STRAVAPEP RESEARCH

Peptide Evidence Scorecard

What the published research says about 11 peptides: how strong the evidence is in people, FDA status, and whether each is banned in sport. Every rating links to a full guide with its sources.

Updated Nov 4, 2026

How to read it

- **A** Large randomized trials in people show a benefit, or a regulator has approved it for a use.
- **B** Several randomized trials in people, but small, short, limited to one condition, or with mixed results.
- **C** Small or early human studies, or trials of a closely related form (e.g. oral boosters, skin creams).
- **D** Almost all evidence is from animals or cells; human data are limited to case reports, lab measurements, or studies of a parent molecule rather than the peptide itself.
- **F** No published studies of it as a treatment in people.

The grade is about the strength of evidence in people only. It is not a safety rating or a recommendation. "Personal rating" is one team member's 1–10 experience with peptides they have used: not evidence, and it never changes the grade.

A

Retatrutide

TRIPLE HORMONE AGONIST

Large phase 3 randomized trials show major weight loss and better blood sugar.

FDA

Investigational

Not yet approved; Lilly plans to file in early 2027. It cannot legally be compounded, and FDA has warned online sellers.

SPORT (WADA)

Banned in sport

Prohibited at all times as a drug still in development (S0).

Personal rating: 9/10

Full guide and sources: stravapep.com/guides/retatrutide/

A

Semaglutide

GLP-1 AGONIST

Many large randomized trials show major weight loss while people take it, plus fewer heart attacks, strokes and kidney problems.

FDA

FDA-approved

Approved as Ozempic (type 2 diabetes, heart and kidney protection) and Wegovy (weight, heart risk, fatty liver disease). Compounded copies stopped being allowed after the shortage ended in 2025.

SPORT (WADA)

Not named on WADA list

Not prohibited, but WADA is monitoring its use by athletes.

Personal rating: not rated

Full guide and sources: stravapep.com/guides/semaglutide/

A

Tesamorelin

GHRH ANALOG

Large randomized trials led to FDA approval for reducing HIV-associated belly fat.

FDA

FDA-approved

Approved as Egrifta for HIV-associated lipodystrophy only, not for weight loss.

SPORT (WADA)

Banned in sport

Prohibited at all times as a growth hormone–releasing factor (S2).

Personal rating: 6/10

Full guide and sources: stravapep.com/guides/tesamorelin/

A

Tirzepatide

GIP AND GLP-1 AGONIST

Many large randomized trials show about 20% weight loss while people take it, more than semaglutide head to head, plus benefits for sleep apnea and heart failure.

FDA

FDA-approved

Approved as Mounjaro (type 2 diabetes, heart risk) and Zepbound (weight, sleep apnea). Compounded copies stopped being allowed after the shortage ended in December 2024.

SPORT (WADA)

Not named on WADA list

Not prohibited, but WADA is monitoring its use by athletes.

Personal rating: not rated

Full guide and sources: stravapep.com/guides/tirzepatide/

B

SS-31

MITOCHONDRIA-TARGETED SYNTHETIC TETRAPEPTIDE

Several randomized trials of elamipretide, with mixed results; approved only for a rare disease.

FDA

FDA-approved

Elamipretide has accelerated approval for Barth syndrome only; it is not approved for fitness, recovery or performance.

SPORT (WADA)

Not named on WADA list

Not named on the 2026 list. Check with your anti-doping body before use.

Personal rating: not rated

Full guide and sources: stravapep.com/guides/ss-31/

C

GHK-Cu

COPPER PEPTIDE

Small human studies of skin creams and gels; almost no human data on injections.

FDA

Not approved · FDA safety concerns

Not approved as a medicine. FDA has flagged compounded injectable GHK-Cu as a possible safety risk; it is widely used in cosmetics.

SPORT (WADA)

Conditional

Not named on the 2026 list, but the catch-all for unapproved substances may apply. Check with your anti-doping body.

Personal rating: 6/10

Full guide and sources: stravapep.com/guides/ghk-cu/

C

Ipamorelin

GH SECRETAGOGUE

Early human studies, including one phase 2 trial that did not meet its main goal; development was stopped.

FDA

Not approved · FDA safety concerns

Not approved. FDA lists it among substances with significant safety risks, and its advisory panel voted 12–0 against compounding.

SPORT (WADA)

Banned in sport

Prohibited at all times as a growth hormone secretagogue (S2).

Personal rating: 7/10

Full guide and sources: stravapep.com/guides/ipamorelin/

C

NAD+

CELLULAR COENZYME

Many trials of oral NAD+ boosters with mixed results; NAD+ drips and injections themselves are barely studied.

FDA

Not approved · compounding under review

Not an FDA-approved drug. Listed as under evaluation for compounding; FDA proposed in 2019 not to allow it, with no final decision.

SPORT (WADA)

Conditional

NAD+ itself is not banned, but IV drips or injections over 100 mL in 12 hours are prohibited.

Personal rating: not rated

Full guide and sources: stravapep.com/guides/nad/

D

BPC-157

TISSUE REPAIR

Strong animal research, but only a few small human reports and no completed modern randomized trial.

FDA

Not approved · compounding under review

Not an approved medicine. An FDA advisory panel voted 8–6 for compounding in July 2026; the final decision is pending.

SPORT (WADA)

Banned in sport

Prohibited at all times (S0, non-approved substances).

Personal rating: 10/10

Full guide and sources: stravapep.com/guides/bpc-157/

D

TB-500

TISSUE REPAIR

TB-500 itself has no human trials; only the parent protein, thymosin beta-4, has small human studies.

FDA

Not approved · compounding under review

Not an approved medicine. An FDA advisory panel voted in favor of compounding in July 2026; the final decision is pending.

SPORT (WADA)

Banned in sport

Thymosin beta-4 and TB-500 are named on the prohibited list.

Personal rating: 2/10

Full guide and sources: stravapep.com/guides/tb-500/

F

MOTS-c

MITOCHONDRIAL PEPTIDE

Studied in mice and in people's natural levels, but synthetic MOTS-c has never been tested as a treatment in humans.

FDA

Not approved · compounding under review

Not an approved medicine. An FDA advisory panel voted 7–5 for compounding in July 2026; the final decision is pending.

SPORT (WADA)

Banned in sport

Prohibited at all times as a metabolic modulator (S4).

Personal rating: 2/10

Full guide and sources: stravapep.com/guides/mots-c/

Where the facts come from

Every research claim in our guides cites a study on PubMed. FDA status comes from FDA documents; sport status follows the World Anti-Doping Agency's 2026 Prohibited List. Rules change, so athletes should always check with their own anti-doping organization.

What we never do

We never give dosing instructions, tell anyone where to buy peptides, or use vendor codes. No peptide seller or drug company pays for this site.

Spotted a mistake?

Message us on Instagram (@stravapep) with the page and the source that shows the problem. Full methodology: stravapep.com/methodology/

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