

UNEARTHED WELLNESS

WELCOME KIT

Glow

(GHK-Cu · BPC-157 · TB-500)

Skin renewal · Tissue repair · Regeneration



Your personalised welcome kit from Unearthed Wellness

A NOTE FROM YOUR TEAM

Welcome to your Glow Stack protocol.

The Glow Stack is built around one of the most powerful principles in regenerative medicine: that deep, lasting beauty is a reflection of deep, structural health. GHK-Cu, BPC-157, and TB-500 do not address the surface — they work at the level of collagen synthesis, tissue repair, vascular regeneration, and cellular renewal. The visible results are real, but they are the output of genuine biological restoration happening underneath.

This is not a cosmetic protocol dressed in clinical language. These three compounds have meaningful, well-studied mechanisms that happen to produce remarkable effects on skin quality, tissue resilience, and recovery — alongside systemic benefits that extend well beyond the mirror. Your prescriber has determined this combination is appropriate for your goals and health context.

This kit covers what each compound contributes and how they work as a system, 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 amplify your results
- 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

Three compounds. One regenerative system.

The Glow Stack pairs the most studied copper peptide in regenerative medicine with two of the most effective structural repair compounds available — creating a protocol that works from the cellular level outward, producing results that are visible, structural, and lasting.

COMPOUND 01

GHK-Cu — Copper Peptide

The centrepiece of the Glow Stack. GHK-Cu is a naturally occurring copper-binding tripeptide found in human plasma, saliva, and urine — and one of the most extensively studied compounds in skin and tissue regeneration. It activates thousands of genes involved in tissue repair and renewal, stimulates collagen and elastin synthesis, promotes stem cell activation, and exerts potent antioxidant and anti-inflammatory effects. GHK-Cu is the primary driver of the visible skin renewal in this stack — improving tone, texture, firmness, and the reduction of hyperpigmentation — while also supporting wound healing and connective tissue remodelling at a systemic level.

COMPOUND 02

BPC-157 — Body Protection Compound

The systemic repair foundation of the stack. BPC-157 is a 15-amino-acid peptide derived from a protective protein in gastric juice — your body's own repair signal now working throughout the body. It upregulates growth hormone receptors in connective tissue, promotes new blood vessel formation in damaged areas, and modulates nitric oxide for improved tissue perfusion. In the Glow Stack, BPC-157 provides the systemic repair and vascular support that amplifies and sustains GHK-Cu's regenerative work — extending the effects well beyond the skin into tendons, gut lining, and neural tissue.

TB-500 — Thymosin Beta-4 Fragment

The cellular mobilisation and vascular layer of the stack. TB-500 is a synthetic fragment of Thymosin Beta-4 — central to cell migration, new blood vessel development, and tissue repair. It drives repair cells to sites of damage, accelerates the formation of new vasculature in healing tissue, and reduces acute inflammation. In the Glow Stack, TB-500 enhances the delivery of regenerative signals throughout the body — ensuring that the cellular renewal GHK-Cu activates and the structural repair BPC-157 drives are fully supported by blood flow, cellular recruitment, and reduced inflammatory interference.

THE STACK EFFECT

Why this combination goes deeper.

- **GHK-Cu** activates the cellular regeneration machinery — collagen and elastin synthesis, stem cell recruitment, gene expression for tissue renewal — driving the visible and structural renewal that defines this stack.
- **BPC-157** amplifies and sustains the repair environment — promoting vascular supply to healing tissue, upregulating growth hormone receptors in connective tissue, and providing the systemic foundation that GHK-Cu's effects build on.
- **TB-500** mobilises repair cells to where they are needed, builds new blood vessel networks in healing tissue, and reduces inflammatory interference — ensuring the regeneration that GHK-Cu and BPC-157 initiate is fully resourced and completed.

GHK-Cu renews. BPC-157 repairs and sustains.

TB-500 mobilises and delivers.

The results show in the mirror — and beyond it.

- **Skin renewal and radiance.** GHK-Cu drives collagen and elastin synthesis, improving skin firmness, texture, tone, and luminosity. BPC-157 and TB-500 support the vascular and structural environment that makes these improvements lasting.
- **Hyperpigmentation and even skin tone.** GHK-Cu's well-documented effects on melanin regulation produce progressive improvement in uneven pigmentation, dark spots, and skin tone consistency.
- **Connective tissue strength and resilience.** All three compounds contribute to the structural integrity of tendons, ligaments, and fascia — improving physical resilience alongside visible skin results.
- **Wound healing and scar remodelling.** GHK-Cu and BPC-157 together provide some of the most well-studied support for wound healing and scar tissue remodelling available in peptide therapy.
- **Systemic anti-ageing and cellular renewal.** GHK-Cu's gene activation profile extends well beyond skin — supporting antioxidant defence, mitochondrial function, and the cellular renewal processes that underpin healthy ageing.
- **Recovery and tissue repair.** BPC-157 and TB-500 together accelerate recovery from physical exertion, injury, and overuse — making the Glow Stack as relevant to an active lifestyle as it is to skin health.

BEFORE YOU BEGIN

Storage and handling.

Your Glow Stack contains three vials. Each follows the same storage requirements and should be handled with the same care — peptide degradation affects both safety and results.

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 — particularly GHK-Cu — 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 three 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 preparation.

WHAT'S IN YOUR KIT

- GHK-Cu peptide vial
- BPC-157 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 from your prescriber.

YOUR INJECTION GUIDE

Step by step. You can do this.

All three compounds in the Glow 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. Call us if you'd like to talk through the process.

By session three, it will feel like second nature.

YOUR JOURNEY

What to expect — week by week.

The Glow Stack works across cellular, structural, and vascular levels simultaneously — which means different effects arrive at different times. Collagen remodelling and skin renewal are gradual processes; the most meaningful results compound over weeks and months. This is an honest map, not a guarantee.

*Real renewal takes time.
But it also lasts.*

DAYS 3-7 Some people notice an early improvement in skin hydration, softness, or a subtle brightness — early signs that GHK-Cu's cellular activity is underway. BPC-157 begins supporting vascular supply and tissue repair. Sleep quality and systemic inflammation often improve in the first week.

WEEKS 2-3 More consistent improvements in skin texture and tone become apparent. Early collagen activity is underway at the cellular level, though the full visible effect takes longer. Physical recovery from exercise improves as BPC-157 and TB-500's musculoskeletal effects begin to build.

WEEKS 4-6 Visible skin improvements become pronounced — improved firmness, more even tone, reduced dullness, and noticeable radiance. Hyperpigmentation begins to lighten progressively. Connective tissue resilience improves. Energy and systemic wellbeing often reflect the broader anti-inflammatory and cellular renewal effects.

MONTH 2-3 Sustained and compounding renewal across skin, connective tissue, and systemic health. Collagen remodelling continues to consolidate — many people describe their skin as feeling and looking the most vital it has in years. Physical resilience, recovery, and energy continue to improve alongside the visible results.

YOUR PRESCRIPTION REMINDER

GHK-Cu Dose _____ mcg/mg

BPC-157 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 three compounds in the Glow 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 injection site redness or bump.** Localised and transient — fades within hours. Consistent site rotation prevents recurrence.
- **Temporary skin sensitivity or flushing.** Occasionally reported with GHK-Cu as cellular activity ramps up in the early weeks. Mild and self-resolving.
- **Mild fatigue or nausea in the first few days.** Particularly with the first few injections — transient and settles quickly as your body adjusts.
- **A temporary skin purge in the first 1-2 weeks.** As GHK-Cu accelerates cellular turnover, some people notice a brief increase in skin activity — minor breakouts or texture changes — before clarity improves. This is a known and temporary response.

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 or worsening skin reactions beyond the first two weeks
- Anything that doesn't feel right — trust your instincts and call us

NOTE ON COPPER BALANCE

GHK-Cu is a copper-binding peptide. In individuals with Wilson's disease or known copper metabolism disorders, copper-containing compounds should only be used under direct medical supervision. If you have any history of copper metabolism issues, ensure your prescriber is aware before beginning this protocol.

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

AMPLIFY YOUR RESULTS

Practices that deepen your renewal.

The Glow Stack is working at the cellular level — and the environment you create around it determines how fully those cellular changes express themselves. These practices are genuinely part of the protocol.

Protect Your Skin From UV

GHK-Cu is actively working to improve your skin — but UV radiation is one of the primary drivers of the collagen breakdown and pigmentation it is repairing. Daily SPF 30 or higher is not optional during this protocol. It is protecting the investment your protocol is making.

Support Copper Balance

GHK-Cu's copper-binding mechanism means adequate dietary copper supports its activity. Found naturally in shellfish, nuts, seeds, and dark leafy greens. High-dose zinc supplementation can deplete copper — mention any supplements to your prescriber.

Prioritise Quality Protein

Collagen synthesis — the primary mechanism behind GHK-Cu's skin effects — requires adequate amino acid availability, particularly glycine, proline, and hydroxyproline. Quality protein at every meal, and collagen-rich foods where possible (bone broth, slow-cooked meats), directly supports your protocol's primary mechanism.

Stay Hydrated

Skin hydration, collagen structure, and the cellular processes GHK-Cu is activating all depend on adequate water intake. This is simple and significant — consistent hydration supports every mechanism in this stack.

Prioritise Sleep

The majority of cellular repair and collagen synthesis occurs during sleep — particularly during slow-wave stages. Seven to nine hours directly supports the regenerative work of all three compounds in this stack.

Rotate Injection Sites

Consistent rotation between abdomen and outer thighs maintains reliable, even absorption and prevents localised tissue changes over a longer protocol.

COMMON QUESTIONS

You asked. We answered.

Do I inject all three compounds separately?

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

How soon will I see skin results?

Most people begin noticing improvements in skin brightness and texture between weeks two and four. More significant changes in firmness, pigmentation, and tone compound progressively over months — collagen remodelling is a biological process that cannot be rushed, but the results it produces are structural and lasting.

Can I take the Glow Stack alongside my other medications or skincare?

All three compounds are generally well-tolerated alongside most medications. Your prescriber will have reviewed your medication list. For topical skincare — retinols, acids, and active serums work in the same cellular renewal space as GHK-Cu and can complement the protocol; discuss with your prescriber or skincare provider for a coordinated approach.

How long is a typical protocol?

Most Glow Stack protocols run 8-12 weeks for meaningful skin and tissue results. Given that collagen remodelling continues to compound after the protocol ends, many people choose maintenance cycles. Your prescriber will guide you based on your response and goals.

Is the quality of these compounds important?

Enormously — and particularly for GHK-Cu, where the copper chelation chemistry must be precise. All three peptides in your kit 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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