Can KPV Really Improve Gut Issues? What Research Shows Transcript

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KPV vs BPC-157 and GHK Copper

You probably already know You probably already know about two popular about two popular peptides for peptides for skin health: BPC 157 and GHK-Copper.

skin health: BPC 157 and GHK-Copper. So when the So when the third one, KPV, comes along, it seems like it's the same thing third one, KPV, comes along, it seems like it's the same thing. But that's. But that's not true at all. KPV does not not true at all. KPV does not repair tissue like repair tissue like BPC 157, nor does it alter genes BPC 157, nor does it alter genes like GHK- copper can. He does something that copper can. He does something that none none none of them do. It turns off the of them do. It turns off the ignition signal in ignition signal in three places where you would three places where you would n't expect it.

n't expect it. Welcome back to the Dr. Dr. Greg Jones Optimization Academy podcast. I am Greg Jones Optimization Academy podcast. I am Dr. Greg Jones, a Dr. Greg Jones, a naturopath and naturopath and founder of Innovative Wellness founder of Innovative Wellness Center here in Phoenix, Center here in Phoenix, Arizona. By the Arizona. By the end of this video, you end of this video, you will learn how KPV will learn how KPV is different from the other two is different from the other two you you you know about, and which of know about, and which of its three properties are its three properties are actually actually actually supported by supported by supported by research. So, research. So, today we today we will look at what KPV will look at what KPV really is, why it really is, why it specifically targets specifically targets inflamed inflamed inflamed intestinal tissue, the benefits intestinal tissue, the benefits for the skin and the nuances of for the skin and the nuances of its absorption, as its absorption, as well as the antimicrobial well as the antimicrobial effect that many effect that many misinterpret misinterpret misinterpret. Before. Before we begin, one we begin, one clarification: I am describing clarification: I am describing published published published research, not research, not mechanisms. I do not provide mechanisms. I do not provide detailed protocols detailed protocols or medical advice.

or medical advice.

What KPV Actually Is

Take this as an Take this as an education and discuss education and discuss your condition with your your condition with your doctor. Let's start with what doctor. Let's start with what KPV is. KPV is a KPV is. KPV is a peptide of three peptide of three amino acids: lysine, amino acids: lysine, proline, and valine, proline, and valine, separated from the separated from the terminal portion of terminal portion of alpha- alpha- melanocyte-stimulating melanocyte-stimulating melanocyte-stimulating hormone, or alpha-MSH.

hormone, or alpha-MSH. This is the same hormone This is the same hormone your body your body uses to uses to tan, but it doesn't tan, but it doesn't cause this cause this effect. KPV does not effect. KPV does not bind to bind to the receptors that the receptors that trigger trigger trigger pigmentation the way the pigmentation the way the full full full hormone does. So, this hormone does. So, this mechanism simply does mechanism simply does not work here. All three of these not work here. All three of these peptides have peptides have anti-inflammatory anti-inflammatory anti-inflammatory mechanisms, and here's a mechanisms, and here's a simple way simple way to understand the difference.

to understand the difference. Imagine that the task of BPC Imagine that the task of BPC 157 is to repair 157 is to repair tissues, GHK-copper is to change genes, and to change genes, and the task of KPV is neither the task of KPV is neither. Think of it as the ignition switch itself. But one of the ignition switch itself.

KPV for Gut Inflammation and Colitis

But one of the three benefits we'll three benefits we'll look at today is look at today is not related not related to

inflammation at all, and it's one that to inflammation at all, and it's one that many people many people miss. We'll get miss. We'll get to it at the end.

to it at the end. First, about the First, about the intestines. The gut benefits of KPV intestines. The gut benefits of KPV have the have the strongest evidence strongest evidence of all three, and of all three, and it starts with it starts with processes inside processes inside your cells.

your cells. Inside the Inside the intestinal lining is a intestinal lining is a master signaling switch called NF-kappa-beta. It is called NF-kappa-beta. It is he who activates the genes he who activates the genes responsible for responsible for inflammation. Here's inflammation. Here's an analogy. Think of an analogy. Think of NF-kappa-beta as a fire NF-kappa-beta as a fire alarm alarm alarm sent through sent through every cell in your every cell in your gut. When it gut. When it is triggered, the entire is triggered, the entire building triggers an building triggers an emergency response, emergency response, regardless of regardless of whether the fire is still ongoing. Now about how. Now about how exactly KPV gets exactly KPV gets inside to inside to turn off this turn off this alarm. It alarm. It moves through a moves through a transport protein transport protein called PEP-T 1 or called PEP-T 1 or PEPT1. This is the “door” that PEPT1. This is the “door” that your intestines your intestines normally normally normally use to use to digest digest digest protein fragments from food. This door protein fragments from food. This door opens wider opens wider precisely where the intestines are precisely where the intestines are already inflamed. So, already inflamed. So, KPV concentrates its KPV concentrates its action exactly where it is action exactly where it is needed most. In a needed most. In a mouse model of colitis, mouse model of colitis, oral administration of KPV oral administration of KPV reduced a key reduced a key marker of marker of intestinal inflammation by almost 50%.

intestinal inflammation by almost 50%. There is also a version of KPV There is also a version of KPV for targeted for targeted delivery, created delivery, created based on nanoparticles.

based on nanoparticles. In the same study, In the same study, it reached it reached inflamed inflamed inflamed intestinal tissue almost seven intestinal tissue almost seven times more effectively times more effectively than healthy tissue. But I than healthy tissue. But I must be clear: must be clear: this is an engineering this is an engineering study demonstrating study demonstrating the the potential of KPV. This is not a potential of KPV. This is not a statement about what is statement about what is currently currently currently being produced in being produced in pharmacies. So, pharmacies.

KPV for Skin Healing and Wound Recovery

So, in short: this peptide in short: this peptide calms the calms the inflammatory signal, and it does so inflammatory signal, and it does so precisely where the precisely where the intestines are already intestines are already irritated. Now irritated. Now the second is the benefits for the the second is the benefits for the skin. And this is where skin. And this is where most of the content most of the content about KPV in about KPV in skincare gets skincare gets ahead of itself. In ahead of itself. In diabetic mice diabetic mice whose wounds healed whose wounds healed extremely slowly, the extremely slowly, the KPV film KPV film calmed calmed calmed inflammation, inflammation, inflammation, stimulated the growth of stimulated the growth of new blood vessels, and promoted new blood vessels, and promoted collagen synthesis.

collagen synthesis. Together, these effects Together, these effects accelerated accelerated accelerated the rate of the rate of wound healing. But here's the wound healing. But here's the catch. Laboratory catch. Laboratory tests on living tests on living human skin have shown that KPV human skin have shown that KPV hardly penetrates hardly penetrates intact intact intact skin on its own.

skin on its own. The researchers The researchers The researchers needed needed needed microneedles and a microneedles and a weak electrical weak electrical current called current called iontophoresis to iontophoresis to get significant get significant amounts of KPV through amounts of KPV through the skin in a laboratory the skin in a laboratory setting. However, setting. However, let me tell you let me tell you about my clinical about my clinical experience. I have experience. I have used KPV used KPV topically on topically on patients with patients with inflammatory acne and inflammatory acne and psoriasis and have seen psoriasis and have seen quite significant

quite significant improvements in improvements in their skin conditions. This their skin conditions. This occurred in occurred in occurred in parallel with parallel with the use of other the use of other supplements and changes in supplements and changes in diet and diet and nutrient levels. This is another one nutrient levels. This is another one of those of those ambiguous ambiguous ambiguous situations where situations where lab tests and lab tests and real-world clinical real-world clinical experience contradict experience contradict each other. I each other. I understand. Choosing understand. Choosing supplements can be supplements can be confusing.

confusing. confusing. There are hundreds of There are hundreds of brands, conflicting brands, conflicting claims, and it's impossible claims, and it's impossible to know what's actually to know what's actually good quality and what good quality and what will truly change your health will truly change your health for the better. That's why I for the better. That's why I created the created the Dr. Supplement Store. Jones. Every Dr. Supplement Store. Jones. Every product in the store— for energy, for energy, gut health, sleep, gut health, sleep, hormonal hormonal hormonal optimization, optimization, optimization, recovery, and more—is personally reviewed, tested, and, tested, and recommended by me.

recommended by me. These are the exact formulas These are the exact formulas I use and I use and recommend to my recommend to my patients, friends, and patients, friends, and family. So go family. So go to drjonesseupplements.com, to drjonesseupplements.com, sign up for the sign up for the email newsletter, email newsletter, and you'll get and you'll get 10% off your first order. You will also receive. You will also receive exclusive exclusive exclusive protocols and tips protocols and tips that I share only that I share only with my community.

with my community.

KPV Antimicrobial Effects Explained

So, So, So, let's cut through the noise and let's cut through the noise and choose what choose what really works. The third is the antimicrobial is the antimicrobial benefit. Nowadays, benefit. Nowadays, a lot of materials a lot of materials about peptides about peptides use use use the term “ antimicrobial peptide,” and people assume,” and people assume that this means that this means restoring the balance of restoring the balance of the microbiome, similar the microbiome, similar to the action of probiotics.

to the action of probiotics. But in reality this is not the But in reality this is not the case. KPV and its case. KPV and its parent hormone parent hormone alpha-MSH alpha-MSH alpha-MSH directly directly directly inhibit the growth of inhibit the growth of two specific two specific organisms: Staphylococcus organisms: Staphylococcus aureus and Candida albicans. This is the aureus and Candida albicans. This is the exact problem that exact problem that you know is you know is behind many behind many cases of persistent cases of persistent skin and skin and intestinal irritation. This effect intestinal irritation. This effect occurs at occurs at picomolar picomolar picomolar concentrations, concentrations, concentrations, approximately those approximately those already naturally already naturally present in the body, present in the body, rather than at megadoses.

rather than at megadoses. And a picomolar is a And a picomolar is a tiny amount. tiny amount. Imagine a few Imagine a few drops of dye drops of dye falling into an falling into an Olympic-sized swimming pool.

Olympic-sized swimming pool. KPV suppresses these two KPV suppresses these two organisms at this organisms at this concentration without concentration without interfering with interfering with your your your immune system's own neutrophils immune system's own neutrophils from doing their from doing their job. So if your gut or gut or skin problems continue to skin problems continue to be attributed to “bad be attributed to “bad bacteria” in general, this is a bacteria” in general, this is a targeted targeted targeted suppression of two suppression of two specific specific specific organisms, rather than organisms, rather than restoring balance to the restoring balance to the entire microbial entire microbial community. And of the three community.

Ranking the Three Benefits by Evidence

And of the three benefits, this one has the benefits, this one has the clearest data clearest data on the mechanism

of action, but on the mechanism of action, but the least evidence in the least evidence in humans. This gap is exactly what we are exactly what we are moving towards next. So, here is my honest report.

, here is my honest report. By the strength of the evidence, the intestinal benefits are intestinal benefits are the strongest, the strongest, supported by direct supported by direct studies of colitis studies of colitis in mice and in mice and subsequent subsequent subsequent targeted delivery tests. In targeted delivery tests. In second place is skin benefits with skin benefits with real data on real data on wound healing, but with the wound healing, but with the same fair same fair caveat regarding the caveat regarding the delivery method.

delivery method. Antimicrobial benefit Antimicrobial benefit is the most is the most mechanistically mechanistically mechanistically understood of the three, understood of the three, but the least studied but the least studied in terms of in terms of outcomes in outcomes in real infections.

real infections. Does all this mean that Does all this mean that the effectiveness of KPV the effectiveness of KPV has been proven in humans? has been proven in humans?

Not yet. Every Not yet. Every study study study supporting these supporting these benefits is a benefits is a mouse model, cell mouse model, cell culture, or culture, or laboratory test of human tissue permeability, not a clinical human tissue permeability, not a clinical trial in a trial in a live subject.

live subject. What we see in What we see in clinical cases of clinical cases of real people real people using this using this peptide shows that peptide shows that it can be it can be beneficial in all three beneficial in all three types of cases. This is not a types of cases. This is not a reason to ignore reason to ignore the research. This is a the research.

FDA Advisory Committee Update

This is a reason to be precise reason to be precise about what is about what is proven in the proven in the Petri dish and what is proven Petri dish and what is proven about you. In July 2026, an FDA advisory committee FDA advisory committee narrowly recommended —eight votes to —eight votes to six, with one six, with one abstention—to abstention—to allow the allow the manufacture of KPV for manufacture of KPV for the treatment of inflammatory the treatment of inflammatory processes and processes and wound healing. Please note, this is not wound healing. Please note, this is not final approval.

final approval.

Who Should Consider KPV

This decision is still This decision is still up to the FDA. So, up to the FDA. So, if you're dealing if you're dealing with inflammatory with inflammatory bowel disease, persistent bowel disease, persistent rashes, or rashes, or recurring recurring recurring skin infections, skin infections, and you've been told that "it's just your body," your body," KPV may be a KPV may be a key piece of the key piece of the puzzle worth puzzle worth discussing with your discussing with your doctor. And if you doctor. And if you want to get a want to get a fuller picture, I fuller picture, I created a video about both created a video about both BPC for BPC for gut health and gut health and other peptides, and we'll other peptides, and we'll add links to add links to them in the description. And if you found this analysis useful, please like,, subscribe to subscribe to receive more receive more science- science- science- based based based information about information about hormones, peptides, and hormones, peptides, and longevity medicine, longevity medicine, and share this and share this video with someone in video with someone in your circle who your circle who might be interested.

might be interested. Thank you for watching. Thank you for watching. Dr. Greg Jones was with you Dr. Greg Jones was with you, see you in the, see you in the