

UNEARTHED WELLNESS

WELCOME KIT

BPC-157 + TB-500 The Wolverine Stack

Comprehensive tissue repair · Gut healing · Systemic regeneration



Your personalised welcome kit from Unearthed Wellness

A NOTE FROM YOUR TEAM

Welcome to your BPC-157 + TB-500 protocol.

You're running the most powerful healing combination in peptide therapy. BPC-157 and TB-500 address tissue repair from two complementary angles — local depth and systemic reach. Together, they are genuinely extraordinary.

This kit covers both peptides: what each one does, how they work together, how to administer your protocol, and what to expect as healing progresses. We're with you every step of the way.

Your body already knows how to do this.

INSIDE THIS KIT

- What BPC-157 and TB-500 are and why they work better together
- Storage and handling for both vials
- Step-by-step injection guide
- What to expect week by week
- Lifestyle practices that support recovery
- Side effects: what's normal and what to watch for
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

The Wolverine Stack.

Named for the Marvel character's extraordinary regenerative ability, the Wolverine Stack combines two of the most potent healing peptides available. BPC-157 (Body Protection Compound) works at the gut lining and local tissue level — promoting repair through growth hormone receptor upregulation, angiogenesis, and nitric oxide modulation. TB-500 (Thymosin Beta-4) travels systemically through the bloodstream, reaching injury sites throughout the body and promoting broad tissue regeneration by regulating actin — the protein at the heart of cellular movement and healing.

Together they provide what neither does alone: BPC-157's local depth and gut-brain axis effects, combined with TB-500's systemic reach and anti-inflammatory power. The combination is meaningfully more than the sum of its parts.

Local depth. Systemic reach. Extraordinary together.

What each peptide contributes

- BPC-157 — gut, tendon and local repair. Gut lining restoration, tendon and ligament healing, gut-brain axis support, post-surgical recovery.
- TB-500 — systemic tissue regeneration. Broad anti-inflammatory action throughout the body, muscle healing, cardiac tissue support, hair follicle health.
- Angiogenesis (both). Both peptides promote new blood vessel formation — bringing oxygen and nutrients to healing tissue throughout the body.
- Synergistic anti-inflammatory effect. The combined reduction in inflammatory cytokine load supports broader systemic health — energy, mood, immune resilience.

YOUR DOSING PROTOCOL

BPC-157 is typically dosed daily. TB-500 often follows a loading phase (twice weekly for 4–6 weeks) followed by a maintenance phase. The two can be combined in one injection or administered separately. Your prescriber will have specified your exact protocol — follow it precisely.

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 peptide vial
- Bacteriostatic water for reconstitution (if applicable)
- Syringes and insulin-gauge needles
- 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. By your third or fourth session, it will feel completely natural.

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.

09 Dispose safely

Place the used needle immediately in a sharps container.

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 common and settle quickly. If you'd like to talk through the process before your next dose, call us.

YOUR JOURNEY

What to expect — week by week.

Every body responds in its own time. This is an honest guide to what most people experience — not a guarantee, but a map.

The repair begins deeper than you can feel.

Days 3–7	Anti-inflammatory effects often noticeable early — reduced swelling, pain, stiffness, and gut discomfort. Many describe a sense of physical ease within the first week.
Week 2–3	Tissue repair accelerates. Meaningful reductions in pain and improved range of motion. Gut healing and food tolerance improvements continue.
Month 2	Structural healing at the tissue level. Faster recovery between training or physical activity. Skin and hair quality often improving alongside systemic inflammation reduction.
Month 3	Most acute injuries substantially healed. Chronic conditions showing meaningful progress. The cumulative anti-inflammatory effect supports broader health — energy, mood, immune resilience.

YOUR PRESCRIPTION REMINDER

Dose _____ mcg / mg
Frequency _____ × per week
Protocol length _____ weeks

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

SIDE EFFECTS

What's normal — and what to watch for.

Your peptide has been prescribed within a clinical framework and dispensed to pharmaceutical-grade standards. We want you fully informed so nothing catches you off guard.

Completely normal — no action needed

- Brief head-rush or mild dizziness after TB-500 injection. Transient, typically resolving within minutes. Inject slowly and remain seated briefly after.
- Mild injection site redness or bump. Localised and transient — common with any subcutaneous injection.
- Initial increase in inflammation at injury sites. Paradoxical early inflammatory response occasionally noted as healing begins. Settles quickly.

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 (seek emergency care if severe)
- 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.

These habits create the conditions for your peptide to work as effectively as possible. None of this is prescriptive — it is what the evidence supports.

ADEQUATE PROTEIN INTAKE

Tissue repair requires amino acids. Aim for 1.4–2g per kg of body weight during an active healing protocol.

MANAGE TRAINING LOAD

The Wolverine Stack accelerates healing but does not eliminate the need for appropriate rest. Work with your recovery, not against it.

REDUCE GUT IRRITANTS

Alcohol, NSAIDs, and ultra-processed foods undermine the gut healing component of BPC-157. Reducing them during your protocol is strongly encouraged.

SLEEP PRIORITISED AS HEALING TIME

The majority of tissue repair occurs during sleep. 7–9 hours is not optional during an active healing protocol.

STAY HYDRATED

Cellular repair and angiogenesis both depend on adequate hydration. 2+ litres of water daily minimum.

CONSIDER TOPICAL SUPPORT

For localised injuries, combining injectable TB-500 with topical BPC-157 cream (if prescribed) can provide additional local coverage.

COMMON QUESTIONS

You asked. We answered.

Can I combine both peptides in the same syringe?

Often yes — your prescriber will have advised whether your specific formulations are compatible. If you are unsure, administer them separately to be safe.

How long should I run the Wolverine Stack?

A typical protocol runs 10–12 weeks. Complex or chronic conditions may benefit from longer cycles. Your prescriber will review your response and adjust.

I'm recovering from surgery — when can I start?

Timing depends on your specific procedure and recovery. Your prescriber will have assessed this and specified when to begin. If your surgery circumstances changed, let us know before starting.

Can I add more peptides to this stack?

Yes — the Wolverine Stack pairs well with Tesamorelin/Ipamorelin for enhanced GH-driven tissue repair, and with Thymosin Alpha-1 for immune support in complex inflammatory presentations. Speak to your prescriber about your goals.

Is it safe to use long-term?

Both peptides have excellent safety profiles with no established toxicity at therapeutic doses. Long-term or cyclic use is supported by the research. Your prescriber will guide the appropriate approach for your situation.

You are never navigating this alone.

HOW TO REACH US

WEBSITE & 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.

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