

UNEARTHED WELLNESS

WELCOME KIT

GHK-Cu Copper Peptide

Skin renewal · Hair restoration · Cellular regeneration



Your guide to beginning your protocol with confidence

You've made a beautiful decision.

Whether this is your first peptide protocol or you've been on this path for a while, we want you to feel completely held as you begin. GHK-Cu is a remarkable molecule — and you're about to experience what it means to give your cells exactly what they've been quietly asking for.

This kit is designed to answer every question before you think to ask it. Read it through once, keep it close for your first few injections, and know that our team is always reachable if anything feels uncertain.

Your body already knows how to do this.

INSIDE THIS KIT

- What GHK-Cu is and how it works in your body
- How to store and handle your peptide correctly
- A step-by-step injection guide written for first timers
- What to expect, week by week
- Lifestyle practices that deepen your results
- Side effects: what's normal, what warrants a call
- How to reach us — always

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet GHK-Cu.

GHK-Cu is a naturally occurring copper peptide — three amino acids (glycine, histidine, lysine) bound to copper — that your own body already produces. It circulates in your plasma, your saliva, your urine. Its job has always been to signal to cells: it is time to repair.

The difficulty is that your body produces significantly less of it as you age. By your 60s, levels are roughly half of what they were in your 20s — and that decline maps almost exactly onto the changes we associate with ageing: slower wound healing, thinning skin, reduced hair density, the quiet accumulation of cellular damage. This protocol is about restoring a signal your body already knows how to receive.

4,000 genes. One small peptide.

What it's doing inside you

- Collagen and elastin synthesis. Directly stimulates the structural proteins that give skin firmness, bounce, and resilience.
- Gene regulation at scale. GHK-Cu influences over 4,000 human genes — activating repair pathways, quieting inflammation.
- New blood vessel formation. Promotes angiogenesis, bringing oxygen and nutrients to skin, scalp, and healing tissue.
- Antioxidant defence. Activates your own protective enzymes to shield cells from oxidative ageing.
- Hair follicle stimulation. Increases follicle size and activates the growth phase of the hair cycle.
- Scar and wound remodelling. Accelerates repair of damaged tissue — old scars, stretch marks, acne marks.

ON THE COPPER

Copper is not incidental — it is essential. One of the body's most critical trace minerals for collagen synthesis and antioxidant function. GHK acts as a precise delivery vehicle, carrying bioavailable copper directly to where repair is happening. Neither the peptide alone nor copper alone produces the same result.

BEFORE YOU BEGIN

Storage and handling.

A few minutes spent here means your peptide stays potent and effective for the full length of your protocol.

TEMPERATURE

Refrigerate at 2–8°C. A standard fridge shelf is perfect. Never freeze.

LIGHT

Keep in original packaging or a dark drawer. Peptides degrade with UV exposure.

AFTER RECONSTITUTION

Once mixed with bacteriostatic water, use within 28 days. Write the date on the vial.

HANDLING

Swirl gently to mix — never shake. Shaking disrupts the peptide structure.

BEFORE EACH USE

Discard if the solution appears cloudy, discoloured, or contains particles.

WHAT'S IN YOUR KIT

- Your GHK-Cu vial (lyophilised powder)
- Bacteriostatic water for reconstitution
- Syringes and insulin-gauge needles (smaller than you're imagining)
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin.

YOUR INJECTION GUIDE

Step by step. You can do this.

The needle is tiny. The injection is subcutaneous — just under the skin, not into muscle. It takes about thirty seconds. By your third or fourth session, it will feel like second nature.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. This is your most important preparation step.

02 Lay out your materials

Vial, syringe, needle, and two alcohol swabs on a clean flat surface. There is no rush.

03 Swab the vial top

Wipe the rubber stopper with a swab. Let it air-dry for 10 seconds before inserting the needle.

04 Draw up your dose

Insert the needle and draw the plunger slowly to your prescribed dose. Tap out any air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh are ideal. Rotate sites each time.

06 Swab the site

Clean with your second swab. Let it dry fully — this genuinely reduces any sting.

07 Pinch and inject

Gently pinch a fold of skin. Insert the needle at a 45° angle in one smooth motion. Release the pinch, then slowly depress the plunger.

08 Withdraw and press

Remove the needle. Apply gentle pressure with a clean swab for a few seconds. Do not rub.

09 Dispose safely

Place the used needle immediately in a sharps container. Never leave loose needles in general waste.

By session three, it will feel like second nature.

IF YOUR FIRST ATTEMPT ISN'T PERFECT —

That is expected and entirely normal. Hesitation, a small bruise, mild redness — all of these are common and settle quickly. Confidence builds with each attempt. If you'd like to talk through the process before your next dose, call us.

YOUR JOURNEY

What to expect — week by week.

GHK-Cu works at the cellular level. Its most meaningful effects are cumulative and build quietly beneath the surface before they become visible. Trust the process — your body knows what to do with this signal.

The work begins before you can see it.

Weeks 1–2	Your cells are receiving the signal. Skin texture may begin to smooth. Some women notice reduced redness or puffiness. Nothing dramatic yet — the work is happening beneath the surface.
Weeks 3–4	Increased plumpness and hydration as collagen synthesis ramps up. Hair users often notice reduced shedding and improved scalp condition.
Month 2	Visible improvements in firmness and elasticity. Fine lines beginning to soften. Improved skin tone and luminosity. Hair regrowth may become visible at the scalp.
Month 3–4	The transformation deepens structurally — not just surface texture but actual skin architecture changing. Scar remodelling progressing visibly.
Month 5–6	The full depth of GHK-Cu's gene-regulatory and regenerative effects established. Results that topical products simply cannot reach. Many women choose to continue — this is where the real transformation lives.

YOUR PRESCRIPTION REMINDER

Dose _____ mcg

Frequency _____ × per week

Protocol length _____ weeks

Do not adjust your dose without speaking to your Unearthed Wellness prescriber first.

SIDE EFFECTS

What's normal — and what to watch for.

GHK-Cu has one of the cleanest safety profiles of any peptide in therapeutic use. Decades of research support this. We want you fully informed nonetheless, so nothing catches you off guard.

Completely normal — no action needed

- Mild redness or a small bump at the injection site. A localised response that fades within an hour or two.
- Slight bruising. Can occur if a small vessel was nicked. Rotate sites and it resolves within days.
- Temporary warmth or tingling at the site. A sign your circulation and repair response is activating.
- Skin appearing slightly flushed after injection. Mild and transient — settles quickly.
- Deeper or more vivid sleep. Some women notice improved sleep quality in the early weeks. Enjoy it.

PLEASE REACH OUT IF YOU EXPERIENCE:

- Significant swelling, heat, or pain at the injection site lasting more than 24 hours
- Signs of infection — increasing redness, pus, fever, or spreading warmth
- Any allergic reaction — itching, hives, or difficulty breathing (if severe, seek emergency care immediately)
- Anything that doesn't feel right — trust your instincts and call us

We would always rather hear from you than have you wonder alone.

AMPLIFY YOUR RESULTS

Practices that deepen your protocol.

GHK-Cu is doing powerful work at the cellular level. These habits create the conditions for it to work even more effectively.

PROTECT YOUR SKIN FROM UV

Sun damage and collagen repair work in direct opposition. SPF 50 daily is not optional during your protocol — it is part of your protocol.

PRIORITISE PROTEIN

Collagen synthesis requires amino acids. Aim for 1.2–1.6g per kg of body weight. Eggs, fish, legumes, and quality animal protein all contribute.

VITAMIN C IS YOUR CO-FACTOR

Essential for collagen synthesis. 500–1000mg daily, or a diet rich in citrus, capsicum, and berries, amplifies GHK-Cu's collagen-building work directly.

PROTECT YOUR SLEEP

Cellular repair happens predominantly during deep sleep. 7–9 hours is not a luxury — it is part of the protocol.

STAY HYDRATED

Hydrated cells respond to peptide signals more effectively. Aim for 2+ litres of water daily.

MINIMISE ALCOHOL

Alcohol depletes zinc and copper — minerals central to GHK-Cu's mechanism. Even modest reduction during your protocol supports better outcomes.

MANAGE CORTISOL ACTIVELY

Chronic stress is directly anti-collagen. Whatever your stress practice — movement, nature, breath, stillness — treat it as skincare.

COMMON QUESTIONS

You asked. We answered.

My first injection was stressful. Is that normal?

Completely. The first time is the hardest — and then it becomes remarkably easy. If you'd like to talk through it before your next dose, please call us. That is exactly what we're here for.

I missed a dose. What should I do?

Don't stress and don't double up. Simply resume your regular schedule with your next dose. One missed dose does not disrupt your protocol.

Can I use topical GHK-Cu products alongside my injections?

Yes — many women combine injectable and topical GHK-Cu for comprehensive results. Your prescriber can advise on the best approach for your specific goals.

How will I know if it's working?

Take a photo on day one, and every two weeks thereafter. The camera catches what we miss in the mirror. Early signs are subtle — smoother texture, improved hydration, a quiet luminosity.

Can I use GHK-Cu long-term?

Yes. There is no established maximum duration and no tolerance or dependency profile. Many women incorporate it into their ongoing routine, particularly from their 40s onward.

Can I add another peptide to my protocol?

Book a review consultation and we'll explore your options together. GHK-Cu pairs particularly well with CJC-1295/Ipamorelin for skin, longevity, and hormonal health goals.

You are never navigating this alone.

HOW TO REACH US

WEBSITE & PATIENT PORTAL	BOOK A CONSULTATION	SUPPORT & ENQUIRIES
unearthed-wellness.com	Via your patient portal	hello@unearthed-wellness.com

We respond to all messages within one business day. For urgent concerns, please contact your prescriber directly. You are never navigating this alone.

UNEARTHED WELLNESS

This document is for educational and supportive purposes only. It does not constitute medical advice and does not replace your prescriber's guidance. Always follow your personalised prescription. © Unearthed Wellness.