰肽”健康风险触目惊心，全球多国收紧管控	2026-07-13	—	summary
76	Reddit · PEDs	In a world with evolving GLP-1 Tirz/Reta options, how relevant do you think Clen is for weight loss and where	2026-07-20	47 comments, 16 upvotes	full thread · 17 comments
77	Reddit · Business_China	How do I vet Chinese Peptide Manufacturers	2026-07-08	318 comments, 96 upvotes	full thread · 18 comments
78	Reddit · Business_China	Delivery of peptides	2026-07-10	251 comments, 23 upvotes	full thread · 16 comments

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
79	Reddit · Business_China	Most peptides ads on FB and INSTA are scams	2026-07-08	134 comments, 58 upvotes	full thread · 15 comments
80	Reddit · Business_China	Most peptide vendors are scammers	2026-07-10	360 comments, 82 upvotes	full thread · 14 comments
81	X	The peptide market is exploding. So are the ER visits from people injecting research chemicals they found on R	2026-07-15	metrics unavailable	summary
82	Reddit · Business_China	Beware: Another Peptide Scammer (PrimeRX)	2026-07-15	36 comments, 11 upvotes	full thread · 6 comments
83	Reddit · Business_China	Peptide Scammer	2026-07-21	59 comments, 16 upvotes	full thread · 19 comments
84	Web · www.reddit.com	r/Protein on Reddit: How do beginners figure out where to buy peptides online without getting overwhelmed?	2026-07-03	—	summary
85	Reddit · Biohacking	My peptide stack, any recommendations?	2026-07-24	202 comments, 48 upvotes	full thread · 18 comments
86	YouTube	Should You Take BPC-157 Peptides?	—	metrics unavailable	full thread

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
87	TikTok	Dr. Kavita Patel joins “Here’s the Scoop” to talk about the FDA reviewing seven peptides to see whether to loo	2026-07-23	480 comments, 4,176 likes, 880 shares, 103,961 views	summary
88	WeChat · WeChat	速递 美国FDA批准“组织修复神肽”BPC-157列入复方制剂清单，能用上了	2026-07-24	—	summary
89	WeChat · WeChat	[萨斯卡通] U.S. FDA 本周开审 7 种网红肽：BPC-157、TB-500、S	2026-07-22	—	summary
90	YouTube	FDA will review compound peptides and whether to allow pharmacies to make them	—	metrics unavailable	full thread
91	Reddit · tirzepatidecompound	Do you use the vial leftovers?	2026-07-24	20 comments, 1 upvote	full thread · 10 comments
92	WeChat · WeChat	打减肥针-替尔泊肽一个月：体重降了7斤	2026-07-01	—	summary
93	WeChat · WeChat	继续更新我的替尔泊肽新手减脂日记—第三周完整状态	2026-06-25	—	summary
94	Xiaohongshu · xiaohongshu.com	Zepbound 第一天	2026-07-24	2 likes	summary
95	WeChat · WeChat	替尔泊肽第一针 7天瘦1.8kg，副作用比我想象的猛	2026-06-27	—	summary

#	SOURCE	ITEM	DATE	ENGAGEMENT	READ AT
96	Xiaohongshu · xiaohongshu.com	醒醒吧 靠瘦下来的代价真的承受不起！	2026-07-05	1,342 comments, 651 saves, 10,299 likes, 4,025 shares	summary
97	WeChat · WeChat	最近爆火的“减脂针”，我劝你先别急着打！一位营养师的真心话	2026-07-23	—	summary
98	Zhihu · Zhihu	减肥靠打针，靠谱吗？会反弹吗？	2026-07-10	1 upvote	summary
99	Zhihu · Zhihu	打了司美格鲁肽是啥感觉？	2026-06-27	1 upvote	summary
100	Reddit · Peptides	Actually GOOD Peptide YouTubes ? (and b*tching)	2026-07-05	39 comments, 35 upvotes	full thread · 11 comments

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