The systems check scorecard

Peptide Lab · Episode 08 · Free guide

Some peptides are tested in thousands of people. Some, only in rats. Go, hold or no-go for 9 peptides people talk about.



For learning only, not medical advice. Talk to a doctor first.

How to read the lights

- **GO:** approved, and proven in people.
- **HOLD:** reported, or still being tested.
- **NO-GO:** not proven in people.

Every claim also gets one of four evidence stamps:

- ● **Proven:** tested in people, in good trials, and the results held up.
- ◐ **Reported:** small or early reports, or company results. Not proven yet.
- ○ **Animal / lab only:** seen in animals or cells. People are not mice.
- ◌ **Theory:** makes sense on paper. Nobody has tested it well.

System 1 · Sleep and the body clock

Pinealon and Epitalon

- The claim: better sleep and a reset body clock.
- The evidence: small studies, mostly from one research group in Russia. The best-known sleep study in older people used a gland extract, not Epitalon itself.
- Status: not approved anywhere.

Light: HOLD · ◐ Reported

System 2 - Weight and blood sugar

- **Semaglutide:** approved for type 2 diabetes (2017) and for weight (2021). Tested in thousands of people. **GO** · ● **Proven**
- **Tirzepatide:** approved for type 2 diabetes (2022) and for weight (2023). Tested in thousands of people. **GO** · ● **Proven**
- **Retatrutide:** adds a third signal, glucagon. In big trials, results so far come from the company that would sell it. Not approved anywhere. **HOLD** · ◐ **Reported**

System 3 - Growth

Both of these tell your body to release its own growth hormone.

- **Tesamorelin:** approved in the US in 2010 for one job: excess belly fat in people with HIV. **GO for that one use · ● Proven**
- **CJC-1295:** only early tests in people, and never approved for anything. Its maker stopped work on it. **NO-GO**

Approved for one thing does not mean proven for anything else.

System 4 · Repair

BPC-157 and TB-500

- The claim: faster healing of tendons, gut and nerves.
- The evidence: a 2025 review found 36 studies on BPC-157. 35 were in animals, and none were controlled trials in people.
- Status: not approved anywhere.

Light: NO-GO for humans · ○ Animal / lab only

One risk to watch · ◌ Theory: new blood vessels could, in theory, feed a hidden tumor.

The scorecard at a glance

Peptide	System	Light	Stamp
Pinealon	Sleep	HOLD	◐ Reported
Epitalon	Sleep	HOLD	◐ Reported
Semaglutide	Weight	**GO**	● Proven
Tirzepatide	Weight	**GO**	● Proven
Retatrutide	Weight	HOLD	◐ Reported
Tesamorelin	Growth	GO, one use	● Proven
CJC-1295	Growth	NO-GO	Not approved
BPC-157	Repair	NO-GO	○ Animal / lab only
TB-500	Repair	NO-GO	○ Animal / lab only

Run your own systems check

The peptide you heard about:

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1. Which system does it target?

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2. Is it approved, and for what?

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3. Was it tested in people?

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4. My light: GO, HOLD or NO-GO?

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Save this. Ask your doctor.

1. What problem are we treating?
2. What research backs this tool?
3. How will we measure the result?

And the basics come first: sleep, training, food.

I'm Ly. I'm not a doctor. I'm experimenting and sharing my results. Don't copy me.

No doses, no sources, nothing for sale. For learning only, not medical advice. Talk to a doctor first.

Next episode: the weight-loss drug evolution. Follow Ly for Peptide Lab.