Peptide	Activity	Uses	Microbiome Influence
GLP-1/GIP Agonists Examples: Exenatide, Liraglutide, Semaglutide (Ozempic/Wegovy), Tirzepatide (Monjauro), Retatrutide	Enhances insulin secretion, improves insulin resistance, inhibits glucagon release, slows gastric emptying, and promotes satiety.	Diabetes and obesity. In phase 3 clinical trials for kidney disease, cardiovascular disease, Alzheimer's, Parkinson's, obstructive sleep apnea, MASH/NASH, cancer, and skeletal muscle wasting.	GLP- 1 (glucagon-like peptide1) produced by L cells in the small intestine in response to SCFAs and fat ingestion GIP (glucose-dependent insulinotropic peptide) is produced by K cells in response to ingestion of glucose, protein, and to long-chain fatty acids. Dysbiosis causes reduced SCFAs and damages the lining of the gut, including L and K cells.
BPC-157 (Body Protection Compound-157)	Free radical scavenger, organoprotective, antioxidant, neuroprotective, regulates angiogenesis, supports nitric oxide pathway, cardioprotective, gastroprotective	Accelerates tissue healing (skin, muscle, bone, tendon), heals the lining of the gut (permeability, IBD, ulceration), regulates blood pressure, neuroinflammatory conditions	Because it is produced in response to acute stress by the stomach, microbiome-based inflammation may affect production and counteract its therapeutic effect.
GHK-CU Copper Peptide	Stimulates the production of collagen, promotes cellular regeneration, antioxidant, antiaging, neuroprotective, antineoplastic	Wound healing, wrinkle reduction, protects skin against UV radiation, lung health, pain, anxiety/mood	Dysbiosis contributes to poor digestive function, including protein/collagen, minerals, and other nutrients required for the formation of connective tissue.
VIP - (Vasoactive Intestinal Peptide)	Relaxes smooth muscle of the gut, increases water and electrolyte secretion into the intestine, anti-inflammatory	(IBD) and other inflammatory conditions (CIRS), restores the melanocortin system	Dysbiosis (bacterial, and fungal) is a known contributor to IBD, and increases local and systemic inflammation, contributing to CIRS.