PRIMESPAN · FREE CHEAT SHEET

20 Peptides, *Graded*

What each one is sold to women over 50 for, and what the human trials found.
Take it to the clinic, or read it before you click “buy”.

Proven in human trials: 4 Borderline: 3 Unproven or failed: 13

Peptide	Sold to you for	What the human trials show	Grade and verdict
PROVEN, FOR A DEFINED CONDITION, ON PRESCRIPTION			
Semaglutide	Weight loss	Average loss of 14.9% of body weight, against 2.4% on placebo (n=1,961).	Strong DEPENDS
Tirzepatide	Weight loss	Up to 20.9%, against 3.1% on placebo (n=2,539).	Strong DEPENDS
Teriparatide	Osteoporosis	65% fewer new spine fractures (n=1,637).	Strong DEPENDS
Abaloparatide	Osteoporosis	New spine fractures in 0.58%, against 4.22% on placebo (n=2,463).	Strong DEPENDS
BORDERLINE: WEAK OR OFF-LABEL AFTER MENOPAUSE			
PT-141 (bremelanotide)	Libido	Approved before menopause only. No more satisfying sexual events; nausea in 40%.	Weak SKIP
Tesamorelin	“Menopause belly”	Tested in HIV-related fat build-up, mostly in men. No change in weight. No trial after menopause.	Weak SKIP
Sermorelin	Sleep, fat, energy	Small 1990s trials: sleep unchanged; body fat down 5% to 8%.	Weak SKIP
UNPROVEN OR FAILED			
CJC-1295	Muscle, fat, sleep	Raises growth-hormone levels. No trial of any health outcome.	Marketing-only SKIP
Ipamorelin	Muscle, fat, sleep	Its one published trial, in bowel-surgery patients, did not beat placebo (n=114).	Marketing-only SKIP
BPC-157	Joints, tendons, gut	35 of 36 studies were in animals or cells. The one randomised human trial did not beat placebo.	Marketing-only SKIP
TB-500	Injury recovery	No human study.	Marketing-only SKIP
KPV	Gut, skin	Cell and rodent studies only.	Marketing-only SKIP
GHK-Cu, injected	Skin, hair	No human study of the injection. As a serum it is a cosmetic.	Marketing-only SKIP
AOD-9604	Fat loss	Tested and failed: no more weight lost than on placebo over 24 weeks (n=536).	Marketing-only SKIP
MOTS-c	Metabolism, energy	Mouse studies. No study in people was found.	Marketing-only SKIP
Kisspeptin-10	“Hormone balance”	No menopause trial.	Marketing-only SKIP
Semax	Focus, “brain fog”	One abstract and one uncontrolled study. Nothing on focus or menopause.	Marketing-only SKIP
DSIP	Deep sleep	Tiny 1980s studies. The two independent placebo-controlled ones were negative.	Marketing-only SKIP
Epitalon	Longevity	The telomere claim comes from cells in a dish.	Marketing-only SKIP
Thymosin alpha-1	Immunity	Its largest trial, in sepsis, found no fewer deaths (n=1,106). No wellness trial.	Marketing-only SKIP

How to read it. Grades are for women after menopause and for the use named. **Strong**: several randomised trials, or approval for that exact use. **Weak**: small or company-run studies, or trials in a different group of people. **Marketing-only**: no meaningful human evidence for the claim. “Depends”: right problem, right person, on prescription. No peptide is approved in the US or UK to treat a menopause symptom.

BEFORE YOU PAY FOR ANY PEPTIDE

Six questions. *Five red flags.*

A seller who has good answers will not mind being asked. Write the answers down before you pay.

Ask these

1. Is it approved for this use, in this country?
   Approved for something else is not the same thing.
2. Which human trial supports it, in whom, and against placebo?
   Women, after menopause, is the trial that counts for you.
3. Who made this product, and is the maker licensed to make medicines?
4. What happens if I react to it, and who is responsible?
5. What does a year cost, including tests and memberships?
6. What is the cheaper, proven alternative, and why are we not starting there?

Leave if you hear any of these

"It's for research use only, but everyone injects it."

"The FDA approved it in July."

"You don't need a prescription."

"This offer ends today."

"The trials are in progress, but our patients love it."

In July 2026 an FDA advisory committee voted in favour of six peptides, against the advice of the FDA's own scientists. The vote was advisory. By October 2026 none could lawfully be compounded.

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4 of 20

are proven medicines: two for weight, two for bones at high risk of fracture. All four need a prescription.

Cheapest

is often best-tested: for almost every complaint after menopause, the option with the best evidence is one of the cheapest on the menu.



THIS SHEET GIVES THE VERDICTS. THE BOOK GIVES THE REASONS.

Feel Like Yourself After 50

Peptides and Hormones Debunked: What Works, What Is Marketing, and What to Pay

- The evidence, legal status and price behind each of these 20 grades.
- The hormone options beside them: HRT, vaginal oestrogen and testosterone.
- What each costs by four routes, in US $ and UK £.
- The full appointment script, and a first 30 days.

Get the book: primespan.health/menopause

This sheet is an educational summary of published research. It is not medical advice, diagnosis or treatment, and it is not a substitute for a qualified healthcare professional. Medicines are described, not recommended. It gives no doses and no instructions for obtaining or using any product. Trial figures are from the sources listed in *Feel Like Yourself After 50* and were checked in October 2026; rules and evidence change. © 2026 PrimeSpan.