

ANTI-AGING & REGENERATIVE

GHK-Cu

Renewal in a copper complex



Potential benefits

- ✓ Boosts collagen & skin elasticity
- ✓ Softens fine lines & improves firmness
- ✓ Speeds wound healing & tissue repair
- ✓ Supports hair-follicle health & growth
- ✓ Antioxidant & anti-inflammatory action

AVAILABLE AS

Injection

Oral Capsules

Topical

GHK-Cu

Glycyl-L-Histidyl-L-Lysine Copper Tripeptide (endogenous regenerative peptide)

Schedule: Rx only (compounded)

Route: Subcutaneous / Topical / Oral

Dosage Form: Sterile injection, topical preparation, oral capsule

Compounding Standard: USP 797 sterile compounded

1. Medication Identification

Endogenous copper-binding tripeptide that declines with age. PCI Pharmacy formulation: 12 mg/mL sterile injection in 2 mL vials; topical preparations available on request; available in 4mg capsules

2. Indication / Therapeutic Use

Off-label support for tissue regeneration, anti-aging skin and hair protocols, wound healing, and antioxidant support.

3. Dosing and Administration

Injection: 1200 mcg subcutaneous

Topical: Apply as directed

Oral: Take 1 capsule by mouth daily

Frequency: 3 times weekly or daily per protocol

Duration: Per prescriber protocol

What to do if a dose is missed: Administer/Take your next dose when you remember. If within 12 hours of your next scheduled dose, skip the dose and take your next dose as scheduled. Do not double dose to compensate for a missed dose.

4. Mechanism of Action / Pharmacology

Copper-binding tripeptide that modulates expression of over 4,000 human genes toward youthful, reparative patterns. Stimulates collagen, elastin, and fibroblast synthesis, drives angiogenesis, and suppresses reactive oxygen species through antioxidant signaling.

5. Contraindications

- ☐ Known copper sensitivity or Wilson's disease
- ☐ Active malignancy (theoretical concern)
- ☐ Pregnancy or lactation
- ☐ Open or infected skin lesions for topical use

6. Warnings and Precautions

- ☐ Counsel patients to consider zinc supplementation; copper may deplete zinc over time
- ☐ Injection site irritation and local effects are common; rotate sites
- ☐ Monitor copper status with long-term high-dose therapy

7. Adverse Reactions

- ☐ Injection site irritation and local effects common
- ☐ Topical: occasional mild irritation in sensitive individuals
- ☐ Transient erythema or pruritus at application sites

8. Drug Interactions

- ☐ Zinc supplements (advise concurrent zinc to offset depletion)
- ☐ Copper-chelating medications (penicillamine, trientine) may reduce efficacy
- ☐ Caution with other systemic anti-aging or wound-healing compounds

9. Storage, Stability, and Beyond-Use Date

Visually inspect vial to ensure no precipitants, damage or cloudy liquid remains. Visually inspect capsules to verify they are all the same size and color, and fully intact. Injectable: refrigerated at 35 – 42 degrees Fahrenheit, do not freeze, protected from light. Oral capsules: refrigerated at 35 – 42 degrees Fahrenheit, do not freeze, away from heat, light, and moisture. Topical: room temperature, away from heat and light. Beyond-use date per pharmacy SOP. Beyond-use date per pharmacy SOP and USP 797 guidance.

10. Compounding and Dispensing Notes

Sterile compounded injectable prepared under USP 797 conditions. Topical and oral compounded per USP 795. Document lot, BUD, and patient-specific Rx.