

UNEARTHED WELLNESS

WELCOME KIT

Klow

(BPC-157 · GHK-Cu · KPV · TB-500)

Gut healing · Systemic repair · Regeneration



Your personalised welcome kit from Unearthed Wellness

A NOTE FROM YOUR TEAM

Welcome to your Klow Stack protocol.

The Klow Stack combines four of the most complementary healing peptides available into a single, coordinated protocol. BPC-157, GHK-Cu, KPV, and TB-500 each target different aspects of repair and restoration — but together, they address healing from the gut lining outward, from the cellular level to the structural, and from acute inflammation through to long-term regeneration. This is not four peptides working in parallel. It is four peptides working as a system.

Each compound has been selected because it addresses a mechanism the others don't fully cover — creating a protocol with broader reach and deeper effect than any single peptide could achieve alone. Your prescriber has determined this combination is appropriate for your specific goals and health context.

This kit covers what each peptide contributes and how they work together, how to administer your protocol, what to expect week by week, and how to reach us.

INSIDE THIS KIT

- What each peptide is doing — and why this combination works
- Storage and handling of your injectable compounds
- Step-by-step injection guide
- What to expect week by week
- Lifestyle practices that support healing
- Side effects: what's normal and what to watch for
- How to reach us

There are no silly questions here. We mean that.

YOUR PROTOCOL

Four compounds. One healing system.

The Klow Stack is built around layered healing — each peptide addressing a distinct but interconnected repair pathway, covering the full spectrum of tissue restoration, inflammatory regulation, and cellular regeneration.

COMPOUND 01

BPC-157 — Body Protection Compound

The anchor of the stack. A 15-amino-acid peptide derived from a protein in gastric juice — your stomach's own repair signal. BPC-157 upregulates growth hormone receptors in connective tissue, promotes new blood vessel formation in injured areas, modulates nitric oxide, and exerts powerful influence on the gut-brain axis. It is the broadest-acting healing peptide in this stack, driving structural and biochemical repair across gut lining, tendons, ligaments, muscle, and neural tissue simultaneously.

COMPOUND 02

GHK-Cu — Copper Peptide

A naturally occurring copper-binding tripeptide found in human plasma and one of the most studied peptides in regenerative medicine. GHK-Cu activates genes involved in tissue repair, stimulates collagen and elastin production, promotes stem cell activation, and exerts potent anti-inflammatory and antioxidant effects. In this stack it adds a layer of cellular regeneration and tissue remodelling that extends and deepens what BPC-157 initiates — particularly relevant for skin, connective tissue, and wound healing.

COMPOUND 03

KPV — Tripeptide Anti-Inflammatory

A fragment of alpha-MSH with potent, targeted anti-inflammatory activity. KPV works directly within immune cells to suppress pro-inflammatory cytokine signalling — without systemic immunosuppression. It is particularly well-studied for gut inflammation and intestinal barrier integrity. In this stack, KPV provides the anti-

inflammatory environment that allows BPC-157 and GHK-Cu's repair work to proceed without interference.

COMPOUND 04

TB-500 — Thymosin Beta-4 Fragment

A synthetic fragment of Thymosin Beta-4 — central to cell migration, blood vessel development, and tissue repair. TB-500 drives repair cells to sites of injury, accelerates new blood vessel formation, and reduces acute inflammation. It is particularly valued for musculoskeletal repair and adds the structural healing dimension that extends the stack's reach beyond gut and cellular regeneration into tendons, ligaments, and muscle.

THE STACK EFFECT

Why this combination works as a system.

- **BPC-157** initiates and sustains structural repair across all tissue types — the broadest-acting compound in the stack, providing the foundation everything else builds on.
- **GHK-Cu** activates the cellular machinery for regeneration — collagen synthesis, stem cell recruitment, tissue remodelling — deepening and extending the repair that BPC-157 begins.
- **KPV** controls the inflammatory environment — suppressing the cytokine signals that would otherwise disrupt the repair work BPC-157 and GHK-Cu are performing.
- **TB-500** drives cell migration to injury sites and builds vascular supply — ensuring damaged tissue receives the cellular resources needed to complete structural repair.

*BPC-157 repairs. GHK-Cu regenerates.
KPV quiets the inflammation. TB-500 mobilises.
Together, they heal.*

COMBINED BENEFITS

- **Gut lining restoration.** BPC-157 and KPV together provide exceptional support for leaky gut, IBD, and gastrointestinal inflammation — two of the most studied peptides for gut repair working in concert.
- **Connective tissue and musculoskeletal healing.** BPC-157 and TB-500 together accelerate tendon, ligament, and muscle repair — a recognised combination in recovery protocols.
- **Cellular regeneration.** GHK-Cu's gene activation profile adds a longevity and skin quality dimension to the stack's overall effect.
- **Systemic anti-inflammatory action.** KPV and BPC-157 together provide multi-pathway inflammatory control — addressing both the cellular signalling and tissue-level drivers of chronic inflammation.
- **Gut-brain axis restoration.** As gut healing progresses, improvements in mood, anxiety, and cognitive clarity are consistently reported as downstream benefits.

BEFORE YOU BEGIN

Storage and handling.

Your Klow Stack contains four vials. Each follows the same storage requirements and should be handled with the same care.

TEMPERATURE

Refrigerate all vials at 2–8°C. Never freeze any compound in this stack.

LIGHT

Keep all vials in original packaging or a dark drawer. All peptides degrade with UV exposure.

AFTER RECONSTITUTION

Use each vial within 28 days of mixing. Label each clearly with its reconstitution date.

HANDLING

Swirl gently — never shake. Shaking disrupts peptide structure across all four compounds.

BEFORE EACH USE

Discard any vial that appears cloudy, discoloured, or contains particles.

LABELLING

Keep vials clearly labelled and separate unless your prescriber has directed a combined vial.

WHAT'S IN YOUR KIT

- BPC-157 peptide vial
- GHK-Cu peptide vial
- KPV peptide vial
- TB-500 peptide vial
- Bacteriostatic water for reconstitution
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unclear, contact us before you begin. Do not alter the reconstitution process without guidance.

YOUR INJECTION GUIDE

Step by step. You can do this.

All compounds in the Klow Stack are administered subcutaneously — just under the skin, not into muscle. Your prescriber will have specified whether compounds are administered separately or combined, and the timing for each. The steps below apply to each injection.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. 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 air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh. 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 at 45° 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.

Dispose safely

Place the used needle immediately in a sharps container.

If administering multiple injections per session, take your time between each. Hesitation, a small bruise, mild redness — all common and settle quickly.

By session three, it will feel like second nature.

YOUR JOURNEY

What to expect — week by week.

The Klow Stack works across multiple healing pathways simultaneously — different effects arrive at different times. This is an honest map, not a guarantee. Every body heals in its own sequence.

The repair is happening before you can feel it.

DAYS 3-7	Many people notice an early reduction in gut discomfort, bloating, or inflammation-related pain — driven by BPC-157 and KPV's combined effect on gut lining and inflammatory signalling. Sleep quality often improves as systemic inflammation begins to settle.
WEEKS 2-3	More consistent reduction in GI symptoms. Early improvements in joint or tendon pain as BPC-157 and TB-500 begin supporting musculoskeletal repair. GHK-Cu's regenerative effects start activating at the cellular level.
WEEKS 4-6	Meaningful tissue repair underway across all systems. Significant improvement in food tolerances and digestive comfort. Skin quality changes from GHK-Cu become noticeable. Mood and cognitive clarity often improve alongside gut-brain axis restoration.
MONTH 2-3	Sustained, compounding healing across gut, connective tissue, skin, and systemic inflammation. Faster exercise recovery. Reduced stress reactivity. GHK-Cu's collagen-activating effects continue to compound. Many people describe this as the most settled and restored they have felt in years.

YOUR PRESCRIPTION REMINDER

BPC-157 Dose		mcg/mg
GHK-Cu Dose		mcg/mg
KPV Dose		mcg/mg

TB-500 Dose		mcg/mg
Frequency		× per week
Protocol length		weeks
Do not adjust any dose without speaking to your prescriber first.		

SIDE EFFECTS

What's normal — and what to watch for.

All four compounds in the Klow Stack have well-characterised safety profiles and are generally very well tolerated. We want you fully informed so nothing catches you off guard.

COMPLETELY NORMAL — NO ACTION NEEDED

- **Mild dizziness or nausea in the first few days.** Transient and settles quickly as your body adjusts to the protocol.
- **Slight injection site redness or bump.** Localised, fades within hours. Rotate sites consistently.
- **Changes in bowel habits in the first week.** As gut healing begins with BPC-157 and KPV, some adjustment is normal and settles within days.
- **Mild fatigue in the early days.** As your system begins active repair, brief tiredness is common and resolves on its own.
- **Temporary skin sensitivity or flushing.** Occasionally reported with GHK-Cu as cellular activity increases. Mild and transient.

PLEASE REACH OUT IF YOU EXPERIENCE

- Significant swelling, heat, or pain at any 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 (seek emergency care immediately)
- Persistent worsening of gut symptoms beyond the first week
- 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 support your healing.

The Klow Stack is doing significant repair work across four pathways. These practices reduce the obstacles to that healing and help it proceed as effectively as possible.

Reduce Gut Irritants

Alcohol, NSAIDs, and ultra-processed foods directly damage the gut lining that BPC-157 and KPV are working to repair. Reducing them during your protocol is not optional — they are actively counteracting the compounds you are taking.

Prioritise Whole Foods

A diet rich in diverse plant fibre, quality protein, and fermented foods provides the substrate your gut lining needs to rebuild. Collagen-rich foods such as bone broth and slow-cooked meats also support the connective tissue repair that BPC-157 and TB-500 are driving.

Support Copper Balance

GHK-Cu's copper-binding mechanism means adequate copper status supports its activity. Most people with a varied diet have sufficient copper — but high-dose zinc supplementation can deplete it. Mention any high-dose zinc supplements to your prescriber.

Move Gently — Especially Early

Light, consistent movement supports blood flow to healing tissue and enhances the vascular effects TB-500 is promoting. Avoid loading injured structures heavily in the early weeks — let repair proceed before applying full stress.

Prioritise Sleep

The majority of tissue repair occurs during sleep. Seven to nine hours is the primary recovery window where all four compounds consolidate their effects. This is not optional during this protocol.

Manage Stress

Chronic cortisol elevation directly damages gut barrier integrity — actively working against BPC-157 and KPV. Treat your stress management practice as clinically relevant to your healing protocol.

COMMON QUESTIONS

You asked. We answered.

Do I inject all four compounds separately?

Your prescriber will have specified your administration protocol. Some compounds may be combined in a single injection if prepared together; others may be given at different times. Always follow your prescriber's specific instructions — and call us if anything is unclear before you begin.

Can I take the Klow Stack alongside my other medications?

All four compounds are generally well-tolerated alongside most medications. Your prescriber will have reviewed your full medication list. If anything has changed since your consultation, let us know before continuing.

How long is a typical protocol?

Most Klow Stack protocols run 8-12 weeks. Completing the full protocol — even as symptoms improve early — gives structural repair time to consolidate and significantly reduces the likelihood of recurrence.

My symptoms are improving — should I stop early?

Please don't stop without consulting your prescriber. Early improvement reflects early-stage healing; the deeper structural repair takes longer to complete. The protocol is designed with this in mind.

Is quality important across all four compounds?

Enormously — and particularly in a stack where each compound needs to perform. All four peptides are dispensed through our pharmacy partner to pharmaceutical-grade standards — a completely different standard to unregulated sources.

You are never navigating this alone.

WEBSITE & PORTAL

unearthed-wellness.com

BOOK A CONSULTATION

Via your patient portal

SUPPORT & ENQUIRIES

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.

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