Before You Believe a Peptide Claim

Use this field guide for a public claim, advertisement or headline. It is a reading aid, not a seller rating or treatment recommendation.

Identify the exact substance

Write the molecule, research code and formulation. Do not assume a similar name means an identical product.

Find the original evidence

Ask for the paper, official trial record or regulator document. Record its date and distinguish it from a seller's summary.

Name the model

Was the claim tested in cells, animals or people? Keep that context attached to the result.

Check the actual outcome

What was measured, against what comparator, and for how long? Avoid replacing a measured endpoint with a broader promise.

FDA warns about unapproved GLP-1 products marketed to consumers with research-use labels. Its warning concerns those products; it is not a blanket legal classification of every peptide.[2]

PAGE SOURCES

1. ClinicalTrials.gov: API and study-record definitions: https://clinicaltrials.gov/data-api/api

2. FDA: Concerns with unapproved GLP-1 drugs used for weight loss: https://www.fda.gov/drugs/drug-alerts-and-statements/fdas-concerns-unapproved-glp-1-drugs-used-weight-loss

Keep the questions specific

Use this space to record references and questions. Keep personal medical information off public websites.

Separate registration from results

A trial listing describes a registered study. Ask whether results are available and whether the claimed conclusion actually follows.[1]

Read labels and testing claims carefully

Ask what the laboratory test measured and whether it concerns the exact product. Do not treat an identity or purity claim as clinical evidence.

Check approval claims and uncertainty

Ask whether the exact product is approved for the proposed use. A research-use label or a claim of similarity is not a substitute for the appropriate evidence.

Check incentives and next steps

Record who is selling, funding or promoting the claim. Leave unanswered questions unresolved and discuss personal medical questions with a qualified clinician.

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