GLOW (BPC-157 + TB-500 + GHK-Cu) Research Summary

Research Library Summary — PHX Performance Research

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What the Research Suggests, in Plain Language

“GLOW” is a name for three peptides used together: BPC-157, TB-500 and GHK-Cu. No study has tested the three together, in animals or in people.

• Each ingredient has its own research. BPC-157 and TB-500 have mostly been studied in animals. GHK-Cu has been studied mostly on the skin, in people and animals.

• The only published papers that mention the three together are recent review articles that discuss each peptide separately.

• There is no safety research on the combination.

In short: nothing published shows what the combination does, or that it is safe or effective in people. See the BPC-157, TB-500 and GHK-Cu summaries for the research on each ingredient.

Overview

GLOW refers to a combination of BPC-157, TB-500, and GHK-Cu. All three are short synthetic peptides. No published studies of the three-way combination are identified.

What the Research Actually Presents

Individual peptides:

• BPC-157: Primarily animal injury-model studies (rats) with very limited, low-certainty human pilot data.

• TB-500: Animal tissue-repair models; human data almost entirely limited to full-length thymosin beta-4 (Tβ4) candidates rather than the synthetic fragment.

• GHK-Cu: Topical cosmetic and wound studies in humans; animal and in-vitro wound models; no controlled human data for injected forms.

Combination: The catalog contains only six 2026 review articles that mention the peptides together. No primary studies (animal or human) test the three-way combination. No studies report synergistic effects of the blend.

What the Research Suggests

Each peptide has separate preclinical or limited clinical literature.

No studies have tested whether combining all three produces synergistic effects. Any discussion of the blend remains limited to reviews of the individual components.

Mechanism and Signaling Pathways (as described in the literature)

No mechanism studies of the three-way combination exist. Component mechanisms are described in the individual BPC-157, TB-500, and GHK-Cu summaries.

Research Landscape

Catalog: 6 records — 0 human randomized controlled trials (RCTs), 0 other human, 0 animal, 0 in-vitro, 6 reviews, 0 systematic reviews/meta-analyses, 0 other. No primary studies of the combination.

Key Studies

No primary studies of the combination exist. The six review articles in the catalog:

• Mayfield CK et al. 2026 (Am J Sports Med): injectable peptide therapy primer (PMID 41476424).

• Rahman OF et al. 2026 (J Am Acad Orthop Surg Glob Res Rev): therapeutic peptides in orthopaedics (PMID 41490200).

• Mendias CL et al. 2026 (Sports Medicine): safety and efficacy of approved and unapproved peptide therapies (PMID 41966639).

• Mavrych V et al. 2026 (Frontiers in Aging): therapeutic peptides in gerontology (PMID 42021992).

• Tewari K et al. 2026 (Am J Sports Med): peptide supplements in sports medicine (PMID 42578445).

• Luansritisakul C et al. 2026 (Curr Pain Headache Rep): peptides in regenerative medicine (PMID 42635865).

Safety Findings Reported in the Studies

No safety data on the combination.

Limitations and Evidence Gaps

No primary studies of the three-way combination. No evidence of synergistic effects.

Regulatory Status

Combination is not an approved product. See individual component entries.

References

2026 review articles: PMID 41476424, PMID 41490200, PMID 41966639, PMID 42021992, PMID 42578445, PMID 42635865. See BPC-157, TB-500, and GHK-Cu summaries for primary literature.

Evidence reviewed through November 2026 (PHX research catalog snapshot of PubMed, ClinicalTrials.gov and Europe PMC).

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