

PATIENT GUIDE

GHK-Cu *for skin and repair*

A clear look at the copper peptide your body makes, the ways it is used on the skin and by injection, and what the research supports today.

COMPOUND	CLASS	ROUTES	RESEARCH	SOURCES
GHK-Cu	Copper peptide	Topical, injection	Mostly topical	30 · PMID linked

§ 01

Why we are talking about GHK-Cu

GHK-Cu is a small copper carrying peptide that your own body makes. It circulates in your blood, it is found in saliva and urine, and the amount you carry falls as you get older.¹ It has been an ingredient in skin care for many years, and more recently it has been offered by injection as well. That history, together with some interesting laboratory science, is why so many patients ask us about it. In the laboratory it supports the building blocks of skin repair, and in a randomized trial in people with diabetes, a GHK copper gel helped foot ulcers close.^{2 3}

This guide explains what GHK-Cu is, how it appears to work, the ways it is used, and what the published research supports so far. Almost all of the human research is on products applied to the skin, and we will be clear about which route has evidence behind it and which does not yet. Where a finding comes only from cells or animals, we say so. The sources are listed at the end, with links so you can read them yourself.

1973 **First found in human blood.** GHK was discovered as a factor in human plasma that made older liver tissue behave more like younger tissue in the laboratory, and was later identified as a chain of three amino acids.^{4 5 6}

200 to 80 ng/mL **Lower with age.** Reviews by the scientist who discovered it report plasma GHK of about 200 nanograms per milliliter at age 20, falling to about 80 by age 60.¹ Whether adding GHK-Cu back changes how skin ages has not been studied directly.

98.5% **Median ulcer closure in a human trial.** In a randomized, placebo controlled study in people with diabetic foot ulcers, a GHK copper gel closed plantar ulcers by a median of 98.5 percent, compared with 60.8 percent for the inactive gel.³

3 **Ways it is used.** GHK-Cu can be applied to the skin as a cream or serum, applied after microneedling, or given as a small injection under the skin. Each one is explained in §05.

What GHK-Cu is

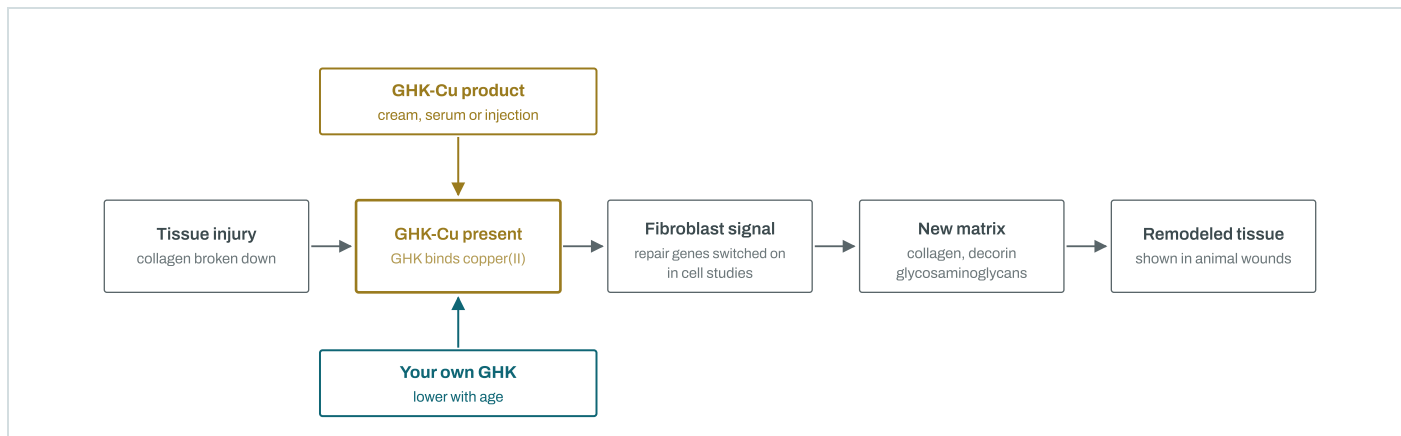
GHK is a tripeptide, which simply means a very short protein made of three amino acids: glycine, histidine and lysine. It occurs naturally in human plasma, saliva and urine.¹ Its defining feature is a strong attraction to copper. GHK picks up a copper ion readily and forms a complex called GHK-Cu, and the site where it holds copper resembles the copper transport site on albumin, the main protein in your blood.⁷ In early cell studies, GHK bound copper and increased the amount of copper taken up by cultured cells, which suggested that one of its jobs is to move copper where it is needed.⁸

Copper matters here because it is an essential helper for about a dozen enzymes, including one involved in forming connective tissue.⁹ There is also an elegant detail in the biology: the same three amino acid sequence appears inside type I collagen, the main structural protein of skin. Researchers have proposed that GHK may be released from collagen when tissue is broken down at the site of an injury, so that the repair signal is produced exactly where it is needed.²

GHK-CU AT A GLANCE The names you will see on labels and in research papers.	
Name	GHK-Cu
Also called	Copper peptide, copper tripeptide, copper tripeptide-1 on cosmetic ingredient lists
Structure	Glycyl-L-histidyl-L-lysine (Gly-His-Lys) bound to a copper(II) ion
Origin	Made naturally in the body; first described in 1973 and identified as Gly-His-Lys in 1977 ^{4 5}
Class	Naturally occurring copper binding peptide
How it is given	On the skin as a cosmetic cream or serum; on the skin after microneedling; as a compounded injection under the skin

How GHK-Cu works

Most of what we know about how GHK-Cu works comes from studies of cells in a dish and from animal wound models. Those studies tell a consistent story about repair. In cultured human skin cells called fibroblasts, GHK-Cu increased collagen production at extremely low concentrations, with the largest effect at around one nanomolar, and it did so without simply making more cells.² In the same kind of cells it increased the production of glycosaminoglycans, the water holding molecules that give skin its cushion, particularly dermatan sulfate and heparan sulfate.¹⁰ In a laboratory model of skin, it increased the growth of the basal cells of the outer skin layer and raised markers linked to skin stem cells.¹¹



GHK-Cu acts as a repair signal that arrives with its own copper. In cell and animal studies it increases collagen, glycosaminoglycans and decorin in healing tissue. ^{2 10 12 13} Whether the same chain of events follows from a cream or an injection in people has not yet been measured directly.

Animal studies support the same picture in living tissue. In rats with small wound chambers placed under the skin, injections of GHK-Cu increased the amount of new connective tissue in a dose dependent way, including collagen, glycosaminoglycans and the messenger RNA for type I and type III collagen. ¹² In the same rat model it raised decorin, a small protein that helps collagen fibers organize neatly. ¹³ Reviews describe faster wound healing in rabbits, rats, mice, pigs and dogs. ¹

A newer line of research looks at genes. The Connectivity Map is a public library, built at the Broad Institute, that records how the gene activity of cultured human cell lines changes in response to more than a thousand different compounds. ⁹ When researchers searched it with the gene pattern of damaged lung tissue from smokers with emphysema, GHK came up as a compound that reversed that pattern, and in follow up work GHK restored the ability of fibroblasts from those lungs to organize collagen in the dish. ¹⁴ A similar search in colon cancer highlighted GHK as a compound that reversed a gene pattern linked to spread of the cancer. ¹⁵ Using these data, the discoverer's group estimated that GHK changes the activity of about 31 percent of human genes by 50 percent or more. ⁹

READING THE GENE STUDIES CORRECTLY

The gene findings are computer analyses of cells grown in the laboratory. They show which switches GHK can turn on and off in a dish, and they are a good reason for further research. They do not show that the same changes happen in a person who uses GHK-Cu on the skin or by injection, and no study has yet measured that. ^{9 16}

§ 04

What the research shows today

GHK-Cu has an unusual research profile. The laboratory science is deep and goes back five decades. The human research is smaller, and it is almost entirely about products applied to the skin. Both parts are worth understanding.

What is well established

In cells and in animals, GHK-Cu consistently supports the building blocks of repair: collagen, glycosaminoglycans, decorin and new tissue in wounds. ^{2 10 12 13} In people, the strongest single study is a multicenter randomized trial in diabetic foot ulcers. Every patient received careful standard wound care, and those who also applied a GHK copper gel daily had a median closure of 98.5 percent of their plantar ulcers, compared with 60.8 percent for the inactive gel. Ulcer infections were also less common, 7 percent compared with 34 percent, when the gel was started right after the wound was cleaned. ³

For skin appearance, the reviews by GHK's discoverer describe several controlled cosmetic studies in women around the age of 50. These include a 12 week facial cream study in 71 women with sun related skin aging and a 12 week eye cream study in 41 women that compared GHK-Cu with a placebo cream and a vitamin K cream. ¹ A randomized, double blind serum trial reported the same way found lower wrinkle volume and depth after eight weeks. ⁹ Their results are summarized in the table below. These studies were mostly presented at meetings or published outside the main medical indexes, so we know them through the reviews rather than from full papers.

What is still being defined

Independent reviewers are clear that more clinical work is needed. A 2026 systematic review in aesthetic medicine found 20 eligible studies, of which 18 were laboratory or animal studies and only 2 were randomized trials in people, and called for larger controlled trials. ¹⁷ A 2025 review of GHK for wrinkles made the same point, describing a surprising absence of clinical studies given how widely it is used. ¹⁶ Not every trial has been positive. In a small randomized study after carbon dioxide laser resurfacing around the mouth, GHK-Cu skin care did not change redness or wrinkles on blinded assessment, although patients who used it were more satisfied with their skin. ¹⁸

Injected GHK-Cu sits at an earlier stage still. We are not aware of any published trial of GHK-Cu injected under the skin in people, and when the FDA reviewed injectable GHK-Cu it noted that there are limited data in humans. ²⁶ The possible benefits for the lungs, the brain and cancer that appear in the gene research have so far been studied only in cells and animals. ^{14 19 15}

THE HUMAN STUDIES All used GHK-Cu on the skin. Some are known only through a review.			
STUDY	PEOPLE	DESIGN	WHAT IT FOUND
Mulder 1994 ³	Diabetic foot ulcers, several centers	Randomized, blinded, placebo gel plus standard wound care	Median closure 98.5 versus 60.8 percent; fewer infections
Miller 2006 ¹⁸	13 patients completed	Randomized, after laser resurfacing	No blinded difference; higher patient satisfaction
Serum trial, in review ⁹	Female volunteers	Randomized, double blind, 8 weeks	Wrinkle volume 55.8 and depth 32.8 percent lower than base
Facial cream, in review ¹	71 women	Controlled, 12 weeks	Better firmness, clarity, fine lines and density
Eye cream, in review ¹	41 women	Versus placebo and vitamin K, 12 weeks	Better than both on lines and skin density
Kuceki 2025 ²⁰	7 men, pattern hair loss	Retrospective; combined with minoxidil and dutasteride	Regrowth seen; copper peptide effect not separable

HOW WE WOULD SUMMARIZE IT

GHK-Cu is a natural molecule with a sound and well studied repair biology. Applied to the skin, it has encouraging human results for skin appearance and one positive randomized trial in diabetic ulcers, although many of the cosmetic studies are small and only partly published. Injected GHK-Cu has not yet been tested in published human trials. We will explain which option fits your goals and tell you plainly how much evidence sits behind it.

§ 05

How GHK-Cu is given

GHK-Cu is used in several ways. They differ a great deal in how much research sits behind them, so we describe each one separately.

On the skin: creams and serums

This is the original and best studied way to use GHK-Cu. It is how it was used in the cosmetic studies and in the diabetic ulcer trial described in §04.^{3 1 9} Getting a peptide through the skin barrier is the main challenge. GHK is water loving and not very stable in formulation, which limits how much reaches the deeper skin.¹⁶ Laboratory tests on human skin show that some copper from GHK-Cu does pass through and some is held in the skin as a reservoir.²¹ Cosmetic products vary in strength and formulation, and no regulator has set a dose for GHK-Cu. Your physician will recommend a product and how often to apply it.

On the skin after microneedling

Microneedling creates tiny channels in the outer skin layer. In laboratory tests on human skin, pretreatment with microneedles allowed 134 nanomoles of the peptide to pass through in nine hours, while almost none crossed intact skin; no obvious irritation was seen in cell and pig models.²² Copper peptide has also been delivered into the scalp in combination with minoxidil and dutasteride in a small series of men with pattern hair loss, so its separate effect in that setting is not known.²⁰ After laser resurfacing, patients who used GHK-Cu skin care were more satisfied, although blinded measures did not differ.¹⁸

Injection under the skin

Compounded GHK-Cu is also given as a small injection just under the skin. The research behind this route is in animals: the rat wound studies described in §03 delivered GHK-Cu by injection into wound chambers under the skin, and reviews describe healing effects in rats, mice and pigs when it was given systemically.^{12 13 9} In rats given GHK into a vein, it was broken down quickly in the blood.²³ We are not aware of any published study describing how the human body handles injected GHK-Cu or what it does over time, and the FDA has noted limited human data for injectable GHK-Cu.²⁶ No regulator has set a dose, so the dose is set by your physician. As with any injection, some tenderness or redness where the needle went in is possible.

By mouth or by nasal spray

There are no published human studies of GHK-Cu taken by mouth or by nasal spray. The discoverer's 2018 review noted that GHK had not been formulated into dietary supplements.⁹ A nasal form has been studied only in mice, in a model of Alzheimer disease.¹⁹ We do not recommend either route outside a research setting.

COMPARING THE OPTIONS				
	CREAM OR SERUM	AFTER MICRONEEDLING	UNDER THE SKIN	MOUTH OR NOSE
How it is given	Applied at home, usually daily	In clinic, with a microneedling session	Small injection	Not in clinical use
Human research	Controlled cosmetic studies and one ulcer trial ^{3 1}	Laboratory skin studies and small clinical series ^{22 20}	No published human trials ²⁶	None; nasal studied in mice only ¹⁹
Dose	Varies by product; none set by a regulator	Set by your physician	Set by your physician; none set by a regulator	Not established
Common experience	Generally uneventful in published studies ^{3 18}	The usual redness of microneedling	Possible tenderness at the injection site	Unknown

§ 06

What to expect

Skin changes slowly, so patience is part of the plan. The cosmetic studies measured their results after 8 to 12 weeks of regular use, not after days. ^{1 9} Collagen and the other structural molecules GHK-Cu supports take weeks to build and remodel, which is why we would review your skin at a defined point rather than day by day.

Improvement is also easier to see against a starting point. Photographs taken in the same light at your first visit make it much easier for both of us to judge change. In the laser resurfacing study, every patient improved after the procedure whether or not they used GHK-Cu, which is a useful reminder that the treatment around it matters too. ¹⁸

For wounds, GHK-Cu was studied as an addition to good standard care, not a replacement for it. In the diabetic ulcer trial, the benefit depended on starting the gel immediately after the wound was cleaned. ³ For injections, there are no published human studies that describe a timeline, so we will agree on what we are looking for and when we will review it together.

DURING YOUR TREATMENT

- Keep using sun protection. It supports the same collagen that GHK-Cu is meant to help.
- Tell us about any rash, itching, swelling or change in the skin where the product is used or injected. We would always rather stop and check.

§ 07

Safety

Applied to the skin, GHK-Cu has a long record of use in cosmetic products, and its discoverer's reviews describe decades of use without reported adverse effects. ⁹ The published clinical studies are small, however, and did not set out to measure rare side effects. In the diabetic ulcer trial, infections were less common with the GHK copper gel than with the inactive gel. ³

Injected GHK-Cu has a different profile because it has not been studied in people. When the FDA reviewed compounded injectable GHK-Cu, it noted a possible risk of immune reactions related to clumping of the peptide and impurities, and that there are limited data in humans to inform safety.²⁶ That is one reason the choice of pharmacy and preparation matters.

Two further points are worth knowing. The first is copper. Copper is an essential nutrient, with a recommended intake of 900 micrograms a day for adults and an upper limit of 10,000 micrograms a day, and long term exposure to high levels can cause liver damage and digestive symptoms.^{27 24} People with Wilson disease, an inherited condition in which the body cannot clear copper normally, accumulate copper in the liver, brain and other organs.²⁵ The second is cell growth. In early laboratory work, GHK stimulated the growth of cancer derived liver cells in culture,^{4 8} while later computer analyses suggested it may reverse gene patterns linked to cancer spread.¹⁵ Neither finding has been tested in people, and we take a cautious approach for anyone with a history of cancer.

TELL YOUR PHYSICIAN BEFORE STARTING IF ANY OF THESE APPLY

- You have Wilson disease, any other disorder of copper metabolism, or liver disease.
- You take copper or zinc supplements, or a medicine that binds copper.
- You are pregnant, trying to conceive, or breastfeeding.
- You have a current or past cancer diagnosis, or you are under active surveillance.
- You have a skin condition, an open wound or an infection in the area to be treated, or a history of reactions to skin care products.
- You compete in a sport that follows anti doping rules (see §09).
- You take any prescription medication, over the counter product or supplement. Please bring the full list.

Long term safety data do not yet exist for injected GHK-Cu, and the published skin studies followed people for weeks to a few months rather than years.^{1 9 18} That is one of the reasons we review how you are doing rather than simply continuing indefinitely.

§ 08

Is this right for you

GHK-Cu suits some patients very well and is not the right starting point for others. The purpose of your consultation is to work out which group you are in, and which form, if any, fits your goals.

Before we begin

- ☐ A review of your medical history, current medications and supplements
- ☐ An examination of the skin or area to be treated, with photographs as a baseline
- ☐ Baseline bloodwork where your physician feels it is warranted, so that anything we see later can be compared against a starting point
- ☐ A clear note of what you are hoping to see, written down, so we can tell together whether it worked

If a skin concern or a slow healing wound has a specific cause that can be treated, such as an active skin condition, an infection or a circulation problem, we will address that first. Finding and treating a cause like that would be a better outcome for you than any peptide.

Reviewing your progress

We will reassess against your documented starting point after a defined period rather than leaving it open ended. If you are doing well, we will plan how to continue. If you are not, we will say so and look at other options. You are welcome to stop at any time.

QUESTIONS WORTH ASKING US

What would you expect me to notice, and by when? Why this form rather than a cream? How will we measure whether it is working? What would make you recommend stopping? We are glad to answer all of these, and a good clinic should welcome them.

§ 09

Regulatory status, stated plainly

Injectable GHK-Cu is not approved by the U.S. Food and Drug Administration for any indication. When it is prescribed, it is prepared by a licensed compounding pharmacy on a physician's prescription. In April 2026 the FDA listed GHK-Cu for injectable routes among substances whose nominations were withdrawn from its Category 2 list, the list of compounding substances that may present significant safety risks.²⁶ The FDA has also said that its Pharmacy Compounding Advisory Committee will discuss GHK-Cu, with four other substances, at a meeting before the end of February 2027, as part of deciding whether it can be added to the list of substances pharmacies may use for compounding.²⁸ That review is ongoing. Prescribing a compounded preparation is lawful and common in American medicine, and it is a decision your physician makes with you. It does mean no regulator has reviewed this preparation for your use, and you should know that before you consent.

Creams and serums containing copper peptides are sold as cosmetics. Cosmetic products and ingredients do not need FDA approval before they are sold, and a product that claims to change the structure or function of the body, for example to regenerate cells or restore hair growth, is regulated as a drug rather than a cosmetic.²⁹

For athletes, GHK-Cu is not named on the World Anti-Doping Agency's 2026 Prohibited List. The list does, however, prohibit at all times any pharmacological substance that has no current approval by a government health authority for human therapeutic use, and it covers growth factor modulators that affect tissue regeneration.³⁰ If you are tested, please check with your anti doping organization before using GHK-Cu in any form.

If you would like details about the preparation used in your treatment, please ask.

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IMPORTANT NOTICE

This document is patient education prepared by Regen Therapy MD. It is not medical advice, not a prescription, and not a promise of any clinical outcome. **Injectable GHK-Cu is not approved by the U.S. Food and Drug Administration for any indication, and topical copper peptide products are sold as cosmetics, which do not require FDA approval.** Statements in this document have not been evaluated by the FDA, and this therapy is not intended to diagnose, treat, cure or prevent any disease. Individual results vary, and no outcome can be predicted from the studies cited here.

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PATIENT SIGNATURE

DATE

REVIEWING PHYSICIAN

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