

UNEARTHED WELLNESS

WELCOME KIT

BPC-157 Body Protection Compound

Gut healing · Tissue repair · Systemic restoration



Your personalised welcome kit from Unearthed Wellness

Welcome to your BPC-157 protocol.

BPC-157 is one of the most versatile healing peptides available — derived from a protein your own stomach produces as part of its natural repair mechanism. You're giving your body a signal it already speaks.

This kit covers what BPC-157 is doing at the tissue level, how to administer your protocol, what to expect as healing progresses, and how to reach us with any questions.

Your body already knows how to do this.

INSIDE THIS KIT

- What BPC-157 is and how it heals
- Storage and handling (including oral vs injectable routes)
- 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.

WHAT YOU'VE ORDERED

Meet BPC-157.

BPC-157 — Body Protection Compound 157 — is a pentadecapeptide: a chain of 15 amino acids derived from a protein naturally found in gastric juice. Your stomach produces a version of this compound as part of its own protective and repair mechanism. Its synthetic counterpart has demonstrated remarkable healing properties throughout the body — not just in the gut, but in tendons, ligaments, muscles, and neural tissue.

BPC-157 works through multiple pathways simultaneously: upregulating growth hormone receptors, promoting new blood vessel formation in injured tissue, modulating nitric oxide production, and exerting significant influence on the gut-brain axis. It doesn't mask symptoms — it actively supports structural and biochemical repair at the tissue level.

15 amino acids. The body's own repair signal.

What it's doing in your body

- Gut lining repair. One of the most studied peptides for leaky gut, IBD, and gastrointestinal inflammation.
- Tendon and ligament healing. Upregulates growth hormone receptors in connective tissue and promotes vascular supply to injured areas.
- Systemic anti-inflammatory effects. Addresses inflammation at the tissue level, with downstream improvements in energy, mood, and function.
- Gut-brain axis restoration. Gut healing frequently translates to improvements in mood, anxiety, and cognitive clarity.
- Post-surgical and overuse injury recovery. Accelerates structural healing across tissue types.

ORAL VS INJECTABLE

When gut healing is the primary goal, oral BPC-157 capsules deliver the peptide directly to the GI tract where it is needed. Injectable administration is preferred for systemic or musculoskeletal goals. Your prescriber will have selected the most appropriate route for your needs — some protocols use both.

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 is happening before you can feel it.

Days 3–7	Many notice an early reduction in gut discomfort, bloating, or inflammation-related pain. Sleep quality may improve as systemic inflammation settles.
Weeks 2–3	More consistent reduction in GI symptoms. Early improvements in joint or tendon pain if musculoskeletal healing is the primary goal.
Weeks 4–6	Meaningful tissue repair underway. Significant improvement in food tolerances and digestive comfort. Mood and cognitive clarity often improve alongside gut-brain axis restoration.
Month 2–3	Sustained healing continues. Faster recovery from exercise, reduced systemic inflammation, improved stress resilience. Many describe feeling the most settled in their gut in years.

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

- Mild dizziness or nausea in the first few days. Particularly with injection — transient and settles quickly.
- Slight injection site redness or bump. Localised, fades within an hour or two.
- Changes in bowel habits in the first week. As gut healing begins, some adjustment is normal and settles.

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.

REDUCE GUT IRRITANTS

Alcohol, NSAIDs, and ultra-processed foods directly damage the gut lining BPC-157 is working to repair. Reducing them during your protocol accelerates healing meaningfully.

PRIORITISE WHOLE FOODS

A diet rich in diverse plant fibre, quality protein, and fermented foods provides the substrate your gut lining needs to rebuild.

MANAGE STRESS ACTIVELY

Chronic stress is directly toxic to gut barrier integrity via cortisol. Whatever your stress practice — treat it as part of your healing protocol.

STAY HYDRATED

Adequate hydration supports gut motility, mucosal lining health, and the elimination of inflammatory byproducts.

SLEEP

The majority of gut repair occurs during sleep. Prioritising 7–9 hours directly supports your BPC-157 protocol.

ROTATE INJECTION SITES

If using injectable BPC-157, rotating sites prevents localised tissue irritation and maintains effectiveness.

COMMON QUESTIONS

You asked. We answered.

Can I take BPC-157 alongside my other medications?

BPC-157 is generally well-tolerated alongside other treatments, but your prescriber will have reviewed your full medication list. If your medications have changed since your consultation, let us know.

How long is a typical protocol?

Most healing protocols run 8–12 weeks. Chronic conditions may benefit from longer or cyclic protocols. Your prescriber will review your response and adjust accordingly.

My gut symptoms are improving — should I stop early?

Please don't stop without consulting your prescriber first. Early symptom improvement often reflects early-stage healing; the structural repair that prevents recurrence takes longer.

Can I use BPC-157 alongside TB-500?

Yes — this combination (the Wolverine Stack) is one of the most powerful healing stacks available. If your goals extend beyond gut healing, speak to your prescriber about adding TB-500.

Is the quality of BPC-157 important?

Enormously. Unregulated online sources carry no quality guarantee. The BPC-157 dispensed through our pharmacy partner is pharmaceutical grade — a completely different standard.

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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