GLOW Blend (BPC-157 + TB-500 + GHK-Cu)

Healing & Recovery | 3 peptides | SAFETY GRADE C

GLOW peptide combines BPC-157, TB-500 and GHK-Cu for tissue repair, inflammation control and collagen remodeling. Dosage, benefits, side effects and evidence.

What Is in the Vial

BPC-157 | TB-500 | GHK-Cu

- The dosing table below describes the pre-blended 70 mg vial: 50 mg GHK-Cu, 10 mg BPC-157, 10 mg TB-500, a 5:1:1 GHK-Cu : BPC-157 : TB-500 split.
- The ratio is fixed at manufacture. You cannot move one component without moving all three. Raising the blend dose raises GHK-Cu with it.
- GHK-Cu sets the tier (1 to 2 mg per day, subcutaneous). GHK-Cu is 50 mg of the 70 mg vial, so it is 71 percent of every draw. The GHK-Cu dose sets the tier and the total follows from the ratio. 1,000 mcg GHK-Cu needs a 1,400 mcg draw. 1,670 mcg needs 2,330 mcg, the amount the originating protocol describes. 2,000 mcg needs 2,800 mcg.
- Separate component vials: Two sources conflict and neither is authoritative. The originating protocol says to hold the 5:1:1 ratio when dosing separately. Community separate-vial reports use GHK-Cu 2 mg per day, BPC-157 500 mcg per day, and TB-500 2 mg twice weekly, which is not 5:1:1. Both are presented here; pick with a prescriber. GHK-Cu 2 mg per day loading, halved for maintenance (community). Own page: 1 to 2 mg per day. BPC-157 500 mcg per day (community). Own page carries the full tier set. TB-500 2 mg twice weekly (community). The twice-weekly schedule is the reason many users choose separate vials; a pre-blended vial forces daily.
- Blend ratios are not standardized. Confirm the milligram breakdown on your COA before dosing. If your ratio differs, the component split above does not apply. Budget vials have been reported at roughly 200 mcg GHK-Cu per dose, 5 to 10 times below the community range.

Dosing

TIER	BLEND DOSE	FREQUENCY	ROUTE	WHAT THAT DOSE DELIVERS
Beginner	1,400 mcg	Daily	SubQ	GHK-Cu 1,000 mcg, BPC-157 200 mcg, TB-500 200 mcg
Moderate	2,330 mcg	Daily	SubQ	GHK-Cu 1,664 mcg, BPC-157 333 mcg, TB-500 333 mcg. Matches the dose the originating protocol describes: about 1,670 mcg GHK-Cu per injection.
Aggressive	2,800 mcg	Daily	SubQ	GHK-Cu 2,000 mcg, BPC-157 400 mcg, TB-500 400 mcg. Top of the 1 to 2 mg per day community range for GHK-Cu. No source establishes a higher blend dose.

Every dose above is the total blend, not a per-component dose. Based on the 70 mg vial in 3 mL bacteriostatic water (23.3 mg/mL): 1,400 mcg = 6 units, 2,330 mcg = 10 units, 2,800 mcg = 12 units on a U-100 insulin syringe.

Cycle: 6 weeks on, 2 weeks off

Community cycles run 4 to 8 weeks depending on injury severity, 6 weeks most often, with a 2-week minimum break. The originating GLOW protocol sets no fixed length: it says to run until healing is achieved and take at least 15 days off between cycles. Neither schedule has trial support. For acute injuries 4 to 6 weeks is typical; some users extend to 8 weeks for chronic conditions with provider oversight.

Storage: 2-8°C (36-46°F) after reconstitution. Time to use after reconstitution varies by compound, so check the storage section on the peptide page rather than assuming a standard window.

Where This Dosing Comes From

SPECULATIVE

Anchored on the GHK-Cu component. Community range 1 to 2 mg per day; the originating GLOW protocol states the 5:1:1 ratio and no dose. Totals are ratio arithmetic on that anchor, shown on the page.

Published research (confidence: weak)

No combination studies exist for the three-peptide blend. Individual components have preclinical (animal) support. BPC-157 has one published human IV safety pilot (PMID 40131143, n=2, 2025). TB-500 has no human data for the subcutaneous route; the Phase I PK cited for it (PMC8419156) studied recombinant full-length thymosin beta-4 given IV. GHK-Cu has gene-modulation in vitro data (PMID 26236730). No RCTs for any component in the healing indications claimed.

Sources: PubMed: PMID 40131143, PMC12313605, PMC12446177, PMID 26236730, doi:10.3390/cosmetics2030236, PMC8419156, PMID 21030672

Community reports (confidence: moderate)

Positive sentiment; users report meaningful healing quality improvement vs. BPC-157 + TB-500 alone, attributing collagen and skin/connective tissue benefits to GHK-Cu. Primary concern: GHK-Cu underdosing in budget pre-mixed vials undermines outcomes.

Reported by: ~200+ threads (r/Peptides, r/Nootropics); community sentiment 4.3/5

This protocol online: peptideschedule.com/protocols/healing/jay-campbell-glow-protocol
GLOW Blend calculator: peptideschedule.com/calculator/glow-blend-dosage-calculator
Protocol Planner (add to calendar): peptideschedule.com/protocol
Protocol source: https://jaycampbell.com/fat-loss/glow-peptide-protocol-bpc-157-tb-500-ghk-cu/

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