

COMMON PEPTIDES YOU MAY HEAR ABOUT

POPULAR ≠ SAFE.
JUST BECAUSE IT'S USED.
DOESN'T MEAN IT'S APPROVED.



POTENTIAL RISKS

- ⚠ Unknown long-term effects (especially in growing athletes)
- ⚠ Hormonal imbalances
- ⚠ Changes in mood, appetite and sleep
- ⚠ Effects on heart, liver, kidneys and immune system
- ⚠ Risk of contamination or incorrect dosing
- ⚠ Interactions with other medications or supplements
- ♥ May impact growth, puberty and future fertility

LAYERING = MORE RISK

Many athletes don't just take one peptide. They stack multiple peptides with supplements, medications and intense training.



We don't know how these layers interact — especially in young, developing bodies.

MORE VARIABLES. LESS KNOWN.

PRESSURE vs. FACTS

- “Everyone is doing it.” ❌ Most athletes aren't, and it's not risk-free.
- “It's natural, so it's safe.” ❌ Natural doesn't mean safe at higher doses or in synthetic forms.
- “A clinic sells it, so it must be legal.” ❌ Legal to sell does not mean safe or approved for your use.
- “It won't show up on a drug test.” ❌ Some peptides are prohibited by WADA and/or NCAA.

WHERE DO THEY COME FROM?

✓ FDA-APPROVED MEDICATIONS

- Approved for specific medical conditions
- Known safety and quality standards
- Prescribed by a healthcare provider



COMPOUNDED PEPTIDES

- Made by compounding pharmacies
- May be used for off-label purposes
- Not FDA-approved
- Quality, purity and dosing can vary



ONLINE / “RESEARCH USE ONLY” PRODUCTS

- Not approved for human use
- Often labeled “Research Use Only”
- No guarantee of safety, purity or accurate dosing
- May be contaminated or counterfeit

SPORTS RULES



WADA



Some peptides are prohibited by WADA and/or NCAA rules.

Don't assume a peptide is allowed just because it's not named. Always check the current list.

JUST TAKING A PEPTIDE? IT'S NOT AS SIMPLE AS IT SOUNDS.



- Reconstitution of powder (into liquid)
- Sterile technique and supplies
- Math and dose conversions (mg ↔ mcg, concentration, volume)
- Proper injection technique
- Storage and beyond-use dating
- Knowing what to monitor (e.g., labs, side effects)

Most people didn't go to pharmacy school. This isn't as simple as it looks.

DEVELOPING ATHLETES



Growing bodies are more sensitive. We don't know the long-term impact of peptide use on:

- Growth and development
- Brain health
- Hormones and fertility
- Injury risk
- Future performance potential

EXPERIMENTING NOW COULD IMPACT TOMORROW.



ASK YOURSELF:

- ☑ Is it safe?
- ☑ What are the long-term risks?
- ☑ Is it necessary?
- ☑ Is it worth it?

REAL PERFORMANCE COMES FROM HEALTHY CHOICES, NOT SHORTCUTS.



PROTECT YOUR FUTURE.