



KPV AND BPC-157 ARE AVAILABLE IN NON-INJECTION FORMULATIONS

Polypeptides are chains of amino acids that are derived from protein foods. Consequently, if they are swallowed, they, like food, may be so digested by the intestine and liver that they aren't very effective. Consequently, for the best effects KPV and BPC-157 need to be taken as an injection, sublingual (under the tongue) or nasal spray formulations. We have become aware that several companies market both polypeptides in non-injection formulations.

- KPV: Available as oral or nasal spray (One source: Integrative Peptides)
- BPC-157: Available as sublingual tablet (One source: Super nutrition) or as a spray (One source: Gorilla Healing)

FREQUENCY OF USE:

To start we recommend daily use of a polypeptide for a week. After a week, use it 3 to 5 days a week. Some persons with adhesive arachnoiditis (AA) like to use KPV daily as it greatly reduces pain. Be clearly advised: some persons can become tolerant to polypeptides, so skipping some days will keep the polypeptide active and effective.

HOW TO USE:

Both KPV and BPC-157 should be part of a three-component medical protocol:

1. Reduce inflammation and autoimmunity
2. Regenerate tissue
3. Control pain

They work best when simultaneously used with a protein diet, collagen or amino acid supplement, and a regenerative hormone such as colostrum.

TAKE HOME MESSAGE: Polypeptides may be rendered ineffective by the intestine and liver if they are swallowed. Sublingual and spray formulations are recommended over injections due to convenience, a more specific dosage, and legal questions with injectable polypeptides.

Reference: Brzoska, et al. Alpha-melanocyte stimulating hormone and related tripeptides: biochemistry, anti-inflammatory, and protective effects in vitro and in vivo, and future perspectives for the treatment of immune-mediated diseases. Endocrine Reviews 2008;29:581-602