Did the FDA Approve Peptides? What the New Recommendation Really Means Transcript

(Transcripts are generated by AI and may contain errors)

Peptides vs. Hormones

I want to address, cuz I know somebody's I want to address, cuz I know somebody's going to ask, we're going to address it going to ask, we're going to address it right now, the peptide gold rush and right now, the peptide gold rush and clarify the difference between a peptide clarify the difference between a peptide and a hormone, because the terms are and a hormone, because the terms are often used interchangeably.

often used interchangeably. Now, a peptide is simply a short chain Now, a peptide is simply a short chain of amino acids. Remember protein, amino of amino acids. Remember protein, amino acid, peptide.

acid, peptide. Peptides can act as signaling molecules Peptides can act as signaling molecules in the body, but not every peptide is a in the body, but not every peptide is a hormone.

hormone. hormone. A hormone, remember, is that chemical A hormone, remember, is that chemical messenger released by a gland or messenger released by a gland or specialized tissue, and it travels specialized tissue, and it travels through the body, and it changes the through the body, and it changes the activity of another cell or organ.

activity of another cell or organ.

Examples of Peptide and Steroid Hormones

Some hormones are peptides. Insulin, Some hormones are peptides. Insulin, glucagon, growth hormone, and GLP-1 are glucagon, growth hormone, and GLP-1 are all peptide-based hormones.

all peptide-based hormones. Other hormones, including your estrogen, Other hormones, including your estrogen, progesterone, testosterone, and progesterone, testosterone, and cortisol, they are steroid hormones, and cortisol, they are steroid hormones, and they're made primarily from cholesterol.

they're made primarily from cholesterol.

FDA Peptide Advisory and Compounding

So, peptides are classified by what So, peptides are classified by what they're made of, and hormones are they're made of, and hormones are classified by what they do. Now, you've classified by what they do. Now, you've recently heard that an FDA advisory recently heard that an FDA advisory committee recommended allowing certain committee recommended allowing certain peptides. A lot of anti-aging clinics peptides. A lot of anti-aging clinics and functional medicine, all these and functional medicine, all these people have been doing BPC 157, TB 500, people have been doing BPC 157, TB 500, there's a bunch of them.

there's a bunch of them. Um and and so now everybody got cuz Um and and so now everybody got cuz everybody was kind of flying in the everybody was kind of flying in the gray.

gray. gray. Now everybody got excited cuz they go, Now everybody got excited cuz they go, "Oh, the FDA just approved these "Oh, the FDA just approved these peptides as medication." No, it did not.

peptides as medication." No, it did not. To be To be very clear, what the FDA To be To be very clear, what the FDA recommended was allowing certain recommended was allowing certain peptides to be used by compounding peptides to be used by compounding pharmacist. So, that's a regulatory pharmacist. So, that's a regulatory decision about whether a substance can decision about whether a substance can be potentially compounded or

made. It is be potentially compounded or made.

What Approval Really Means

Safety, Cancer Risk, and Tissue Repair

It is not an FDA approval of the peptide as a not an FDA approval of the peptide as a medication and it certainly does not medication and it certainly does not mean that the compounds have completed mean that the compounds have completed rigorous human clinical trials that are rigorous human clinical trials that are required to really establish for those required to really establish for those of us that really want to know before of us that really want to know before you just throw everybody on everything you just throw everybody on everything it's they're really required to it's they're really required to establish an appropriate dose a proven establish an appropriate dose a proven benefit remember risk versus reward is benefit remember risk versus reward is there a proven benefit what's the there a proven benefit what's the long-term safety long-term safety and is there medication in interactions and is there medication in interactions or is there oncological safety that or is there oncological safety that means what's this going to do with any means what's this going to do with any cancer cells that are floating around in cancer cells that are floating around in your body your body for several of these peptides for several of these peptides a lot of the enthusiasm is still based a lot of the enthusiasm is still based on animal research some laboratory on animal research some laboratory findings and short-term clinical findings and short-term clinical experience by some doctors people think experience by some doctors people think they're seeing things okay but you've they're seeing things okay but you've got to know they have not been approved got to know they have not been approved and we don't know a lot about them and we don't know a lot about them so the distinction is especially so the distinction is especially important when we talk about compounds important when we talk about compounds that are promoted for tissue repair so that are promoted for tissue repair so these are the peptides they'll go oh these are the peptides they'll go oh it's going to repair this tear this it's going to repair this tear this problem that you've got if it's if problem that you've got if it's if they're promoted for tissue repair new they're promoted for tissue repair new blood vessel formation something we want blood vessel formation something we want to stop in cancer to stop in cancer and if they're also saying it's going to and if they're also saying it's going to help growth signaling or mitochondrial help growth signaling or mitochondrial stimulation something that theoretically stimulation something that theoretically now might assist in healing healthy now might assist in healing healthy tissue could behave very differently in tissue could behave very differently in somebody with an active cancer somebody with an active cancer a history of cancer or an undiagnosed a history of cancer or an undiagnosed malignancy