The Consumer's Guide to Using Peptide Therapy.

Aesthetics · Longevity · Weight Loss · GLP-1 · Brain Function

FOUNDRY *Rx*

NOT A FIX. A REFINEMENT.

Contents

Medical Disclaimer. *The following information is for educational purposes only. It does not replace nutritional, medical, or psychological advice and should not be used to diagnose or treat any condition without medical supervision. Always consult a qualified healthcare provider before beginning any new therapy.*

01 — START HERE

Choosing Peptides From a Reputable Source

Before we discuss what peptides can do for your body, there is something more important to address: **where your peptides come from.** This is not a minor detail. It is the single most critical decision you will make on your peptide therapy journey — because a peptide is only as good as the integrity of its source.

The Uncomfortable Truth About the Peptide Market

An estimated 99% of raw peptide materials sold in the United States today originate from overseas manufacturers — the vast majority from China. These peptides often arrive as bulk powder with little to no independent verification of purity, potency, or sterility. They may be mislabeled, under-dosed, contaminated with heavy metals, bacterial endotoxins, or entirely different compounds than advertised. When you inject something into your body, you deserve to know exactly what it is.

What to Demand From Any Provider

Not all compounding pharmacies are created equal. The standard you should hold any provider to is simple — but non-negotiable:

100% USA-Sourced Raw Materials: Every amino acid and active compound should be sourced domestically, from suppliers operating under FDA oversight. No exceptions.

503B Compounding Pharmacy Standards: A 503B-registered outsourcing facility is held to the highest level of pharmaceutical compounding oversight in the country — cGMP compliance, mandatory sterility testing, and regular FDA inspection.

Rigorous Third-Party Testing: Every batch should be independently tested for identity, potency, sterility, endotoxin levels, and heavy metals before it ships. Certificate of Analysis documentation should be available and verifiable.

Physician-Supervised Protocols: Legitimate peptide therapy is a medical service, not a supplement purchase. Your protocol should be prescribed and reviewed by a licensed clinician.

Why Foundry RX Is the Standard

Foundry RX was built from the ground up around one principle: **you should never have to wonder what you're putting in your body.** In an industry where corners are routinely cut and sourcing is routinely obscured, we chose to do the opposite.

The Foundry RX Difference

+ 100% USA-made peptides — sourced and compounded domestically, start to finish
+ 503B compounding pharmacy partnerships — the highest regulatory standard available
+ Rigorous batch testing — purity, potency, and sterility verified on every product
+ Physician-supervised protocols — licensed across all 50 states
+ Full transparency — no overseas raw materials, no shortcuts, no compromises

When 99% of the market is cutting costs with overseas-sourced materials, choosing Foundry RX is a commitment to your health. Because when you're injecting a compound into your body to optimize your health, **nothing less should be trusted.**

02 — THE CASE

Why Use Peptide Therapy?

Peptide therapy has the primary goal of supporting cell signaling, body recovery, and proper tissue repair. We're giving the body the tools to perform its functions properly. As a part of aging, our tissues break down faster, and the labor of repairing slacks off and can't catch up. That's why we tend toward chronic pain, higher injury rates, and low energy levels.

Peptide therapy is a tool in such cases to support key body functions we may have lost gradually. It helps lean muscle mass grow, promotes bone tissue remodeling and repair, and improves the look and feel of your skin, nails, and hair. Along with a healthy lifestyle, it can be a real game-changer — making you look younger, feel stronger, and providing cellular health support that reflects throughout your entire body.

03 — BASICS

Commonly Asked Questions

What Is Peptide Therapy?

Peptides are small proteins that travel through the body, reach target receptors in cells, and send a message. They modulate how cells work and communicate with different tissues to work in unison.

In peptide therapy, you would be providing your body with these peptides, administered in injections in the arms, lower abdomen, or legs. Any body part with adequate fatty tissue works. The injection site should always be away from blood vessels.

How Long Until You Notice Peptides Are Working?

The answer depends on the individual, the symptoms being addressed, and the peptide being used. If your symptoms are now part of daily living, the effects might take longer to show up.

Peptides are not introducing an unknown substance to your body — they trigger normal body functions and only help your body do what it usually does, but more efficiently. Effects will be faster if your organism is struggling with a task it previously had no problem with.

How Are Peptides Administered?

Peptides can be administered in different ways. The most common include:

- Oral application in the form of supplements
- Through the skin in patches or topical creams
- Intranasal applications using a swab
- Via injection — the most popular and most effective form

04 — AUDIENCE

Who Is This For?

Some people have the wrong idea about peptides — they think it is only meant for athletes. The reality is that most people who use peptide therapy are active moms, doctors, and business owners, among others. They have in common an active search for longevity, better skin repair, and faster muscle recovery.

05 — THE GLP-1 PROBLEM

GLP-1 & Peptide Support

GLP-1 receptor agonists like semaglutide and tirzepatide have transformed medically supervised weight loss. Millions of people are now on these medications — and getting real results. But rapid fat loss through GLP-1 therapy comes with a well-documented challenge that almost nobody talks about: **significant loss of lean muscle mass, bone density, and connective tissue integrity.**

The Hidden Cost of GLP-1 Weight Loss

Studies show that up to 25–40% of total weight lost during GLP-1 therapy can come from lean mass rather than fat. This creates a cascade of downstream risks — reduced metabolic rate, joint instability, increased fracture risk, and a much higher likelihood of weight regain once therapy is paused or discontinued.

Why Muscle, Bone & Ligament Health Is Non-Negotiable

Muscle is your body's primary metabolic engine. The more lean mass you preserve during weight loss, the more calories you burn at rest, the better your insulin sensitivity, and the more resilient you become against future weight gain. This is why two people can lose the same amount of weight and end up with completely different bodies and metabolic outcomes.

Bone density loss during rapid weight loss is equally serious — and largely invisible until it isn't. Ligament and tendon integrity determines how your body handles the physical demands of daily life as weight comes off. Joints that were previously cushioned by fat become suddenly load-bearing in new ways. Without structural support, injury risk climbs.

This is where strategic peptide co-therapy becomes a true differentiator. The right combination of peptides can protect and even *build* lean tissue simultaneously — turning your GLP-1 protocol into a comprehensive body recomposition program, not just a weight loss intervention.

Key Peptides to Pair With GLP-1 Therapy

BPC-157: Accelerates repair of tendons, ligaments, and muscle tissue under the stress of rapid body composition change. Especially valuable for joint discomfort that can accompany weight loss.

CJC-1295 / Ipamorelin: Stimulates natural growth hormone release to preserve and rebuild lean muscle mass while fat is being lost — the ideal anabolic counterpart to a GLP-1 protocol.

Thymosin Beta 4 (TB-500): Supports connective tissue remodeling and maintains structural integrity of ligaments and tendons as the body undergoes rapid morphological change.

AOD-9604: Targets fat metabolism directly, helping ensure weight loss comes preferentially from fat rather than lean tissue.

MK-677 (Ibutamoren): A growth hormone secretagogue that promotes deep sleep, muscle protein synthesis, and bone mineral density — three areas directly challenged during caloric restriction.

NAD+: Supports mitochondrial function and cellular energy production — critical when the body is in a caloric deficit and cellular demands are heightened.

The Foundry RX Approach to GLP-1 Co-Therapy

At Foundry RX, we believe GLP-1 therapy without a structured muscle and bone preservation protocol is an incomplete solution. Our clinicians design co-therapy protocols that pair your GLP-1 prescription with the precise peptides needed to protect lean mass, strengthen connective tissue, and optimize your results — so the weight you lose stays off, and the body you build is one you're proud of.

GLP-1 + Peptide Co-Therapy — What's Included

+ Personalized GLP-1 protocol (semaglutide or tirzepatide)
+ Lean mass preservation peptide stack (BPC-157, CJC/Ipamorelin, TB-500)
+ Fat targeting co-therapy (AOD-9604, MOTS-C)
+ Physician supervision at every step
+ USA-sourced, 503B compounded — every vial, every time

06 — THE SCIENCE

How GLP-1 Actually Works

Let's talk about the biology — because once you understand what GLP-1 is doing inside your body, the whole weight loss journey starts to make a lot more sense.

The Quick Science

GLP-1 stands for Glucagon-Like Peptide-1. It's a hormone your gut naturally secretes after you eat. Think of it as your body's built-in 'I'm full and everything is under control' signal — it talks to your pancreas, your brain, your stomach, and your fat cells all at once.

Step 1 — It Slows Everything Down (On Purpose)

One of GLP-1's first jobs is to slow gastric emptying — the rate at which food moves from your stomach into your small intestine. This isn't a side effect. It's the mechanism. Food lingers longer in your stomach, you stay fuller longer, blood sugar rises more gradually, and your insulin response is smoother. No spikes. No crashes. No 3pm vending machine emergency.

Step 2 — It Talks Directly to Your Brain

GLP-1 receptors live in the hypothalamus — the region of your brain that manages hunger, appetite, and reward-driven eating. When a GLP-1 agonist activates these receptors, it dials down food cravings, reduces the pleasure response to high-calorie foods, and helps recalibrate what 'hungry' actually feels like. Many patients report that food just becomes less interesting. That's not willpower. That's neuroscience.

By the Numbers

Clinical trials for semaglutide showed average body weight reductions of 14–17% over 68 weeks. Tirzepatide pushed that to 20–22% in some trials — figures previously only seen with bariatric surgery.

Step 3 — It Regulates Insulin & Blood Sugar

GLP-1 tells your pancreas to release insulin when blood glucose rises — and stops signaling when glucose returns to normal. This glucose-dependent mechanism is what makes GLP-1 agonists so much safer than older diabetes medications. It also suppresses glucagon, the hormone that tells your liver to dump stored glucose into the bloodstream. The result: more stable blood sugar, reduced insulin resistance, and a metabolic environment that favors fat burning.

Step 4 — The Catch Nobody Talks About

GLP-1 agonists are extraordinarily good at creating a caloric deficit — but the body doesn't distinguish cleanly between fat and muscle when shedding weight rapidly. Without deliberate intervention, a meaningful portion of the weight lost will come from lean tissue: muscle, bone density, and connective tissue.

This is why the Foundry RX model pairs every GLP-1 protocol with co-therapies designed to protect and preserve what you're building — not just subtract what you're losing. The goal isn't just a smaller number on the scale. It's a stronger, leaner, more resilient body.

The Takeaway

GLP-1 therapy is one of the most powerful metabolic tools available today. When paired with the right peptide co-therapy protocol, resistance training, and adequate protein intake, it becomes a true body recomposition strategy — not just a weight loss drug.

09 — CONDITION

Autoimmune Disease

Autoimmune problems are a common cause of disability and sometimes even death. In many cases, they are preventable. Once you have this type of problem, it may take weeks, months, or years to achieve a noticeable recovery.

According to studies, gut dysbiosis can be one of the triggers of autoimmune disease. The gut lining contains tight junctions that do not allow any foreign particles in. When the tight junction system is not working as it should, toxic byproducts and food particles make contact with immune cells and trigger an autoimmune response.

Taking care of your gut microbiota is essential to recovering from these ailments. Some peptides are particularly beneficial:

Low Dose Naltrexone (LDN): Increases enkephalins — substances that regulate how we experience mood and pain.

LL-37: Helps counter fungal and bacterial overgrowth without disrupting healthy gut bacteria.

NAD+: Promotes muscle tissue repair and stimulates mitochondrial function. Also promotes cell autophagy.

Thymosin Alpha 1: Modulates immune function, which is dysregulated in individuals with autoimmune conditions.

Met-Enkephalin (ME): A naturally released cytokine that interacts with immune cells and regulates how they work and act together.

08 — PERFORMANCE

Muscle Building

Exercise, diet, and a healthy lifestyle are important for muscle building. But peptides can also provide an edge for those with a metabolic problem or just needing quicker gains.

After using these peptides, most patients experience a noticeable improvement in muscle recovery and repair, muscle tone, flexibility, strength, and endurance. They also reduce muscle spasms and speed up fat loss in some cases.

CJC/Ipamorelin: Helps the organism burn fat faster and improves muscle recovery time by providing an additional energy source.

BPC-157: Increases the production of nitric oxide, associated with nerve, ligament, and muscle function. Also helps prevent bone injuries.

NAD+: Promotes muscle tissue repair and stimulates mitochondrial function. Also encourages cell autophagy.

Thymosin Beta 4: An excellent peptide for surgical recovery or acute injury. Helps reduce the burden of accumulated damage and overuse injuries.

08 — BODY COMPOSITION

Weight Loss

Weight loss is sometimes difficult because it depends on various hormones, immune function, and gut health, among others. When all cells and tissues communicate optimally, weight loss is easier and more sustainable.

A healthy lifestyle and diet are mandatory, and these peptides may also contribute by improving mitochondrial function, modulating insulin sensitivity, and regulating hunger and satiety hormones.

5-Amino-1MQ: Inhibits the creation of new fat cells and helps reverse diet-induced obesity. Reduces bad cholesterol and improves fat metabolism.

AOD-9604: Modulates fat metabolism by stimulating lipolysis (fat burning) and inhibiting lipogenesis (fat formation).

MOTS-C: Regulates how cells respond to insulin, reducing insulin resistance and stimulating fat oxidation and glucose utilization.

Semaglutide: Modulates the release of hunger hormones and helps lose weight by slowing digestion and lowering HbA1C levels.

Amlexanox: Improves blood levels of LDL cholesterol and reduces insulin resistance while promoting fatty acid transport and oxidation.

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10 — RECOVERY

Gut Health and Sleep

Tight junctions in the gut lining are essential for intestinal permeability. Peptides in this section contribute to maintaining tight junctions and their role in gut health. These peptides also help control bacterial overgrowth and modulate immunity.

BPC-157: Facilitates tissue repair under stress conditions and improves the function of opioid systems in the brain, providing anti-ulcer effects and promoting sleep.

DSIP: Improves the neuronal system, calming anxiety and stress, and improving sleep efficacy and latency through modulations in glutamatergic and GABAergic neurons.

LL-37: Boosts first-line defenses in the gut and protects the organism against infectious agents.

KPV: Has anti-inflammatory potential and protects the gut against microbial agents. Also helpful in healing chronic injuries.

11 — COGNITION

Brain Function

Peptides can also promote cognitive function, memory, and clarity. Some of them contain growth factors that stimulate neurogenesis and the ability of the brain to produce and use energy.

The most critical peptides for cognitive function include:

Cerebrolysin: Has neuroprotective effects, shielding neuronal cells from lactic acid and free radical damage. May also help counter Alzheimer's, Parkinson's, and other neurodegenerative conditions.

Dihexa: Derived from the protein angiotensin IV, useful in promoting cognitive function in Alzheimer's disease research.

Epitalon: Modulates several brain functions including the hypothalamus, anterior pituitary, and epiphysis. Normalizes melatonin and gonadotropin levels.

Semax: Promotes learning by improving attention span and memory, with a double effect by regulating behavioral and functional determinants of cognitive function.

Tesamorelin: Used as a nootropic and reduces the risk of stroke by decreasing carotid intima-medial thickness, C-reactive protein, and visceral adipose tissue.

12 — NEXT STEPS

How Can I Access Peptides?

Ready to begin your peptide therapy journey?

Visit us at foundryrx.co to explore our full catalog of prescription peptide protocols, GLP-1 weight loss programs, and cellular beauty & longevity treatments — all backed by licensed providers and sourced from 503B compounding pharmacies.

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