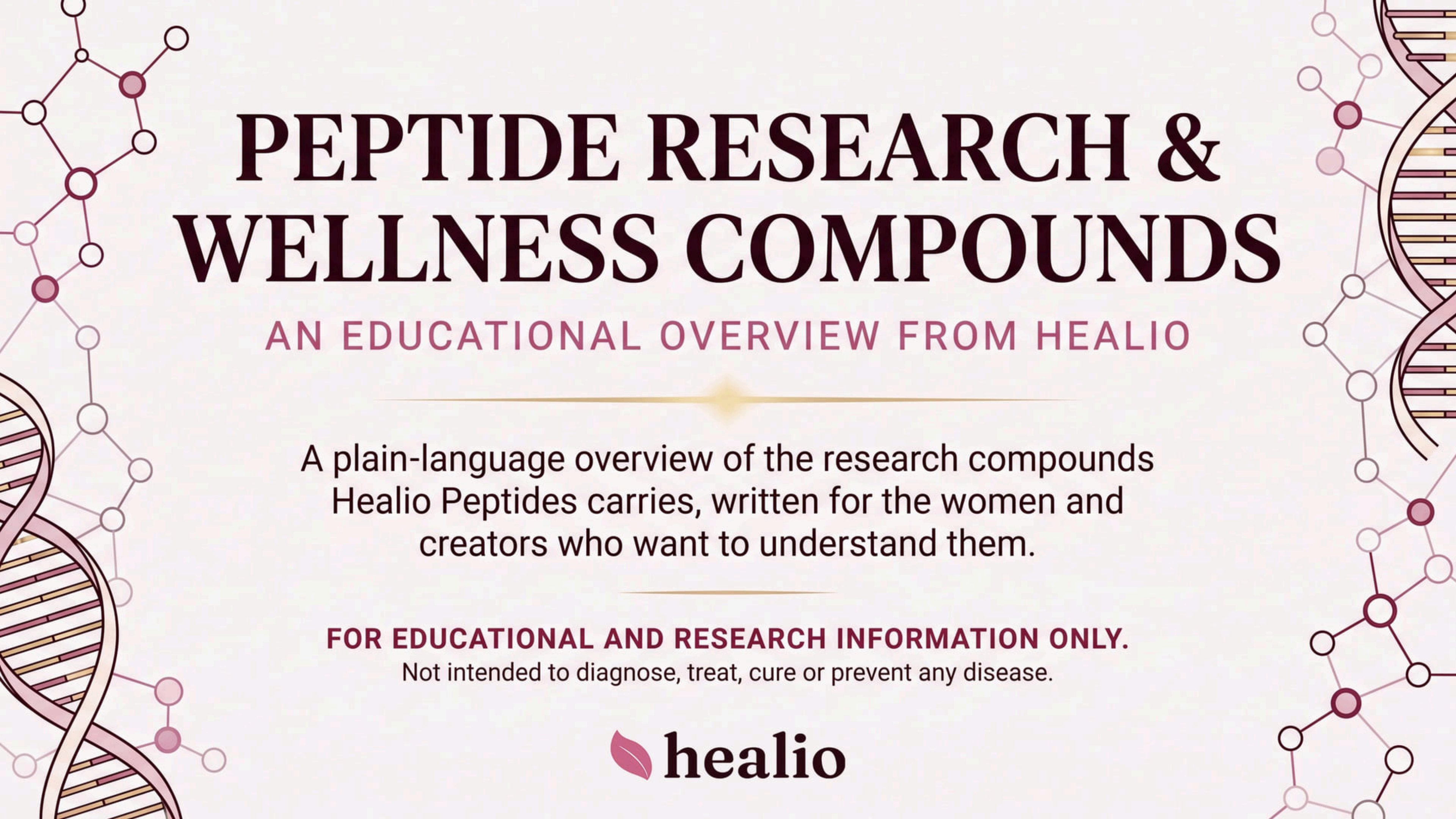




PEPTIDE RESEARCH & WELLNESS COMPOUNDS

AN EDUCATIONAL OVERVIEW FROM HEALIO

A plain-language overview of the research compounds
Healio Peptides carries, written for the women and
creators who want to understand them.

FOR EDUCATIONAL AND RESEARCH INFORMATION ONLY.

Not intended to diagnose, treat, cure or prevent any disease.



INFORMATION ONLY

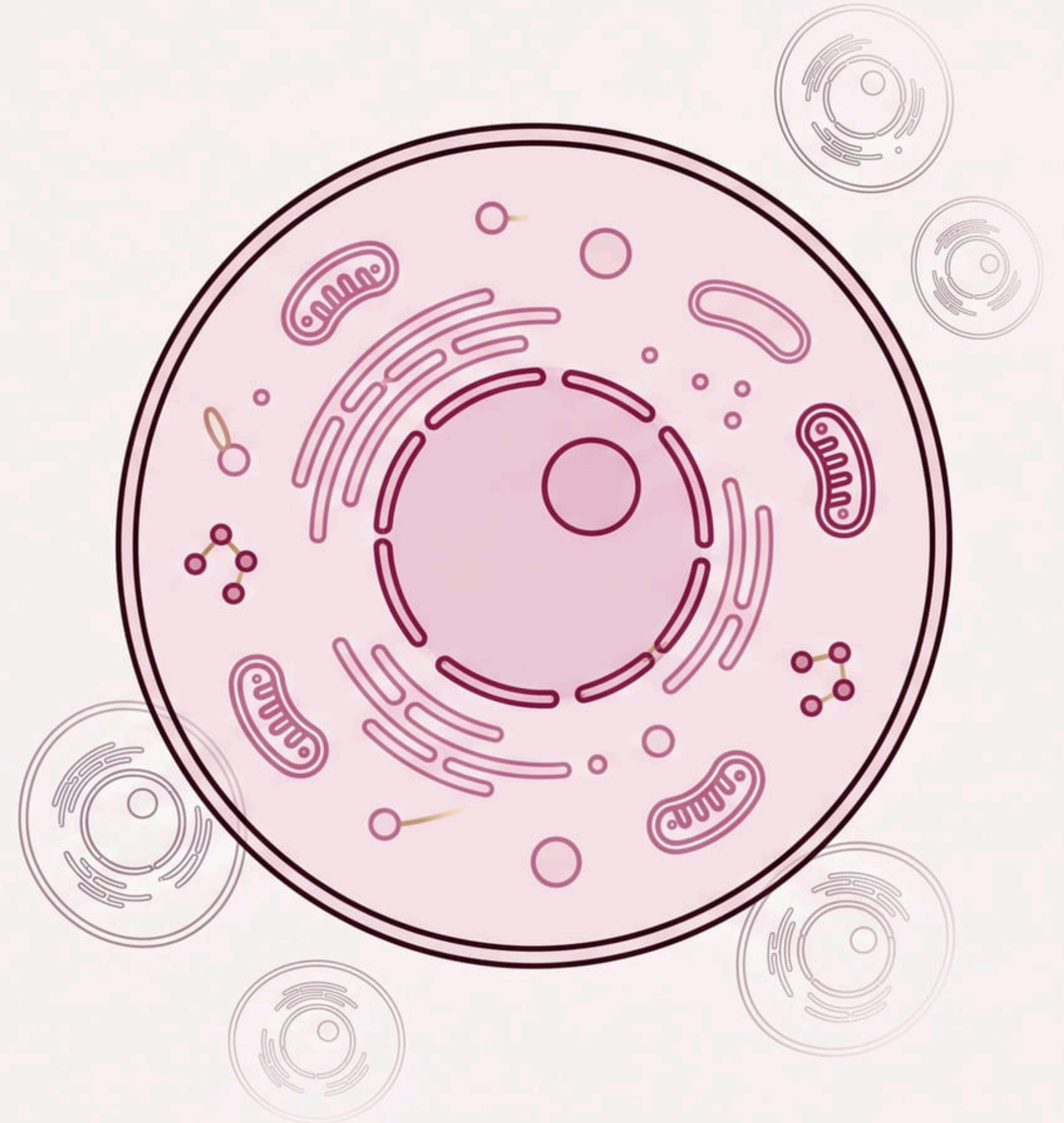
EDUCATIONAL & RESEARCH



This guide is intended strictly for educational and informational purposes.

Nothing here should be read as medical advice, diagnosis, treatment or a promise of any result.

Always do your own reading and speak with a qualified professional about your own health.

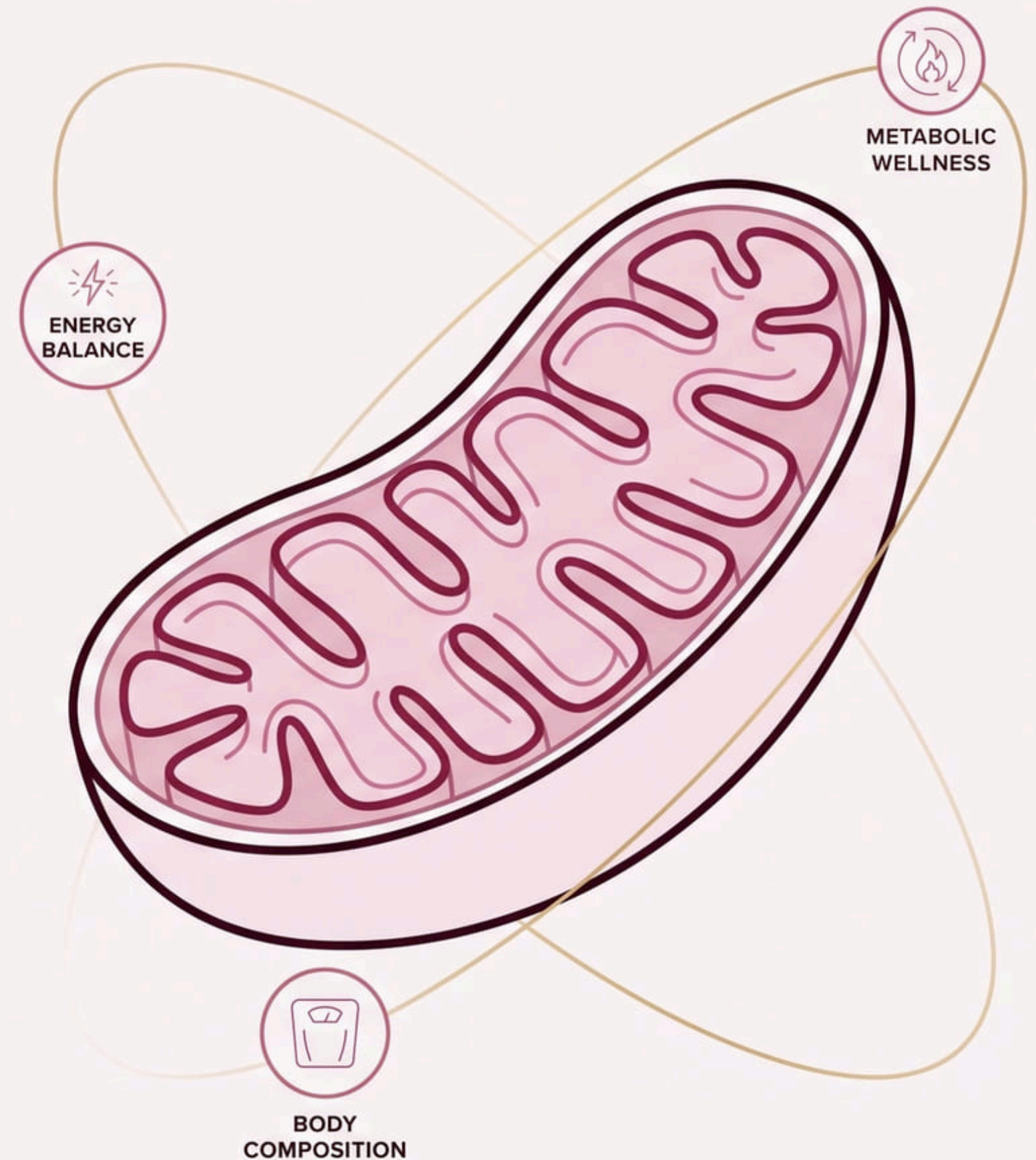


RESEARCH USE ONLY. **NOT MEDICAL ADVICE.**

SECTION ONE

WEIGHT MANAGEMENT & METABOLIC SUPPORT

Compounds most often discussed in the context of appetite signalling, metabolic wellness and body composition.



RETATRUTIDE

WHAT IT IS

A single peptide that acts on three metabolic receptor pathways, studied in the context of appetite signalling and body composition.

HOW IT'S STUDIED

Researched for its combined effect on the GLP-1, GIP and glucagon receptors.

AT HEALIO

Weight Loss collection.
Available in 10mg, 20mg and 30mg.
Certificate of Analysis on the product page.

COMMONLY DISCUSSED FOR



Appetite signalling



Portion awareness



Metabolic wellness



Body composition



Weight management research

COMMON RESEARCH TOPICS



Triple-agonist peptides



Appetite pathways



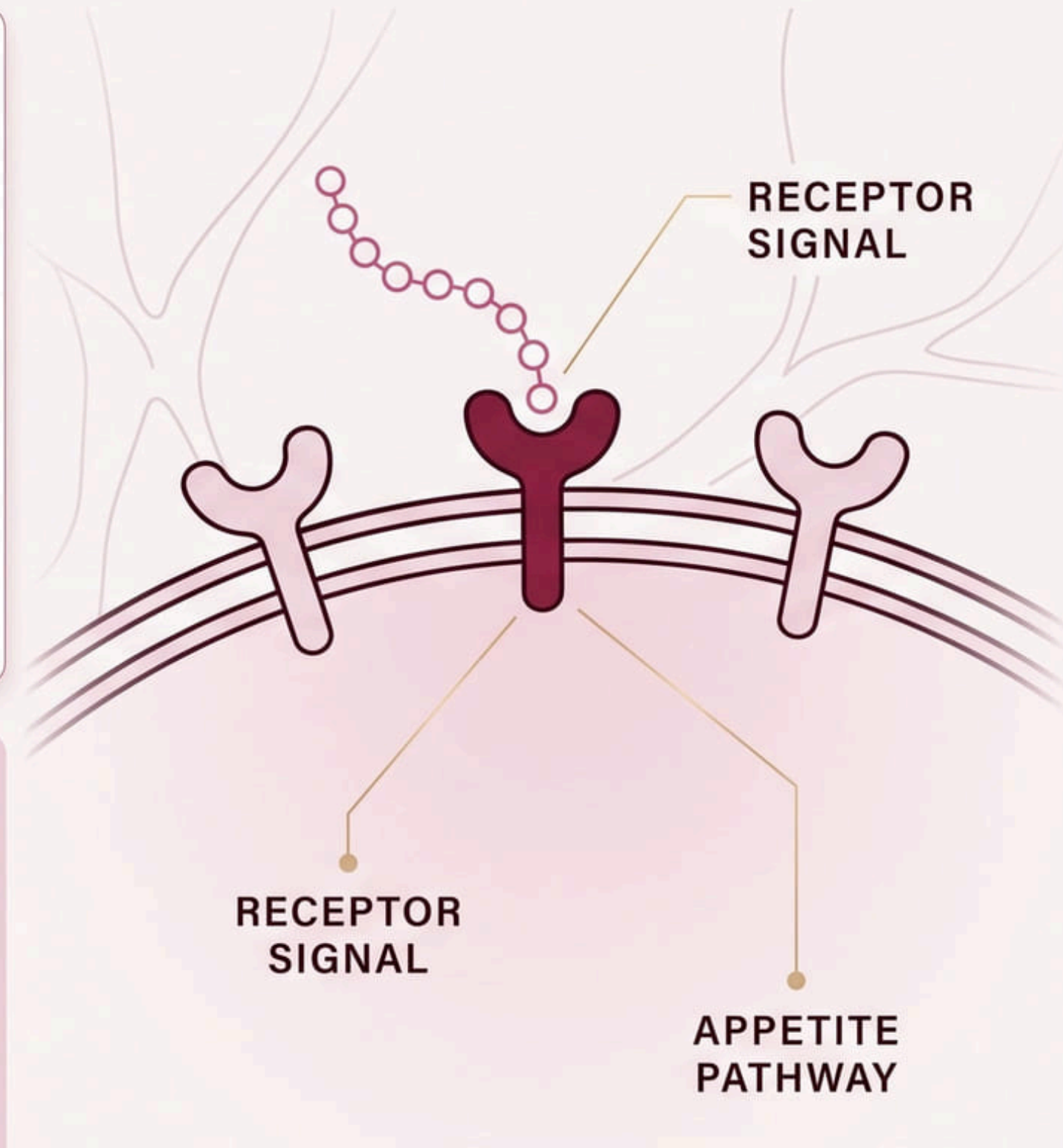
Metabolic research



Body composition



Longevity and weight



SEMAGLUTIDE

WHAT IT IS

A GLP-1 receptor peptide, among the most widely studied compounds in metabolic research.

HOW IT'S STUDIED

Researched for its role in appetite signalling and the pace of digestion.

AT HEALIO

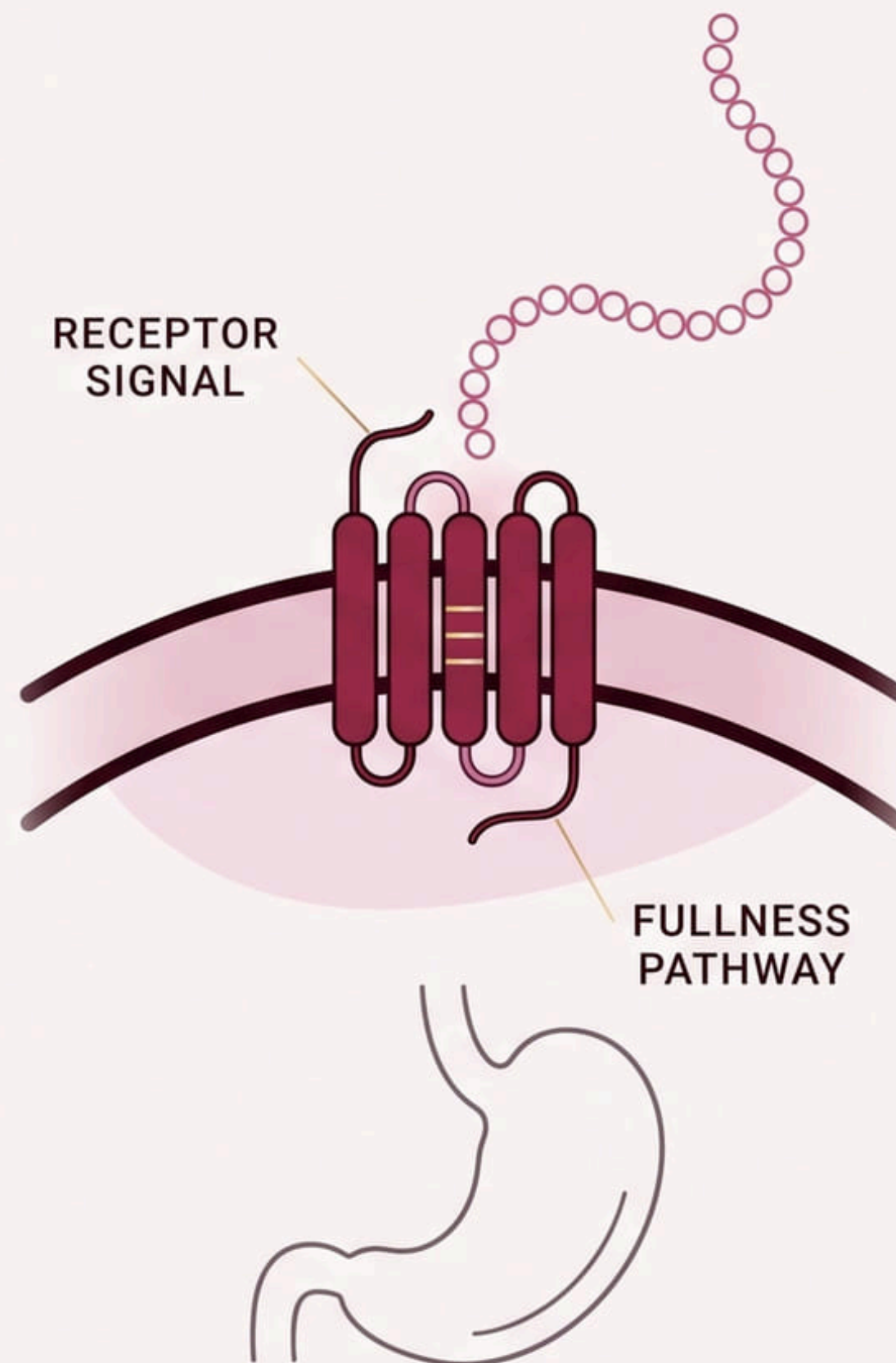
Weight Loss collection.
Available in 5mg and 10mg. Certificate of Analysis on the product page.

COMMONLY DISCUSSED FOR

- Appetite signalling
- Portion awareness
- Metabolic wellness
- Craving research
- Weight management research

COMMON RESEARCH TOPICS

- GLP-1 peptides
- Appetite pathways
- Metabolic wellness
- Body composition
- Comparative studies



TIRZEPATIDE

WHAT IT IS

A dual-receptor peptide studied across both the GIP and GLP-1 metabolic pathways.

HOW IT'S STUDIED

Researched for the combined effect of two appetite and metabolic signalling routes.

AT HEALIO

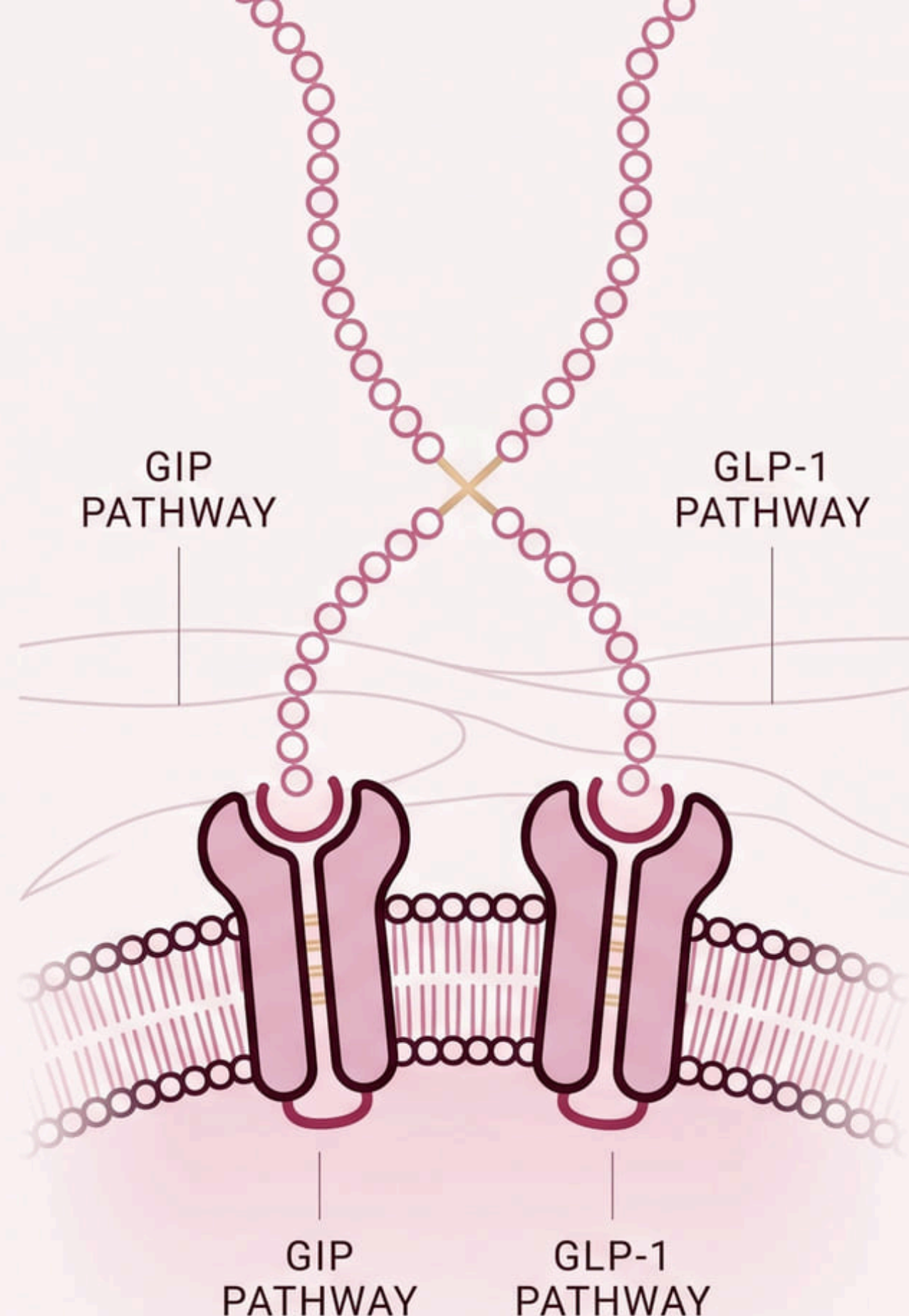
Weight Loss collection.
Three dosage sizes. Certificate of Analysis on the product page.

COMMONLY DISCUSSED FOR

- 🍴 Appetite signalling
- 💧 Metabolic wellness
- 🍽️ Portion awareness
- 🧑 Body composition
- 🧠 Weight management research

COMMON RESEARCH TOPICS

- 🔄 Dual-agonist peptides
- 🔗 GIP and GLP-1 pathways
- 🧠 Metabolic research
- 🧑 Body composition
- 🌿 Wellness routines



SECTION TWO

RECOVERY & TISSUE SUPPORT

Compounds most often discussed in the context of tissue repair, mobility and recovery between training days.



TISSUE
REPAIR



MOBILITY



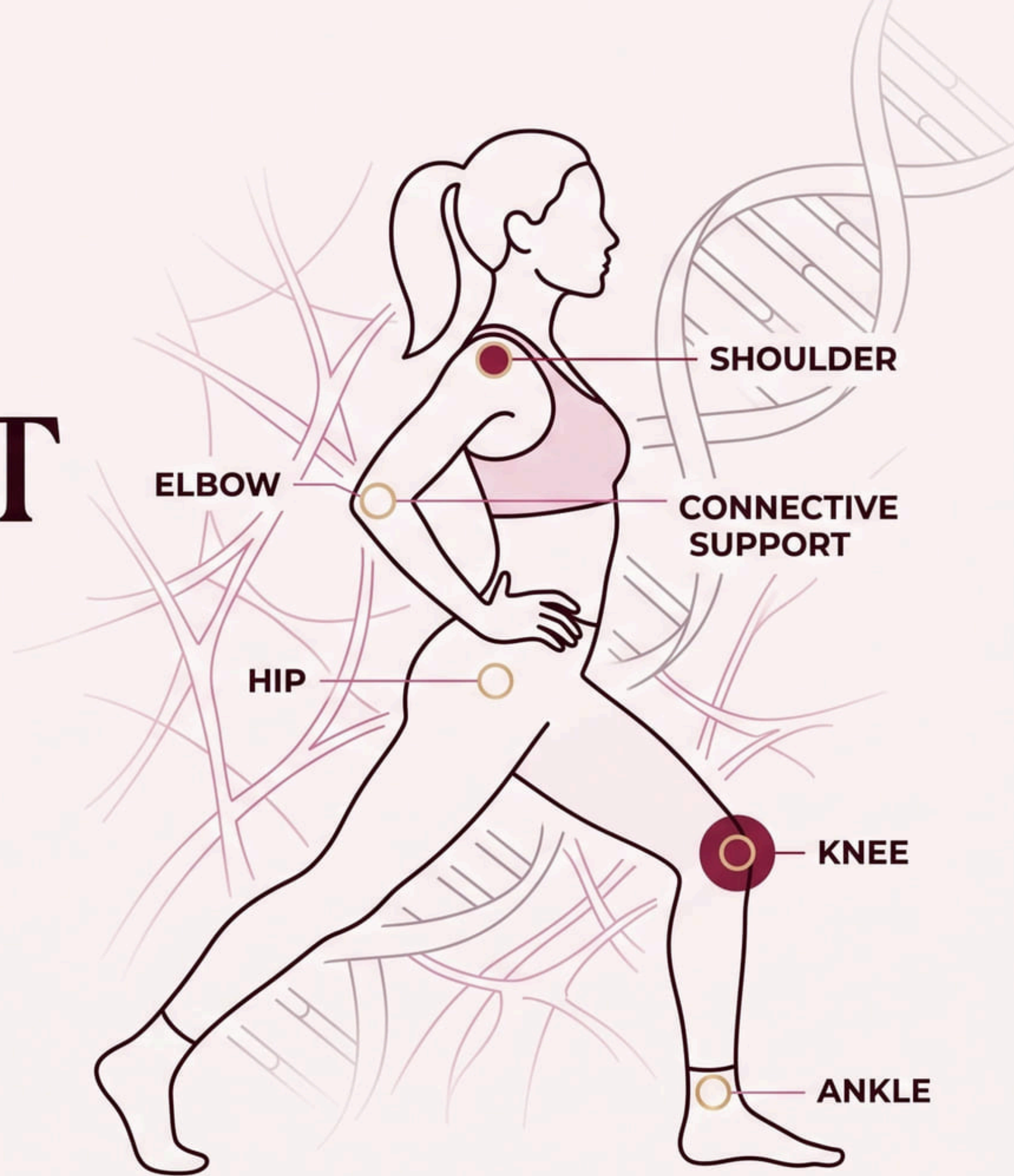
TRAINING
RECOVERY



CONNECTIVE
SUPPORT



EVERYDAY
WELLNESS



BPC-157

WHAT IT IS

A synthetic peptide widely studied in the context of tissue support and recovery.

HOW IT'S STUDIED

Researched for pathways connected to tissue repair and local circulation.

AT HEALIO

Recovery collection. 10mg vial. Also a component of GLOW 70 and KLOW 80. Certificate of Analysis on the product page.

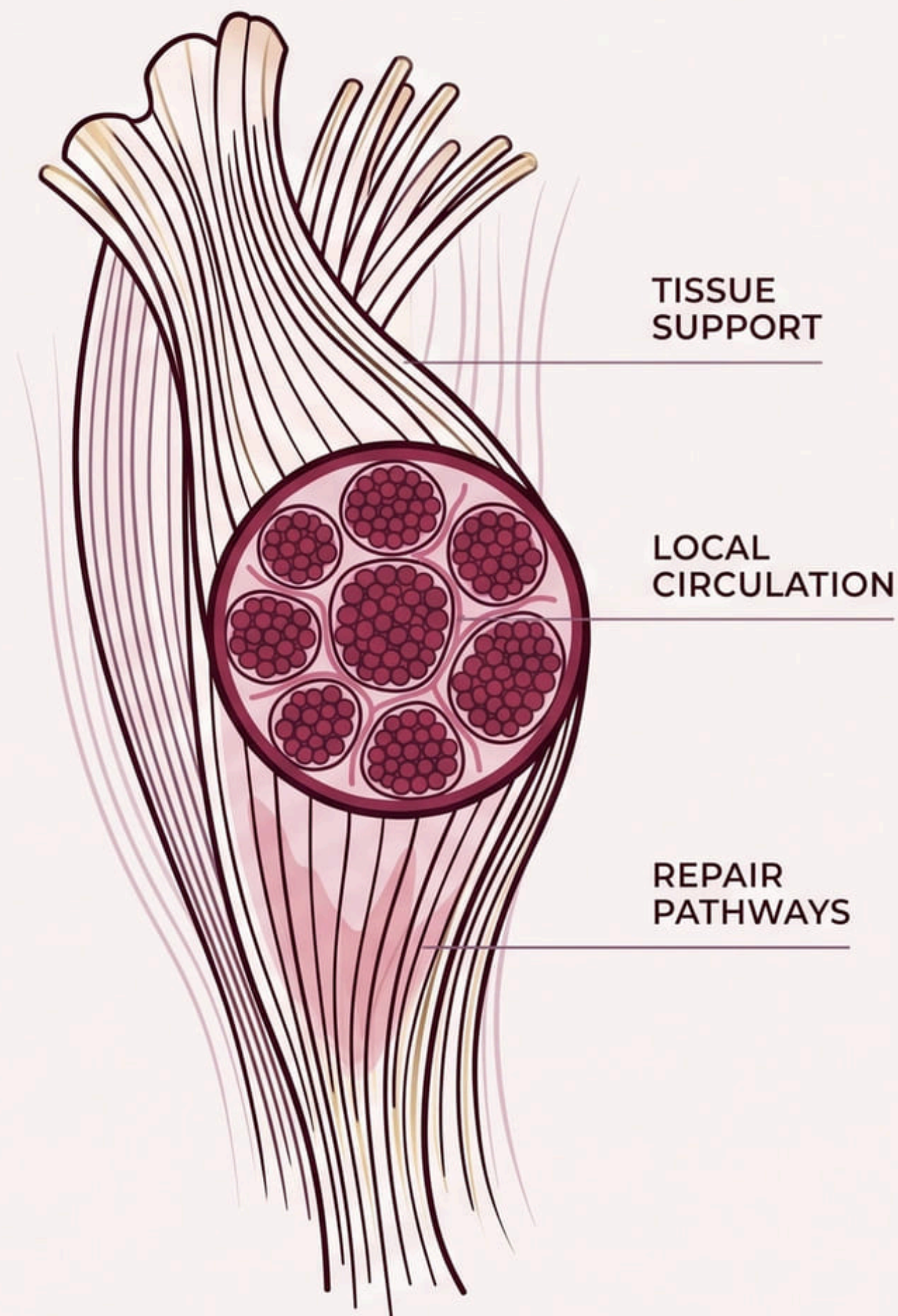
COMMONLY DISCUSSED FOR

- Joint comfort
- Tendon recovery
- Muscle recovery
- Gut wellness
- Everyday resilience

COMMON RESEARCH TOPICS

- Recovery peptides
- Tendon support
- Gut wellness
- Training recovery
- Recovery blends

THE RECOVERY PROCESS



TB-500

WHAT IT IS

A synthetic form of Thymosin Beta-4, studied in the context of mobility and recovery.

HOW IT'S STUDIED

Researched for pathways related to cellular movement and tissue renewal.

AT HEALIO

Recovery collection. Also a component of GLOW 70 and KLOW 80.
Certificate of Analysis on the product page.

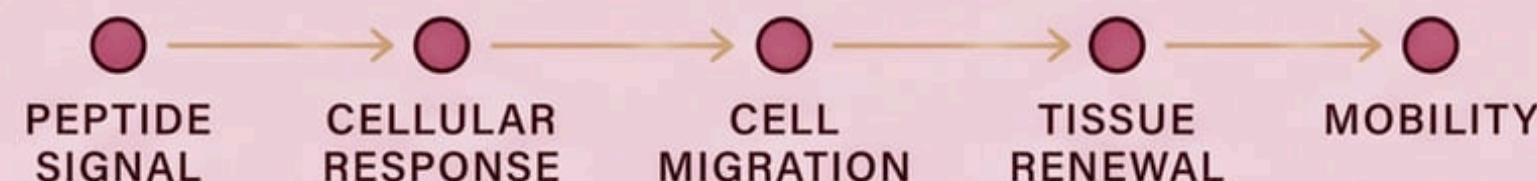
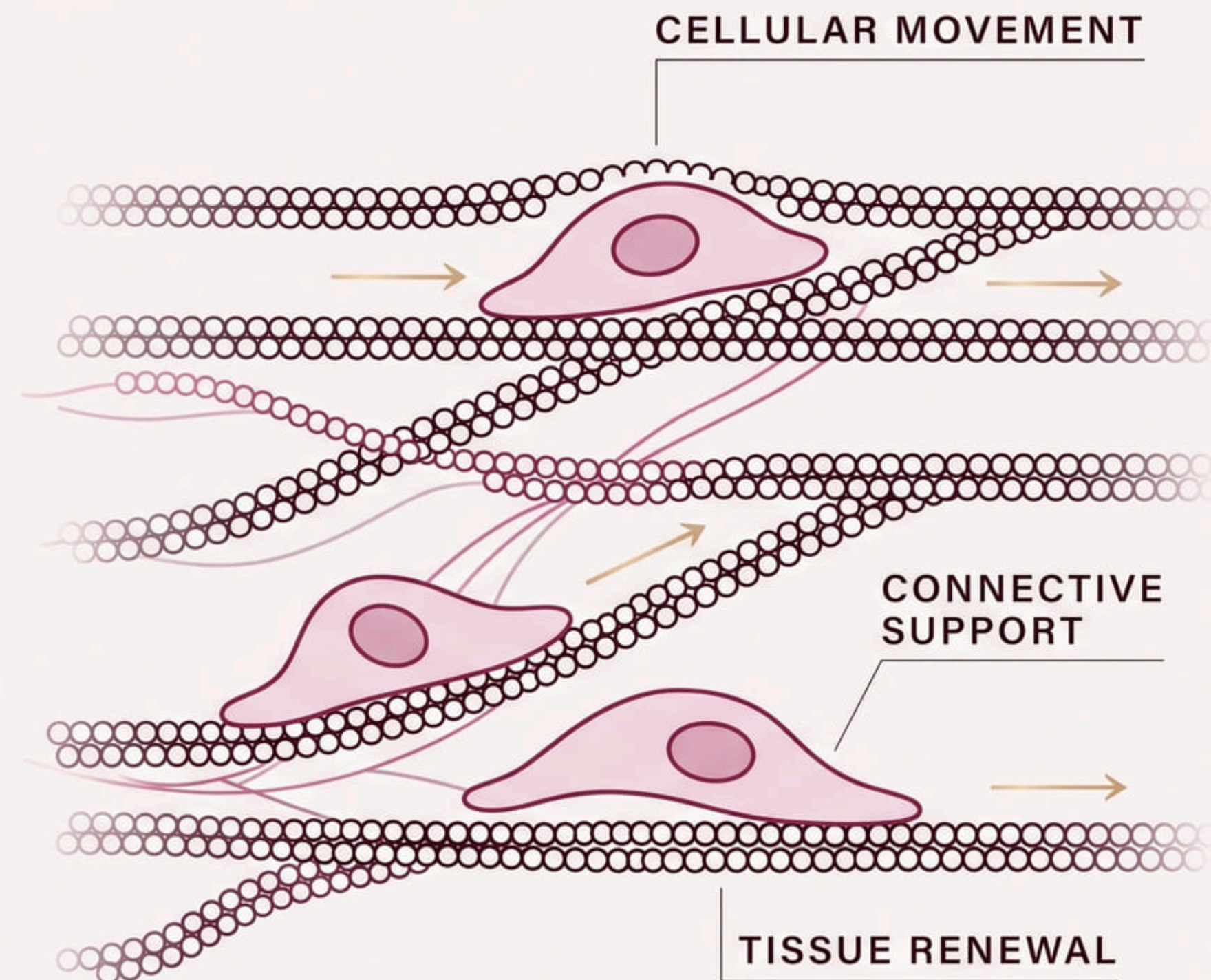
THE RECOVERY PROCESS

COMMONLY DISCUSSED FOR

- Flexibility
- Muscle recovery
- Mobility routines
- Training recovery
- Connective tissue wellness

COMMON RESEARCH TOPICS

- Recovery peptides
- Mobility support
- Tissue renewal
- Actin regulation
- Recovery blends



WHAT IT IS

— One vial combining KPV, GHK-Cu, BPC-157 and TB-500.

HOW IT'S STUDIED

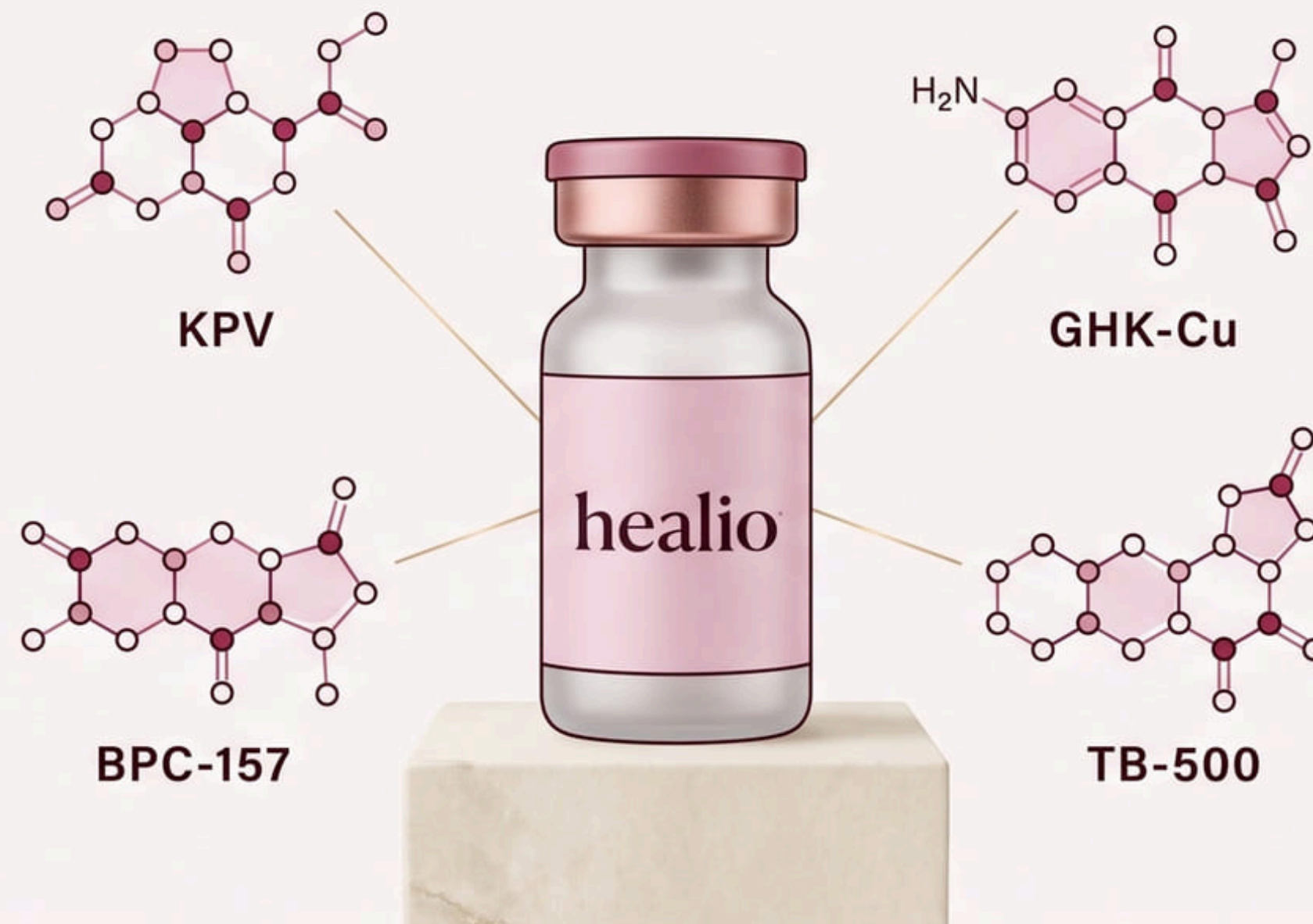
Researched across the recovery, tissue and skin pathways its four components are individually known for.

AT HEALIO

Recovery collection. \$119.99. Certificate of Analysis on the product page.

KLOW 80

THE FOUR-PEPTIDE RECOVERY BLEND



COMMONLY DISCUSSED FOR

- Recovery support
- Joint comfort
- Mobility routines
- Skin and tissue wellness
- Everyday resilience

COMMON RESEARCH TOPICS

- Recovery blends
- Copper peptides
- Tissue support
- Mobility research
- Wellness routines

WHY A BLEND



SECTION THREE

SKIN & BEAUTY SUPPORT

Compounds most often discussed in the context of skin quality, firmness and the way collagen behaves over time.



SKIN
QUALITY



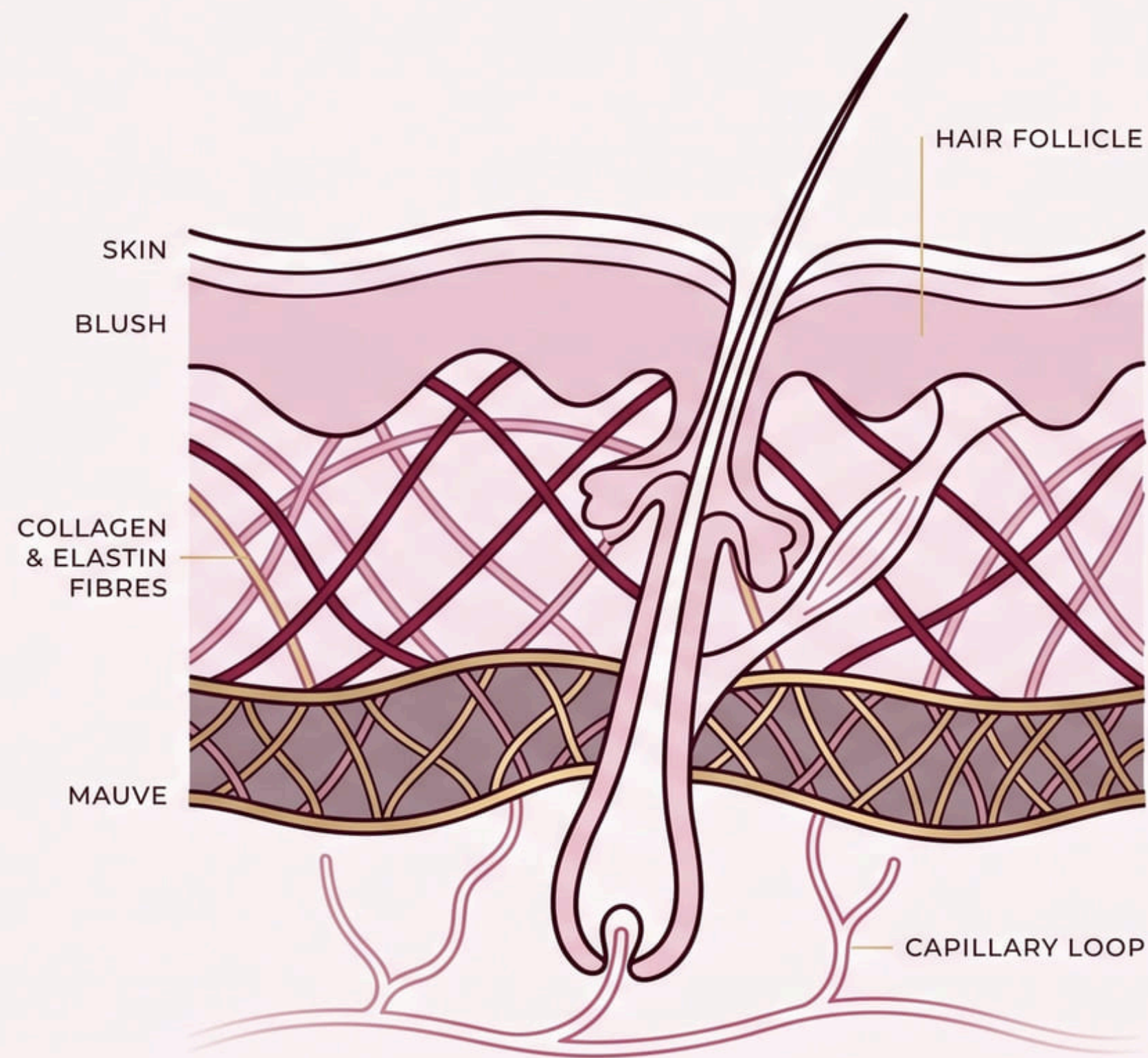
FIRMNESS



COLLAGEN
RESEARCH



EVERYDAY
GLOW



GHK-Cu

WHAT IT IS — A naturally occurring copper peptide, one of the most studied compounds in skin research.

HOW IT'S STUDIED — Researched for pathways connected to collagen, skin firmness and tissue renewal.

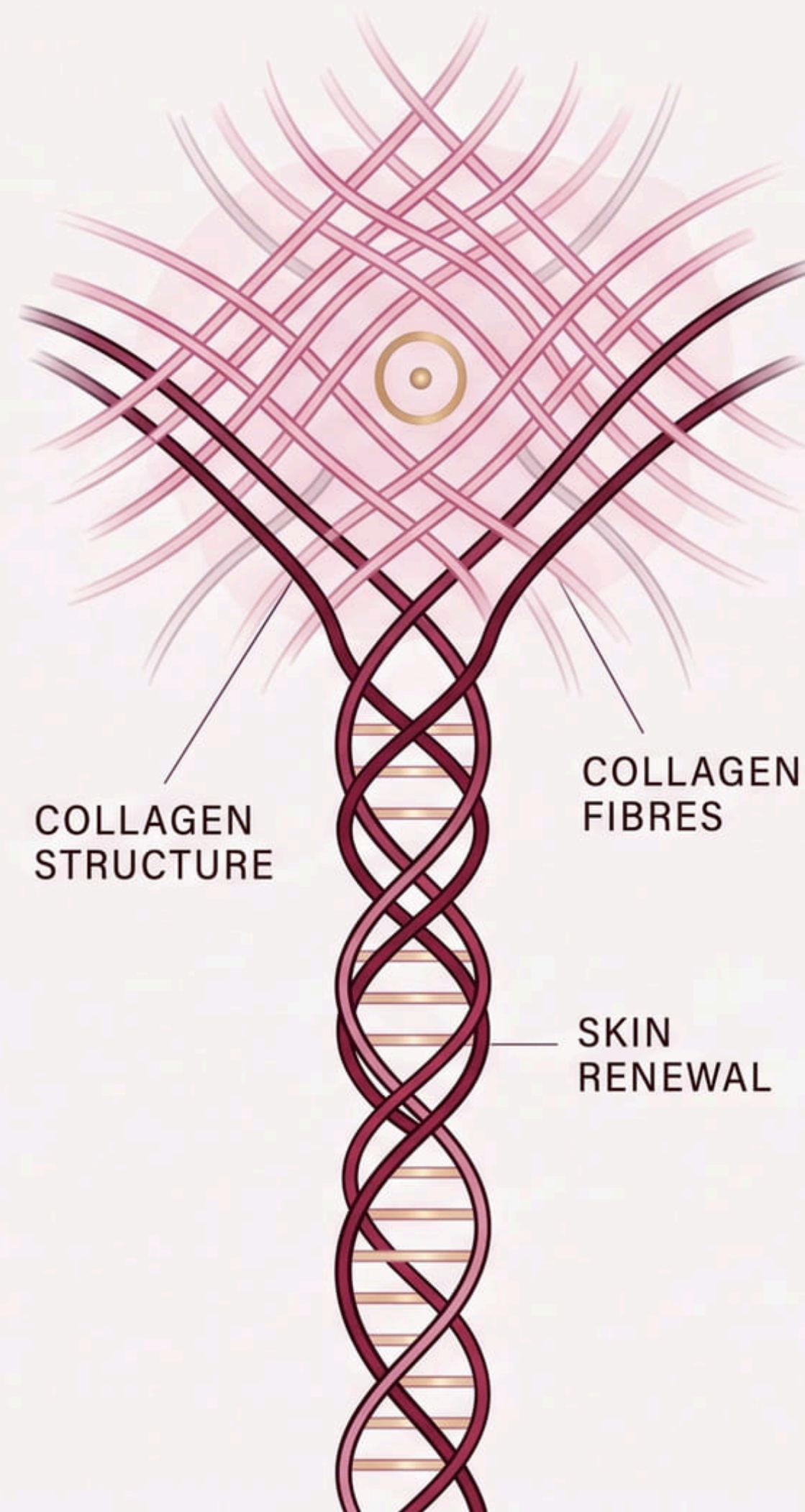
AT HEALIO — Skin & Beauty collection. Available in 50mg and 100mg. Also a component of GLOW 70 and KLOW 80. Certificate of Analysis on the product page.

COMMONLY DISCUSSED FOR

- 🌀 Skin quality
- 🌀 Firmness
- 🌀 Collagen research
- 🌀 Tone and texture
- 🌀 Hair and scalp wellness

COMMON RESEARCH TOPICS

- 🌀 Copper peptides
- 🌀 Collagen pathways
- 🌀 Skin renewal
- 🌀 Longevity and skin
- 🌀 Beauty routines



GLOW 70

THE THREE-PEPTIDE SKIN & RECOVERY BLEND

WHAT IT IS —

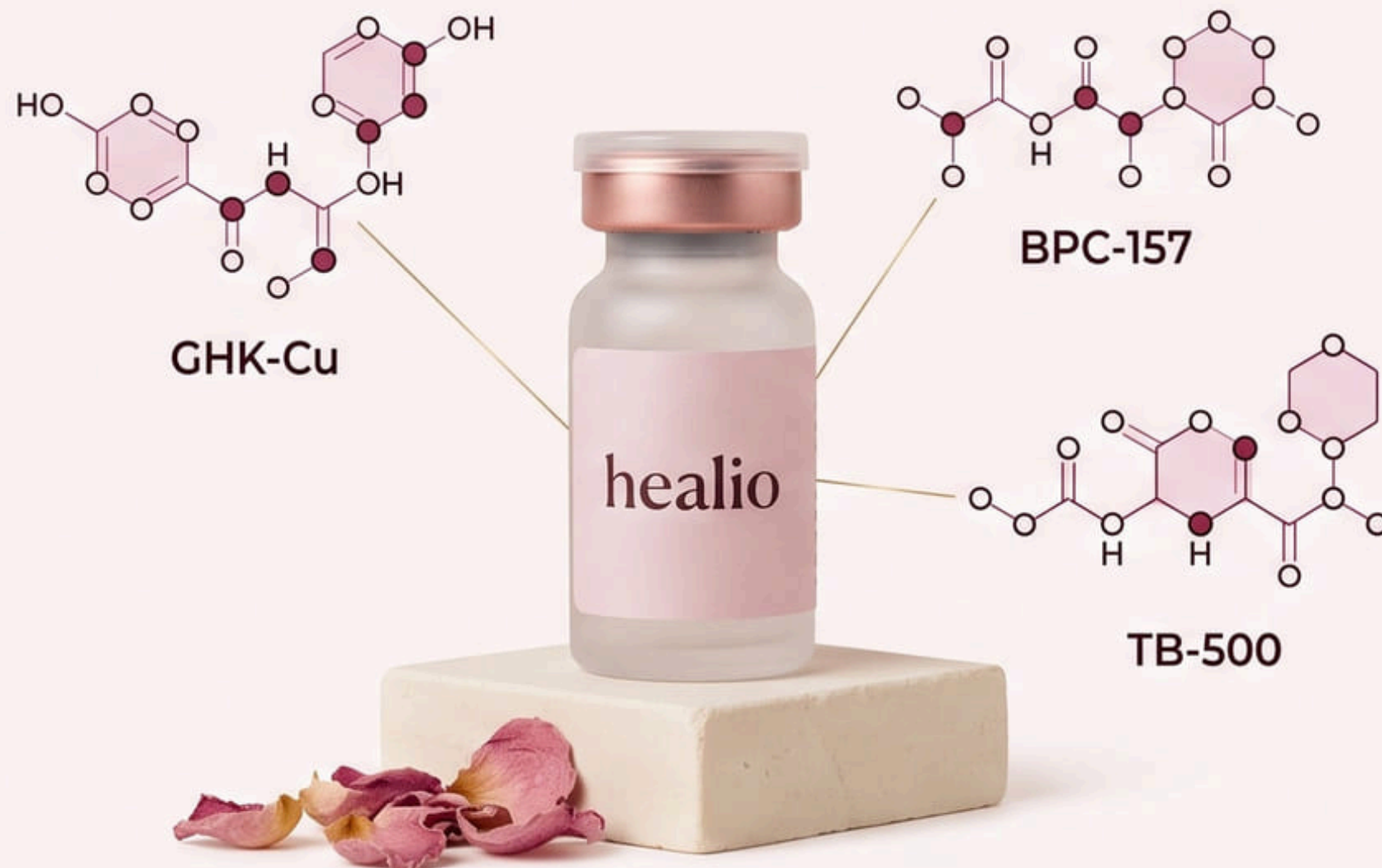
One vial combining GHK-Cu, BPC-157 and TB-500.

HOW IT'S STUDIED —

Researched across the skin, tissue and recovery pathways its three components are individually known for.

AT HEALIO —

Skin & Beauty collection. \$104.99, against roughly \$170 for the three bought separately. Certificate of Analysis on the product page.



COMMONLY DISCUSSED FOR

- 🔬 Skin quality
- 💪 Firmness
- 🔄 Tissue recovery
- 🩹 Joint comfort
- ✨ Everyday glow

COMMON RESEARCH TOPICS

- 🔗 Copper peptides
- 🌸 Collagen pathways
- 🔄 Recovery blends
- 🏠 Skin renewal
- 💆 Beauty routines

WHY A BLEND

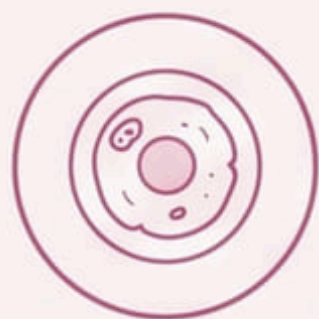
● THREE PEPTIDES → ● ONE VIAL → ● SHARED PATHWAYS → ● SIMPLER ROUTINE → ● BETTER VALUE



SECTION FOUR

ANTI-AGING & CELLULAR WELLNESS

Compounds most often discussed in the context of cellular health, healthy aging and how the body maintains itself over time.



**CELLULAR
HEALTH**



**HEALTHY
AGING**



RENEWAL



**LONGEVITY
RESEARCH**



WHAT IT IS

A short synthetic peptide widely discussed in longevity and healthy-aging research.

HOW IT'S STUDIED —

Researched for pathways related to cellular repair and telomere biology.

AT HEALIO —

Anti-Aging collection.
Available in 10mg and 50mg.
Certificate of Analysis on the product page.

EPITALON

LONGEVITY · RENEWAL · REST



HEALTHY
AGING



REST
QUALITY



RECOVERY



CELLULAR
WELLNESS



LONGEVITY

COMMONLY DISCUSSED FOR

- 📍 Healthy aging
- 🌙 Rest quality
- 🔄 Recovery routines
- 🌱 Cellular wellness
- ⌚ Longevity research

COMMON RESEARCH TOPICS

- 📍 Longevity peptides
- 🧬 Telomere research
- 🌱 Cellular wellness
- 🌙 Sleep research
- 📍 Healthy aging



EDUCATIONAL & RESEARCH INFORMATION ONLY. NOT MEDICAL ADVICE.

SS-31

WHAT IT IS

A mitochondria-targeting peptide studied in the context of cellular energy and healthy aging.

COMMONLY DISCUSSED FOR

-  Recovery support
-  Cellular energy
-  Endurance
-  Healthy aging
-  Mitochondrial wellness

AT HEALIO

Anti-Aging collection.
10mg vial. Certificate of
Analysis on the product
page.

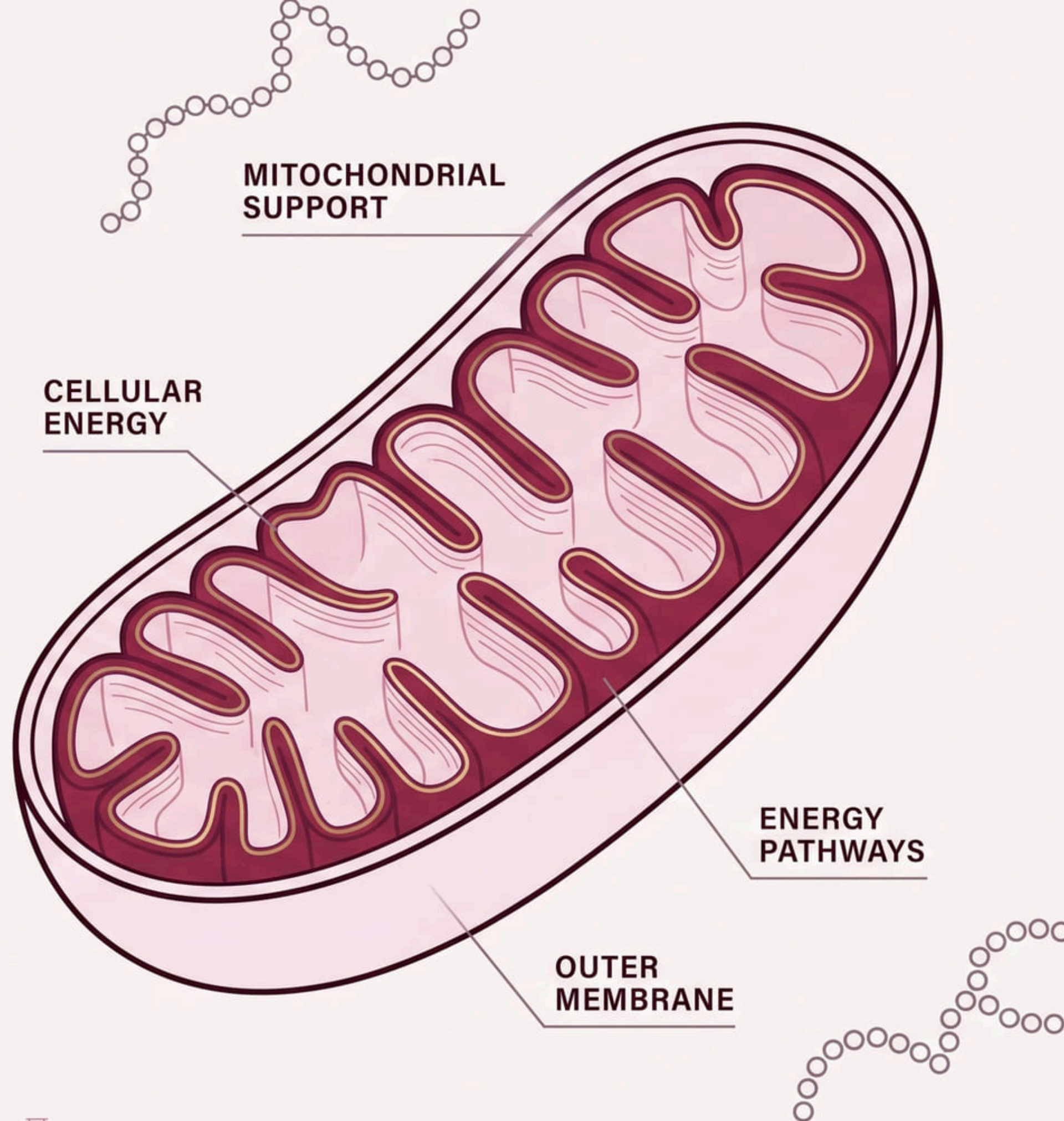
HOW IT'S STUDIED



Researched for its role in
supporting mitochondrial
function and cellular
energy pathways.

COMMON RESEARCH TOPICS

- Mitochondrial peptides
- Cellular wellness
- Recovery support
- Longevity research
- Energy pathways



EDUCATIONAL & RESEARCH INFORMATION ONLY. NOT MEDICAL ADVICE.

SECTION FIVE

ENERGY & FOCUS SUPPORT

Compounds most often discussed in the context of cellular energy, steady focus and how clearly the day feels.



CELLULAR
ENERGY



MENTAL
CLARITY



STEADY
FOCUS

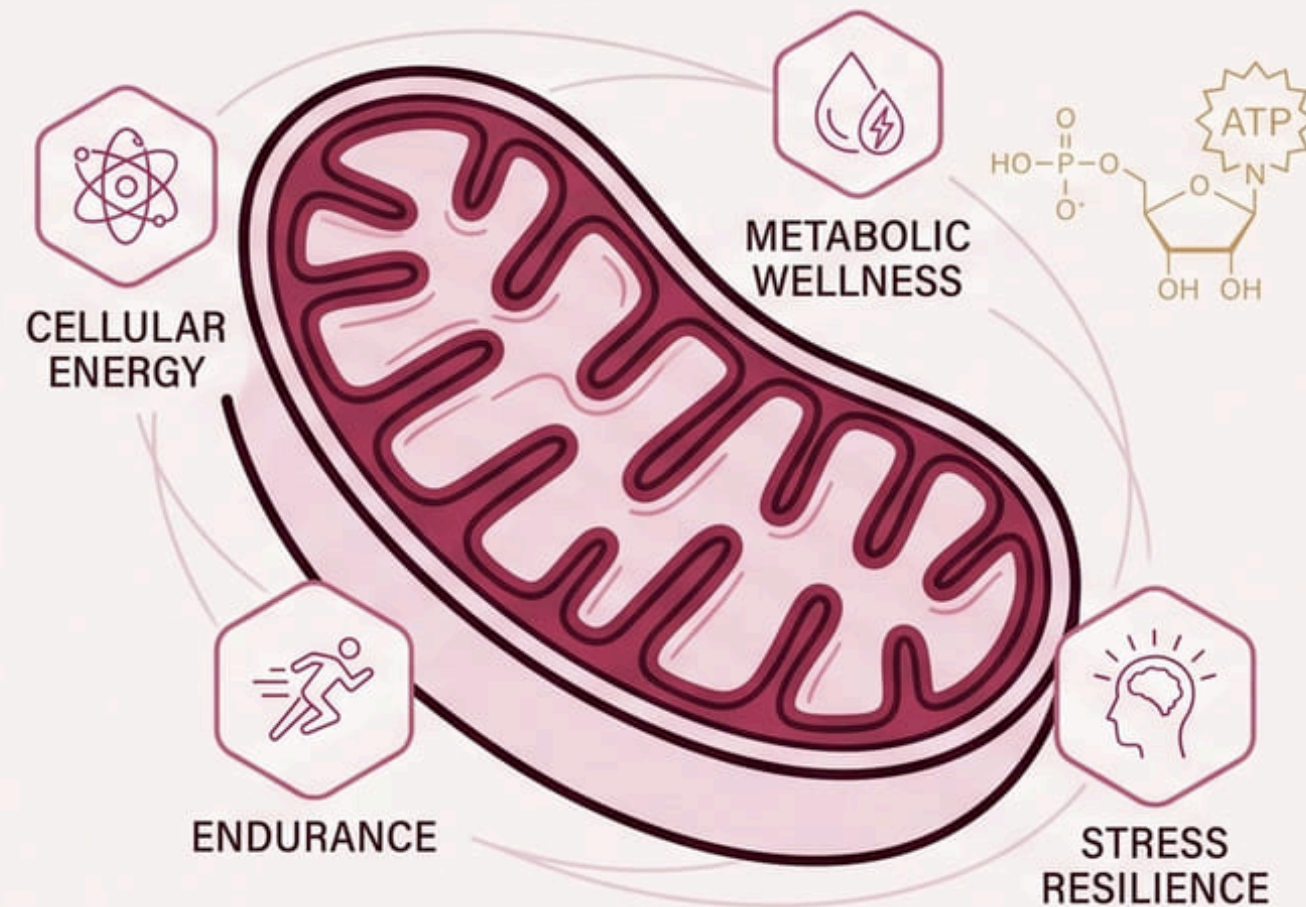


EVERYDAY
WELLNESS



MOTS-c

ENERGY AT THE CELLULAR LEVEL



WHAT IT IS

A mitochondria-derived peptide discussed across longevity, fitness and metabolic wellness.

HOW IT'S STUDIED

Researched for how cells produce and regulate their own energy.

AT HEALIO

Energy & Focus collection.
10mg vial.
Certificate of Analysis on the product page.

COMMONLY DISCUSSED FOR

- ⚡ Energy support
- ⌚ Endurance
- 🔥 Metabolic wellness
- 🏃 Movement and training
- ⚙️ Healthy aging

COMMON RESEARCH TOPICS

- 🧬 Mitochondrial peptides
- ⚙️ Cellular energy
- ⌚ Longevity research
- 🏃 Exercise research
- 🧘 Wellness routines

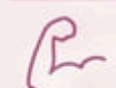
FROM SIGNAL TO ENERGY



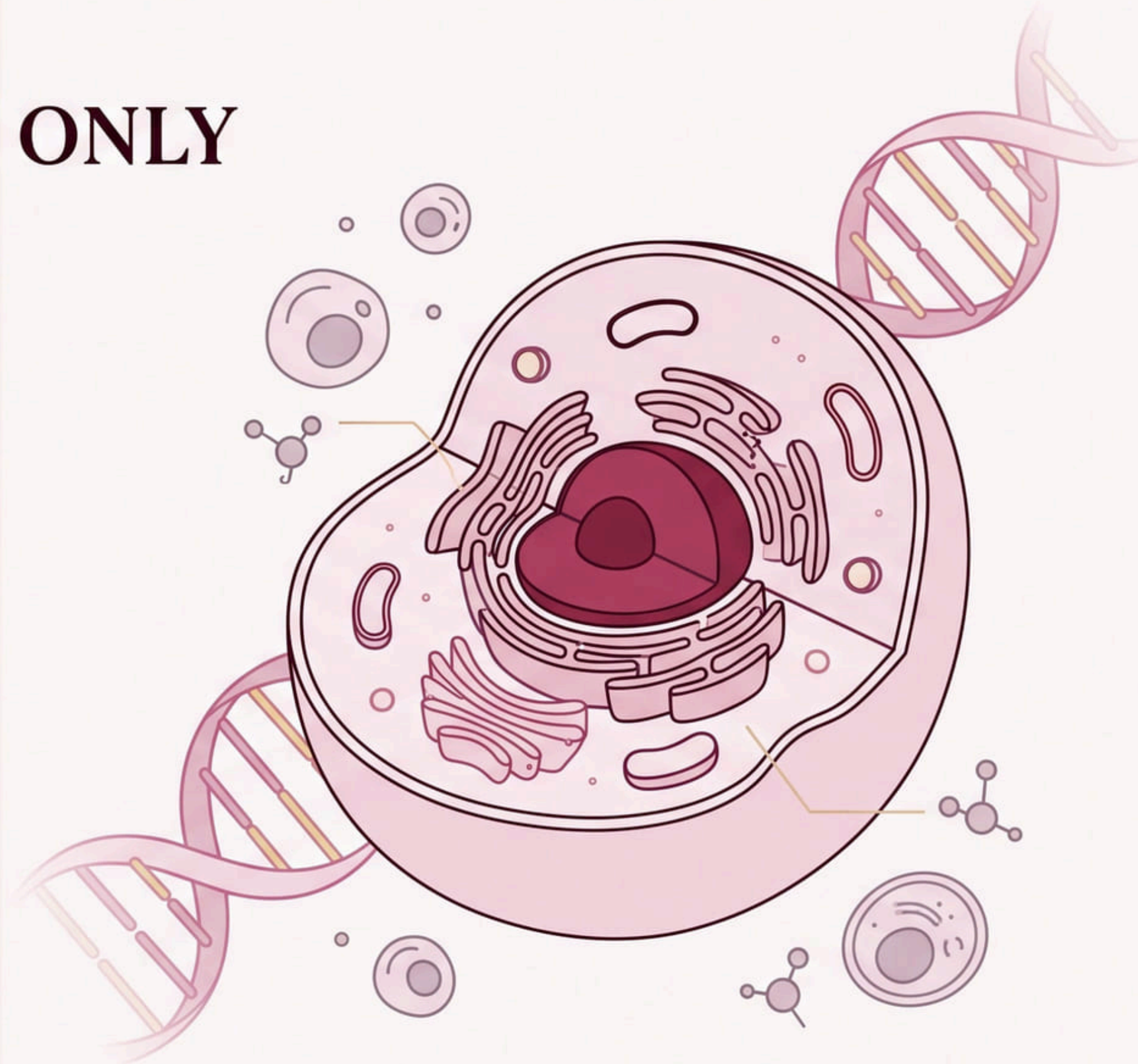
EDUCATIONAL & RESEARCH INFORMATION ONLY. NOT MEDICAL ADVICE.

EDUCATIONAL & RESEARCH INFORMATION ONLY

The information in this guide reflects topics commonly discussed across:

-  wellness communities
-  longevity-focused routines
-  recovery and training discussions
-  beauty and skin research
-  everyday health education

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-  Nothing in it should be read as medical advice, diagnosis, treatment or a promise of results.
-  Always do your own reading and speak with a qualified professional about your own health.





healio

RESEARCH · PURITY · RESULTS