



FREE GUIDE

THE 10 MOST TALKED-ABOUT PEPTIDES 2026

THE RESULT · THE GRADE · THE OPEN QUESTION

Retatrutide, tirzepatide, semaglutide, CagriSema, BPC-157, TB-500, GHK-Cu, MOTS-c, epitalon and thymosin alpha-1 – the headline finding from real studies for each one.

@PEPTILEX

From the book Peptilex – The Peptide Encyclopedia

HOW TO READ THIS GUIDE

EVERY PEPTIDE GETS A GRADE

The Peptilex evidence grade shows how far the research has come – not whether a peptide is good or bad. Every GLP-1 medicine started as a grade D peptide with strong animal data.

A	Approved medicine, large trials	B	Randomized human trials	C	Small or early human studies	D	Mainly animal studies	E	Cell studies or theory
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1. RETATRUTIDE

GRADE B · WEIGHT · METABOLISM

–25% BODY WEIGHT

PHASE 3 · 2,339 ADULTS · 80 WEEKS

TRIUMPH-1 (New England Journal of Medicine, 2026): adults with obesity lost 25% of their body weight on average in the highest-level treatment group, versus about 4% on placebo. Knee pain and breathing interruptions during sleep improved too.

Open question: *What does the third hormone, glucagon, add beyond weight loss – and what do the new heart markers show?*

LIVE TRIALS: [PEPTILEX.COM/TRACKER/RETATRUTIDE](https://peptilex.com/tracker/retatrutide)

FULL PROFILE: BOOK, CHAPTER 8

2. TIRZEPATIDE

GRADE A · WEIGHT · DIABETES

20.2% VS 13.7%

HEAD-TO-HEAD · 751 ADULTS · 72 WEEKS

In SURMOUNT-5, tirzepatide beat semaglutide in a direct comparison of average weight loss. In SURMOUNT-MAINTAIN, people who stayed on treatment kept 21.9% off after more than two years.

Open question: *Why does weight come back after stopping – and what is research doing about muscle loss?*

LIVE TRIALS: [PEPTILEX.COM/TRACKER/TIRZEPATIDE](https://peptilex.com/tracker/tirzepatide)

FULL PROFILE: BOOK, CHAPTER 8

3. SEMAGLUTIDE

GRADE A · WEIGHT · HEART · KIDNEY

–20% MAJOR HEART EVENTS

SELECT · 17,604 PEOPLE

Beyond the 14.9% average weight loss of STEP 1: about 20% fewer heart attacks, strokes or cardiovascular deaths (SELECT), 24% fewer serious kidney events (FLOW) and liver inflammation resolved in 63% vs 34% (ESSENCE).

Open question: *Tablet or injection – how does the new weight-loss pill compare?*

[LIVE TRIALS: PEPTILEX.COM/TRACKER/SEMAGLUTIDE](https://peptilex.com/tracker/semaglutide)
[FULL PROFILE: BOOK, CHAPTER 8](#)

4. CAGRISEMA

GRADE B · WEIGHT

–20.4% BODY WEIGHT

PHASE 3 · 3,417 ADULTS · 68 WEEKS

In REDEFINE 1, cagrilintide – a long-acting version of the 'fullness hormone' amylin – combined with semaglutide led to 20.4% average weight loss, versus 3.0% on placebo. In people with type 2 diabetes, 73.5% reached near-normal blood sugar.

Open question: *Why could amylin become the next big partner for GLP-1 medicines?*

[LIVE TRIALS: PEPTILEX.COM/TRACKER/CAGRISEMA](https://peptilex.com/tracker/cagri sema)
[FULL PROFILE: BOOK, CHAPTER 8](#)

5. BPC-157

GRADE D · HEALING · GUT

100+ ANIMAL STUDIES

ANIMAL STUDIES · FIRST HUMAN PILOTS

Rats and mice healed faster – tendons, ligaments, muscle, bone and the gut lining. Independent teams in Taiwan confirmed that it helps tendon cells migrate and restores blood flow in ischemic muscle. In a small pilot, 10 of 12 women with interstitial cystitis reported complete relief.

Open question: *Why does almost all the research come from one lab – and what did the independent studies find?*

[LIVE TRIALS: PEPTILEX.COM/TRACKER/BPC-157](https://peptilex.com/tracker/bpc-157)
[FULL PROFILE: BOOK, CHAPTER 10](#)

6. TB-500 / THYMOSIN BETA-4

GRADE D / B · HEALING · EYE

6 OF 10 HEALED VS 1 OF 8

PHASE 3 · EYE DROPS

Thymosin beta-4 eye drops completely healed a hard-to-heal corneal defect in 6 of 10 patients, versus 1 of 8 on placebo (SEER-1). The global SEER-2 trial reports in late 2026.

Open question: *Why 'TB-500' and thymosin beta-4 are not the same thing – and what that means.*

[LIVE TRIALS: PEPTILEX.COM/TRACKER/TB-500](https://peptilex.com/tracker/tb-500)
[FULL PROFILE: BOOK, CHAPTER 10](#)

7. GHK-CU

GRADE C · SKIN · WOUNDS

98.5% WOUND CLOSURE

RANDOMIZED · DIABETIC FOOT ULCERS

A GHK-Cu gel reached a median wound closure of 98.5% versus 60.8% with the gel base, with fewer infections. In 12-week cream studies, firmness, skin density and fine lines improved. Natural GHK levels in the blood fall by more than half between 20 and 60.

Open question: *Cream versus injection: why the evidence for the two is completely different.*

[LIVE TRIALS: PEPTILEX.COM/TRACKER/GHK-CU](https://peptilex.com/tracker/ghk-cu)
[FULL PROFILE: BOOK, CHAPTER 12](#)

8. MOTS-C

GRADE D · METABOLISM · MITOCHONDRIA

NO DIET-INDUCED OBESITY IN MICE

ANIMAL STUDIES · EARLY HUMAN TRIAL

A peptide encoded in the DNA of the mitochondria, discovered in 2015. In mice it prevented diet-induced obesity and insulin resistance, and older mice performed better physically. In people, exercise raises natural MOTS-c levels.

Open question: *Is MOTS-c 'exercise in a molecule'? What the first human trial of an analogue showed.*

[LIVE TRIALS: PEPTILEX.COM/TRACKER/MOTS-C](https://peptilex.com/tracker/mots-c)
[FULL PROFILE: BOOK, CHAPTER 14](#)

9. EPITALON

GRADE D · LONGEVITY

+20–40% LIFESPAN IN RODENTS

ANIMAL & CELL STUDIES

Rodent studies linked epitalon to a 20–40% longer mean lifespan and fewer tumors. In 2025, an independent group confirmed in human cells that it switches on telomerase and lengthens telomeres.

Open question: *What did a 6- to 8-year follow-up in older people report?*

LIVE TRIALS: [PEPTILEX.COM/TRACKER/EPITALON](https://peptilex.com/tracker/epitalon)

FULL PROFILE: BOOK, CHAPTER 15

10. THYMOSIN ALPHA-1

GRADE B · IMMUNE

APPROVED IN 30+ COUNTRIES

RANDOMIZED TRIALS · HEPATITIS B

Thymalfasin (Zadaxin) has one of the longest clinical track records of any immune peptide. In chronic hepatitis B, 40.6% of treated patients reached a complete response versus 9.4% of controls. A phase 3 trial in 2,500 people after colorectal cancer surgery is under way.

Open question: *What did the largest trial so far – in sepsis – actually find?*

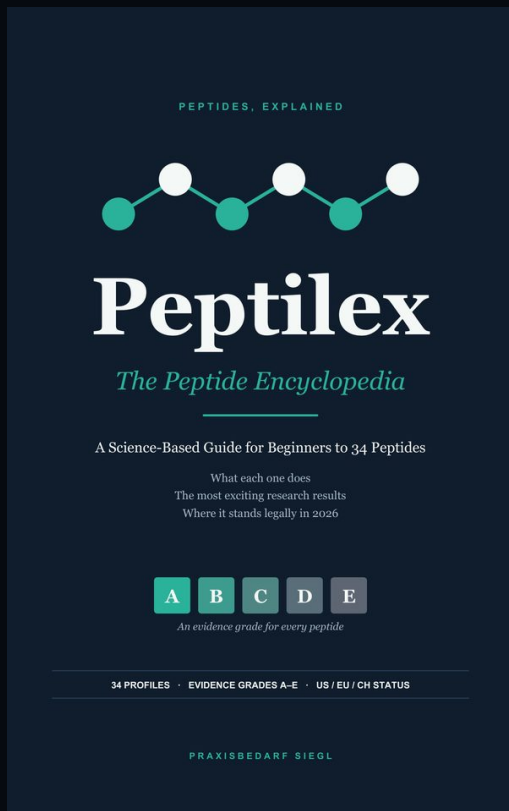
LIVE TRIALS: [PEPTILEX.COM/TRACKER/THYMOSIN-ALPHA-1](https://peptilex.com/tracker/thymosin-alpha-1)

FULL PROFILE: BOOK, CHAPTER 10

THE 10 AT A GLANCE

PEPTIDE	FIELD	GRADE	HEADLINE RESULT
Retatrutide	Weight · Metabolism	B	–25% BODY WEIGHT
Tirzepatide	Weight · Diabetes	A	20.2% VS 13.7%
Semaglutide	Weight · Heart · Kidney	A	–20% MAJOR HEART EVENTS
CagriSema	Weight	B	–20.4% BODY WEIGHT
BPC-157	Healing · Gut	D	100+ ANIMAL STUDIES
TB-500 / Thymosin beta-4	Healing · Eye	D / B	6 OF 10 HEALED VS 1 OF 8
GHK-Cu	Skin · Wounds	C	98.5% WOUND CLOSURE
MOTS-c	Metabolism · Mitochondria	D	NO DIET-INDUCED OBESITY IN MICE
Epitalon	Longevity	D	+20–40% LIFESPAN IN RODENTS
Thymosin alpha-1	Immune	B	APPROVED IN 30+ COUNTRIES

34 PEPTIDES. ONE BOOK.



PEPTILEX THE PEPTIDE ENCYCLOPEDIA

This guide shows one result per peptide. The book has the full picture – for 34 peptides:

- What each peptide is and how it is thought to work
- The most exciting results – cells, animals and people
- 2–4 key studies per profile, with sources
- A–E evidence grade and status in the US, EU and Switzerland
- Known risks and the open questions research is chasing
- Name finder: Ozempic, Zepbound, PT-141, Reta ...

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FOLLOW THE RESEARCH EVERY WEEK

The free Peptilex study tracker lists the registered trials and newest papers for all 10 peptides in this guide:
peptilex.com/tracker

Important: This guide is for general education only. It is not medical advice and does not recommend any substance, dose or treatment. Many peptides described here are not approved as medicines; results from cells or animals do not show that a substance works or is safe in people. Talk to your doctor before making health decisions. Sources: Peptilex – The Peptide Encyclopedia (2026) and the studies named. Created with AI assistance and editorial review. © 2026 Praxisbedarf Siegl.