

The Honest Peptide Guide

What we prescribe, what we don't, and when we'll tell you peptides aren't for you.

We were skeptical about peptides for a while. We watched too many clinics push them as the next miracle, and we wanted to see real results in our own patients before we got behind any of it. Once we did, we got behind a narrow set of peptides for a narrow set of reasons. This guide tells you which ones, why, and, just as importantly, when we'll tell you they're not for you.

If you've read anything about peptides online lately, you already know the category is loud. Instagram is loud. The research-chemical sites are loud. The clinics that sell peptides to anyone who walks in are loud. We are not. We want you to read this guide, understand what peptides actually are, understand what they actually can and can't do, and come in for a **Consult** if you think they might be right for you. Sometimes the answer will be yes. Sometimes the answer will be "not yet." Sometimes the answer will be "no, and here's what you actually need instead." That's the conversation we'd rather have than the prescription we'd rather not write.

What peptides actually are

Peptides are short chains of amino acids that act as signaling molecules in the body. They tell tissues to repair, hormones to release, metabolism to shift, the immune system to respond. The body makes thousands of them. We can also make them in a pharmacy.

Peptide medicines are not new in medicine. Insulin, one of the earliest, has been in clinical use for over 100 years. The peptide therapies we prescribe today are a different generation of molecules - used under medical supervision for a different set of indications - but the underlying principle is the same. A targeted signal, delivered for a specific reason, monitored by a clinician who knows what to watch for.

What good peptide care looks like

When peptide therapy works, and at BioJust we have seen it work...it works because of four things, in this order:

- **The right diagnosis first.** Peptides are not the starting point. They're what we reach for after a workup tells us they fit. For example if your hormones are off, we fix that first. If what's actually wrong is something where peptides are not the answer, we'll tell you.
 - **Individualized protocols.** Same peptide, different patient, different dose, different cycle. We don't copy-paste protocols from a wellness influencer. We dose based on your labs, your goals, and your tolerance.
 - **Pharmaceutical-grade sourcing.** Every peptide we prescribe is compounded by a licensed U.S. 503A pharmacy. More on that below, it's the single biggest line between peptides that work and peptides that may do harm.
 - **Medical supervision throughout.** Same provider every visit. Labs at the right intervals. Adjustments based on what we see, not on what the calendar says.
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What bad peptide care looks like

We are writing this section because we have seen the patients who come to us after the other version. Here's what to look for.

- **"Research chemical" peptides bought online.** These are sold without prescription, without pharmacist oversight, without sterility testing, and without any accountability for what is actually in the vial. Unknown purity. Unknown potency. Bacterial contamination is documented. The price difference is real. The risk difference is also real.
 - **Same protocol for every patient.** If a clinic puts every weight-loss patient on the same peptide stack regardless of labs, that is a vending machine, not a clinic. Walk out.
 - **No baseline labs.** If nobody pulled blood before they handed you a vial, nobody knows whether peptides are appropriate for you. Nobody can monitor what they're doing once you start.
 - **A different provider every visit.** Peptide therapy is a relationship, not a transaction. You should see the same face. They should remember your history without re-reading it.
 - **Pressure to start today.** Peptides are not an emergency intervention. If someone is rushing you toward a prescription on the first visit, that's the clinic's incentive structure talking, not your physiology.
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What we use peptides for at BioJust

We use a narrow set of peptides for a narrow set of reasons. We will not list every indication you might read about online, because we don't prescribe for every indication you might read about online. Per the

strategy this practice runs on, peptides live inside a bucket we call *Get yourself back* - alongside hormone optimization and thyroid management. They support recovery, sleep, body composition, and resilience. They are not, in our hands, a miracle for healthy aging. They are not a substitute for fixing hormones that are out of balance. They are not a weight-loss shortcut.

When peptides fit a patient, the change can be real. *Sleep that finally restores. A body that recovers from training the way it used to. Inflammation that has been running in the background for years, finally settling.* When peptides don't fit - because the root cause is somewhere else, we say so. That has not made us popular with patients who came in already convinced of what they wanted. It has made us trusted by the patients who wanted someone to look closer first.

Why we only compound through licensed U.S. 503A pharmacies

A 503A compounding pharmacy is a state-licensed pharmacy that compounds medications for an individual patient against a valid prescription. They follow sterile preparation standards. They source ingredients from regulated suppliers. They're inspected. They're accountable.

We compound every peptide we prescribe through 503A pharmacies. That is not the cheapest option. It is the only option that lets us know what is actually in the vial we hand you.

The "research chemical" peptides sold online - the ones at a fraction of the cost - are unregulated. There is no pharmacist between the seller and you. There is no sterility testing. There is no guarantee of what's in the bottle. We have seen patients come to us after using them. **We don't want you to be one of those patients.**

On safety, in plain language

When prescribed appropriately and sourced from a licensed compounding pharmacy, peptide therapies have an established safety record in clinical use. Effectiveness depends on the specific peptide, the patient, and the protocol...which is why we evaluate fit before we prescribe, and why we monitor afterward.

Peptides are not without risk. Side effects vary by molecule. Some patients respond beautifully; some respond modestly; some shouldn't be on them at all. The job of a real clinic is to figure out which of those three you are *before* writing the prescription, not after. That is what a Consult is for.

Peptides alongside hormone replacement therapy

Some patients benefit from peptide therapy as part of a broader hormone protocol. Some don't. The combination needs to be supervised, not because it's inherently dangerous, but because the body responds to signals as a system, and stacking signals without monitoring is how clinics end up causing the problems they were trying to fix.

If you're already an HRT patient at BioJust and you're curious whether peptides would add anything to your protocol, ask your provider at your next visit. The answer is sometimes yes, sometimes no, and sometimes "not until we get the hormone work fully dialed in."

Six questions to ask before you start peptide therapy - anywhere

Ask any clinic these six questions - including us. If a clinic won't answer plainly, that's your answer.

Ask any clinic	Here's our answer
Who's prescribing this?	<i>At BioJust:</i> A licensed Louisiana provider you'll see at every visit. Not a different face each time. Not a telehealth doctor you'll never meet in person.
Which pharmacy is compounding the medication?	<i>At BioJust:</i> A licensed U.S. 503A pharmacy. We'll tell you which one. Ask the next clinic the same question and see whether they will.
Is the pharmacy licensed in the United States?	<i>At BioJust:</i> Yes. Every time. No exceptions, no overseas sourcing, no "research chemical" suppliers.
How should the medication be stored?	<i>At BioJust:</i> We'll walk you through it in person at your visit and send it home with you in writing. If a clinic doesn't do both, that's a flag.
What monitoring will you do?	<i>At BioJust:</i> Labs at the right intervals - never more than you need, never less. We adjust based on your numbers, not on a generic protocol clock.
What side effects should I watch for?	<i>At BioJust:</i> The ones that matter for the specific peptide we prescribe, written down for you. Not a copy-pasted disclaimer that covers every peptide ever made.

Before you book anywhere

If you've read this far and you're still wondering whether peptides are right for you, that's **exactly** the conversation we'd rather have than the prescription we'd rather not write.

Book a **Consult** with one of our providers. We'll look at your labs, your history, your goals, and what you've already tried. If peptides belong in your protocol, we'll tell you that and tell you why. If they don't, we'll tell you that too - and we'll tell you what you actually need instead.

That's the BioJust difference, and it's the only kind of clinic we know how to run.

Look Closer.

This guide is for educational purposes only and is not a substitute for individualized medical advice. Peptide therapy is appropriate only after evaluation by a licensed healthcare provider. Individual results vary based on patient history, protocol, and adherence. BioJust does not guarantee specific outcomes