The fight file

Peptide Lab · Episode 13 · Free guide



BPC-157 and TB-500 after my ACL surgery: what I used, what I noticed, and what the evidence really says.

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

My fight

- Sunday, 3 p.m. Muay Thai sparring with a partner I've trained with for 10 years.
- Bad timing: I turned, his kick landed, and I had a grade 3 ACL tear. The ACL (anterior cruciate ligament) is a band inside the knee. Grade 3 means torn all the way through.
- Surgery on 22 October 2025: a piece of my hamstring became a new ACL, held by 2 screws.
- Then a brace, no stairs, no bending. Physio 3 times a week for 6 months.

My story · n = 1

What I took

- When the brace came off, I started BPC-157 and TB-500, until about month 6.
- The internet calls the pair "the Wolverine stack".
- What I noticed: no soreness the next day, so I kept training.
- That is one person with no comparison. It is not evidence that they worked.

No doses, no sources. I'm not a doctor. Don't copy me.

◐ My experience

Round 1 · TB-500

- TB-500 is a lab-made piece of thymosin beta-4, a protein your own cells make: 7 of its 43 building blocks.
- It showed up first in horse and greyhound racing, around 2011.
- The FDA (the US medicine regulator) found no study that gave TB-500 to a person. It also found no animal safety studies.
- Two vials sold as "TB-500" may not even hold the same molecule.

● **Proven: FDA review, July 2026**

Round 2 · The ban

- In 2016, a sports court banned 34 Australian footballers.
- The ruling named thymosin beta-4, the protein TB-500 is cut from. There were no positive drug tests; the court ruled on messages and testimony.
- Today both BPC-157 and TB-500 are banned in sport at all times, in and out of competition (World Anti-Doping Agency list, 2026).

● **Proven: court ruling and the 2026 list**

Round 3 - BPC-157

The exciting results come mostly from rats and dishes.

What was studied	People	What it showed	Stamp
Every human study in a 2026 review	30 people in 3 studies	No placebo group, all rated poor quality	● Proven
The "Wolverine stack" in people	4 patients, phone survey	3 of 4 said it helped; no control group, no exam	◐ Reported
A 2005 bowel trial with a placebo	53 people	No clear benefit; FDA called the data inadequate	◐ Reported

Round 4 · ACL grafts

- Human studies of BPC-157 or TB-500 on ACL grafts, or on any human ligament: **0**.
- No trial is registered either.
- The closest: in rats, BPC-157 helped a cut knee ligament heal (2010). A rat knee is not your knee.
- The first placebo trial after tendon surgery (shoulder) is planned for 2027. It has not started.

● Proven (as an absence, October 2026) · ○ the rat study

Round 5 · The vote

- July 2026: should US pharmacies be allowed to make BPC-157 and TB-500?
- The FDA's own scientists said no.
- Its outside advisers voted yes anyway: 8 to 6 for each, 1 abstained.
- The vote is advice only. The FDA has the final say and has not decided.
- At the meeting, some panelists raised a possible cancer concern for TB-500. That is a worry, not a finding.

◐ Reported: trade press and law firms · ◌ the cancer concern is a theory

Back to running

Who	When they ran	Stamp
My physio's plan	About month 9	My story
Me	5K at month 6	My story
Most people after ACL surgery	Start jogging around month 3 (median 12 weeks, range 5 to 39)	● Proven

- So my running was normal to good, not unusually fast.
- For returning to sport, the evidence favours waiting about 9 months: re-injury risk fell with every month people waited, up to month 9.

● Proven: review of 201 studies (2018) and the Delaware-Oslo study (2016)

The verdict

What the internet says	What the evidence shows	Stamp
"Heals tendons and ligaments fast"	Shown in rats and dishes	○ Animal or lab
"Proven in people"	BPC-157: 3 tiny, poor studies. TB-500: none	● Proven
"The FDA approved it"	No. Advisers voted; the FDA hasn't decided	◐ Reported
"Safe"	No human safety data for TB-500	● Proven
"It fixed Ly's knee"	One person, no comparison. Nobody can tell	n = 1

Before you talk to your doctor

Is it legal and approved where I live, and in what form?

What evidence is behind the benefit I want: people, animals or dishes?

I compete in sport. Is this on the banned list?

How will we know if my recovery is on track without it?

Next round

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

I'm Ly. I tore my ACL and used BPC-157 and TB-500. I recovered well, and I can't tell you why. I'm not a doctor. Don't copy me.

Next episode: can you mix peptides?

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

Follow Ly for Peptide Lab.