

GHK-Cu Copper Peptide for Skin

compounded topical

GHK-Cu is a copper-binding peptide your dermatologist may prescribe as a compounded topical to support collagen production, skin repair, and firmness. This guide explains what it is, how to apply it, what a realistic timeline looks like, and how to layer it with the rest of your routine. Always follow your prescription label first.

What GHK-Cu is

GHK-Cu is a small, naturally occurring peptide — three amino acids (glycine, histidine, and lysine) bound to a copper ion. It circulates in human plasma and is found in skin, where its levels decline steadily with age. In dermatology it is used topically as a signaling peptide rather than as a drug that kills bacteria or blocks a receptor.

- **Collagen and elastin** — laboratory and small clinical studies suggest GHK-Cu signals fibroblasts to increase collagen and elastin production, which relates to firmness and fine-line appearance.
- **Repair signaling** — the peptide has been studied for its role in normal skin repair and remodeling after injury.
- **Antioxidant activity** — copper is a cofactor for enzymes involved in the skin's own antioxidant defenses.
- **Delivery** — we compound GHK-Cu as a serum, gel, or cream, most often between 0.5% and 2%, in the base your prescriber specifies.

How to apply it

Start with clean, dry skin. Dispense the amount your label specifies — typically a few drops or one to two pumps for the full face and neck — and press it in gently rather than rubbing hard. Let it absorb for a minute before layering moisturizer. Most prescriptions are once or twice daily; many prescribers favor the evening application.

Layering matters. Do not apply GHK-Cu at the same moment as a high-strength vitamin C serum or a strong acid (glycolic, salicylic). A very low pH can inactivate the peptide. Separate them — vitamin C or acids in the morning, GHK-Cu at night — unless your prescriber directs otherwise. If you also use a prescription retinoid, apply the peptide first and let it dry, or alternate nights while your skin adjusts.

Finish your morning routine with sunscreen. GHK-Cu does not increase sun sensitivity on its own, but sun protection is what preserves any improvement you gain.

What to expect

This is a gradual therapy, not an overnight one. Patients who respond generally begin noticing changes in texture, hydration, and firmness somewhere between eight and twelve weeks of consistent daily use. Judging it fairly means giving it at least three months.

- **The blue tint is normal.** Copper peptide preparations are blue to blue-green. The color fades on the skin but can stain pillowcases and light fabrics — give it a few minutes to dry.
- **Mild tingling** in the first few applications is common and usually settles.
- **Persistent redness, burning, or a rash** is not expected. Stop and call us or your prescriber.

Safety and storage

Before your first full application, patch test: a small amount on the inner forearm, checked at 24 and 48 hours. Keep it away from the eyes, lips, and mucous membranes, and do not apply it to open wounds, active infections, or broken skin unless your prescriber has specifically directed it. Tell your prescriber about any known copper sensitivity or Wilson's disease before starting.

Check YOUR label for storage. Keep the container tightly closed, away from heat and direct light — refrigerate only if your label says to. Use by the beyond-use date on your label; compounded preparations are dated individually. For your use only: do not share, and keep out of reach of children.

Working with us

GHK-Cu is not an FDA-approved drug product; it is compounded for you against your prescriber's prescription, and the evidence behind it comes largely from laboratory work and small studies rather than large trials. We think that is worth saying plainly.

What we can do is prepare it accurately, in the strength and base your dermatologist chose, and walk you through application, layering, and what a realistic result looks like. Call or stop by any time — no appointment needed.

This guide is general educational information prepared by our pharmacists. It is not medical advice, is not a recommendation to start any therapy, and does not replace the guidance of your physician or pharmacist. Compounded preparations are made for an individual patient under a valid prescription and are not FDA-approved or FDA-evaluated for safety or effectiveness. Always follow your prescription label and your prescriber's directions, which take priority over anything written here. **Always consult with your doctor or pharmacist** before starting, stopping, or changing any therapy. For a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

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