BPC-157 & TB4

About

BPC-157/TB4 is a peptide therapy that accelerates healing, reduces inflammation, and supports recovery by combining BPC-157 for muscle, joint, and gut repair with TB4 for cellular regeneration. Ideal for injuries, surgeries, and neurological recovery, it's a go-to solution for athletes and those seeking faster healing.

Benefits

- Accelerates muscle, tendon, and ligament healing
- Reduces inflammation
- Promotes joint and cartilage repair
- Enhances gut healing
- Improves wound healing
- Supports neurological recovery
- Boosts cardiovascular and organ healing
- Enhances recovery after surgery

Dosing

- Administer 0.25mL per dose
- Once in the am and once in the pm
- 5 days a week for 8 weeks

How to Use

- Duration: 2 months
- Subcutaneous Injection
- Administration and Reconstitution Instructions

Reconstitution & Administration*

*Instructions start on page 2

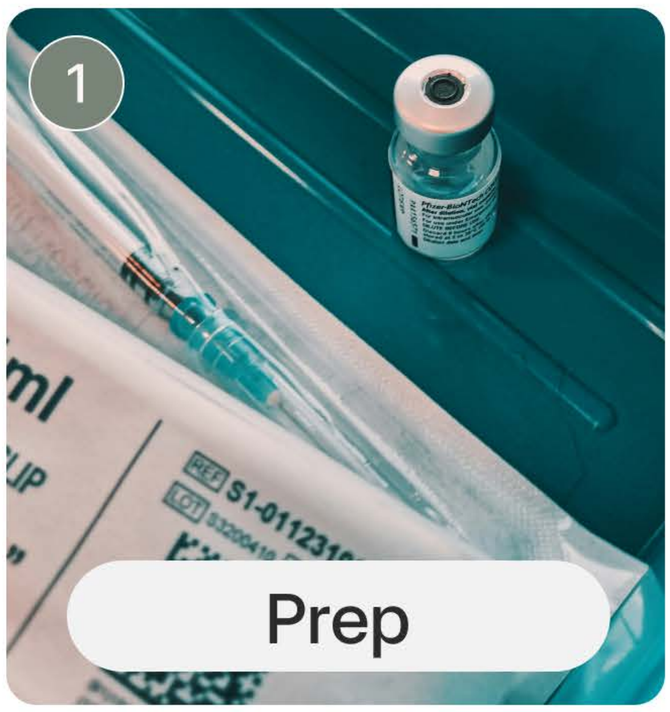
More Info

- **Caution:** Contraindicated with mood disorders, depression, or anxiety.
- What's included:
  - One vial, concentration: 10mg/10mg/10mL
  - Reconstitution kit
    - 2 (20) 27-30G subq needles
    - (1) 5 or 10 mL syringe
    - (1) 25G needle with syringe
    - (1) 10 mL Saline

*Our products are shipped from an FDA approved lab

celia-health.com

BPC-157 & TB4 Reconstitution



STEP 1: Remove plastic cover, clean product and water top with alcohol pad for 15 seconds.

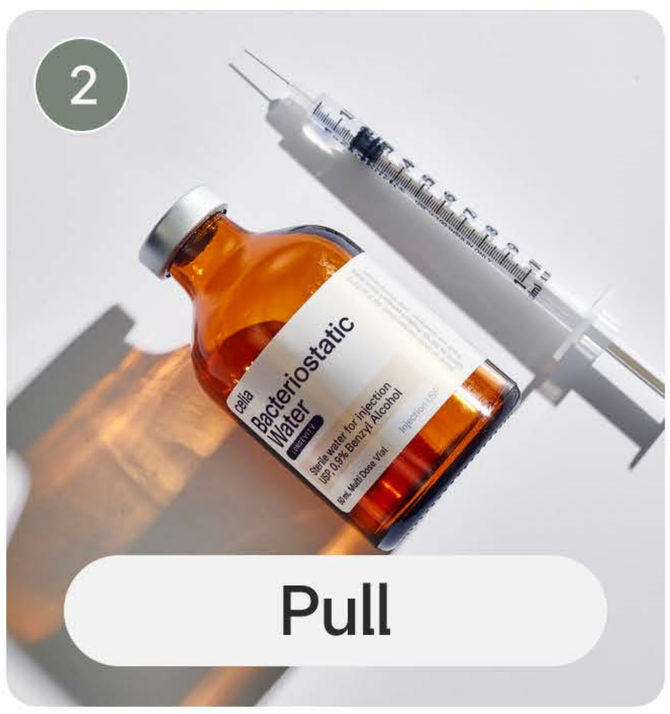
STEP 2: Using the large syringe from your administration kit, pull out 10mL of Bacteriostatic water to fill the syringe.

- It may take a few repetitions to load your syringe with the full 10mL with no air pockets.

STEP 3: Once you've loaded your syringe, inject the 10mL of Bacteriostatic water into your BPC-157/TB4 vial:

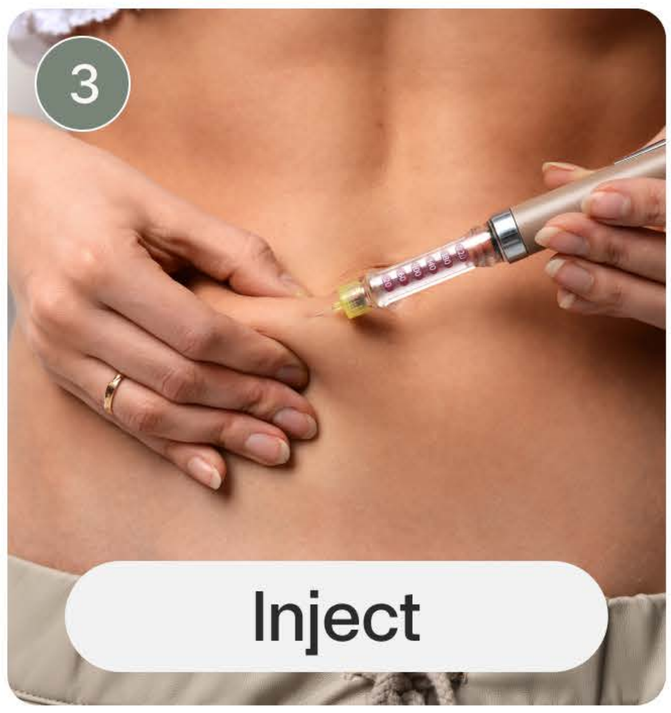
- On its side to not damage the bonds of the product.
- Do not shake.
- Allow the solution to sit for at least 5 minutes before dosing.

***Supplies:** 10 mL syringe (large), 25G needle, Bacteriostatic water, BPC-157/TB4 vial, Alcohol pad



STEP 1: With the smaller needle pull 0.25mL of the BPC-157/TB4 vial and Bacteriostatic water mixture into the small syringe from your kit.

***Supplies:** 27G subq syringe w/ needle (small), Alcohol pad



STEP 1: Clean your injection area with an alcohol pad.

STEP 2: Inject subcutaneously (See next page).

- Repeat 0.25mL injection five days per week, 2 days off
- Administer twice a day in the AM and the PM
- Duration: 2 months

Injection Steps

Subcutaneous Injection steps:

STEP 1: Choose & Clean the Injection Site

- Use the abdomen (3 inches from the belly button), thigh, or upper arm. Rotate sites to prevent irritation. Clean the area with an alcohol swab and let it dry.

STEP 2: Inject the Medication

- Pinch 1–2 inches of skin, insert the needle at a 45° or 90° angle, and slowly push the plunger down.

STEP 3: Remove the Needle & Dispose

- Pull the needle out at the same angle, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

STEP 4: Monitor for Reactions

- Mild redness or soreness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.

Intramuscular Injection steps:

STEP 1: Choose & Clean the Injection Site – Use the thigh (vastus lateralis), upper arm (deltoid), or glute (ventrogluteal or dorsogluteal muscle).

- Rotate sites to prevent soreness. Clean the area with an alcohol swab and let it dry.

STEP 2: Inject the Medication

- Stretch the skin taut, hold the syringe like a dart at a 90° angle, and insert the needle quickly and smoothly. Slowly push the plunger down to inject the medication.

STEP 3: Remove the Needle & Dispose

- Pull the needle straight out, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

STEP 4: Monitor for Reactions

- Mild soreness or redness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.

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Mechanism of Action

1. Cell Migration and Proliferation:
   - TB-500 enhances cell migration, which is the process by which cells move to the site of injury. This is essential for tissue repair, as it helps deliver cells like fibroblasts and endothelial cells to areas of damage, accelerating healing.
   - It also stimulates cell proliferation, increasing the number of cells involved in the healing process, which is crucial for wound closure and the regeneration of damaged tissues.

2. Angiogenesis (Blood Vessel Formation):
   - Like BPC-157, TB-500 promotes angiogenesis by stimulating the formation of new blood vessels. Increased blood flow to the injury site improves nutrient and oxygen delivery, which is critical for accelerating tissue repair and wound healing.

3. Collagen and ECM (Extracellular Matrix) Production:
   - TB-500 stimulates the production of collagen and other proteins in the extracellular matrix (ECM), which are essential for tissue repair. Collagen is the key structural component in connective tissue, and promoting its synthesis helps repair tendons, ligaments, and muscle tissues, as well as minimize scar tissue formation.

4. Anti-inflammatory Properties:
   - TB-500 also reduces inflammation at the injury site by lowering the levels of pro-inflammatory cytokines and promoting the release of anti-inflammatory factors. This helps alleviate pain and swelling, improving recovery and reducing the likelihood of chronic inflammation.

5. Improvement in Flexibility and Joint Health:
   - TB-500 has been found to improve flexibility and joint mobility by promoting the repair of soft tissues like tendons, ligaments, and cartilage. Its effects on muscle regeneration also help enhance muscle flexibility and reduce the risk of muscle stiffness and injury.