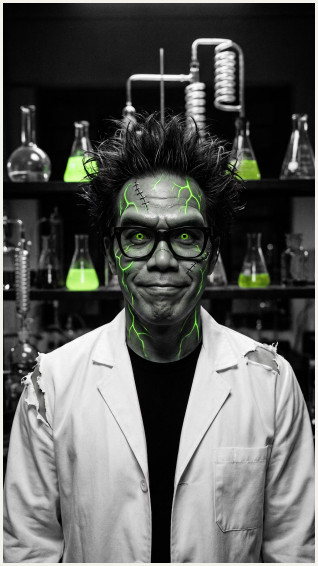
The stack file

Peptide Lab · Episode 14 · Free guide

8 famous peptide stacks, and what has actually been tested in people. Plus my own five: all 10 pairs, checked.



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

My stack

- Today I take three peptides at once: retatrutide (for belly fat), Semax (for focus) and Selank (for calm).
- I'm thinking of adding two more: MOTS-c and GHK-Cu.
- After my ACL surgery I used BPC-157 and TB-500. I stopped at about month 6, when I could run again and had less pain. They were only for the recovery.
- So I asked: can you mix peptides? This file is what I found.

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

My story · n = 1

What a stack is

- A stack is two or more products taken over the same period, or mixed in one vial, for one goal.
- Online, stacks come with names, "protocols" and tier lists. A 2026 review warns these sources "should not be interpreted as evidence of clinical efficacy or safety."
- You're not alone if you stack: in US clinic notes, half of BPC-157 users were also taking something else.

◐ Reported: Cureus review 2026; clinic-notes preprint 2026, not peer reviewed

8 famous stacks

● Proven: searched Europe PMC and ClinicalTrials.gov, 23 Oct 2026 (an absence of studies)

Stack	What's in it	Tested together in people?
"Wolverine"	BPC-157 + TB-500	4 patients, a phone survey
GLOW	BPC-157 + TB-500 + GHK-Cu	None found
KLOW	GLOW + KPV	None found
"GH stack"	CJC-1295 + ipamorelin	None found
Growth blend	Tesamorelin + ipamorelin	None found
Weight-loss "mix"	Tirzepatide + retatrutide	None found
Brain drops	Semax + Selank	None found
"Whatever else"	BPC-157 + testosterone, painkillers or steroids	Seen in clinic notes only

Stack 1 · The famous pair

- In people: one chart review reached 16 patients by phone. 4 had used the pair, and 3 of those 4 said it helped. No exam, no one to compare them with.
- The one test of the pair against each part alone: 32 rats with a repaired Achilles tendon, 4 weeks. The pair did no better than either one.
- One small animal study can't prove the pair doesn't work. It also gives no reason to think two beat one.

◐ **Reported (people)** · ○ **Animal or lab (rats)**

GLOW and KLOW

- GLOW is the famous pair plus GHK-Cu. KLOW is GLOW plus KPV, a tiny 3-block piece of a pituitary hormone.
- Human studies of either blend: zero that I could find.
- Every KLOW ingredient is on the FDA's list of compounded drugs that may pose safety risks.
- Sources even disagree on what's inside: some vials say TB-500, others the full protein it's cut from.

● Proven: FDA safety-risk page, 2026 · ◐ Reported: the contents, from one guide and sellers' pages

What real testing looks like

One combination weight-loss drug (cagrilintide plus semaglutide) was tested the regulated way.

Result: each part did something alone, and together they did more. In US rules, every part of a combination has to earn its place.

● **Proven: NEJM 2025; US rule 21 CFR 300.50**

	The real combo	The famous pair
People in the study	**3,417**	**16**
People who took the combination	**2,108**	**4**
Each part tested alone too	Yes	No
Placebo group	Yes	No
Length	68 weeks	One phone call

One key, or keys taped together?

- Tirzepatide and retatrutide are single molecules that hit two or three targets. That's one key cut for several locks, tested as that one key. Not a stack.
- A stack is several keys taped together. Each one travels, breaks down and causes side effects on its own schedule, and nobody tested the bundle.
- Tirzepatide's own label says don't combine it with another GLP-1 drug. In August 2026, the FDA warned a seller of a tirzepatide plus retatrutide "mix".

● Proven: Zepbound label 2026; FDA warning letter, 24 Aug 2026 · ○ Theory: the keys picture

More vials, more risk

- In one 2026 data set of 6,441 grey-market peptide samples, 4 to 7 in 10 failed basic quality checks, depending on the standard. 15% had a bacterial toxin.
- Rough maths: if about 4 in 10 products fail, the chance at least one is bad is about 8 in 10 with three products, and about 9 in 10 with five.
- If a reaction happens on a blend, you can't tell which ingredient caused it.

◐ Reported: preprint 2026, not peer reviewed · ◌ Theory: my arithmetic

My five · all 10 pairs

● **Proven: searched Europe PMC and ClinicalTrials.gov, 23 Oct 2026 (an absence of studies)**

Pair	Human study of the two together?
Retatrutide + Semax	0
Retatrutide + Selank	0
Retatrutide + MOTS-c	0
Retatrutide + GHK-Cu	0
Semax + Selank	0
Semax + MOTS-c	0
Semax + GHK-Cu	0
Selank + MOTS-c	0
Selank + GHK-Cu	0
MOTS-c + GHK-Cu	0

Where my five stand

Semax and Selank point in different directions on anxiety, and I take both.

	Today	Stamp
Retatrutide	Lowers weight and blood sugar in big trials. Not approved anywhere yet	● Proven
Semax	Approved only in Russia. Its label warns against use with anxiety disorders	● Proven
Selank	Approved only in Russia, sold for anxiety	● Proven
MOTS-c	Prevented blood sugar problems in mice. First placebo trial in people still running	○ Animal or lab
GHK-Cu	No published human study of the injection	● Proven

The monster

- Not what we know. What nobody tested.
- Five products at once, for months: safe, or working? Nobody can say. Not me, not the internet.
- Overlap to watch: fatigue, energy, sleep, mood and heart rate show up on retatrutide, and they're exactly what Semax and Selank are taken for. If I feel different, any of the three could be why.

◌ **Theory · nobody knows**

2 changes = 0 answers

- Start two new things together, and any change could be A, B, the two together, or time, training, sleep and belief.
- That's why the FDA asks combination trials to test both, each part alone, and placebo.
- My rule: if I add anything, it's one at a time, and I measure before and after.

● **Proven: FDA codevelopment guidance, 2013 · My story · n = 1**

Sport

A blend is banned if any one ingredient is banned. If you're tested, ask your national anti-doping agency.

● **Proven: WADA 2026 Prohibited List**

	2026 banned list
BPC-157, TB-500	Banned at all times
CJC-1295, ipamorelin, tesamorelin	Banned at all times
MOTS-c	Banned by name, at all times
Retatrutide, Semax, Selank, GHK-Cu, KPV	Not named. Status unclear

Before you talk to your doctor

Is each product approved where I live, and in what form?

Which of the things I already take could overlap or interact with it?

What will we measure before I start, and what counts as working or harming?

I compete in sport. Is anything in it on the banned list?

Next episode

The peptide they call "exercise in a bottle".

I'm Ly. I take three peptides at once and I'm thinking about five. Nobody has tested my stack, so I'll add one thing at a time and measure. I'm not a doctor. Don't copy me.

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

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