

Peptides Over 40 Guide

If you're over 40 and curious about peptides, here's what I'd actually think about first — organized by what each one actually does, not just by name.

01 · METABOLIC HEALTH

GLP-1 SIGNALING PEPTIDES

I don't think about these from a diet or weight-loss mindset. I think about them from a metabolic-health perspective.

As we age, things like insulin sensitivity, blood sugar regulation, and body composition can start changing — even when we're doing a lot of the right things.

To be clear, there's really only one GLP I personally would recommend: Tirzepatide. I did a total 180 on this — I used to think of these purely as weight-loss peptides, and it's been life-changing for me from a completely different angle.

\$125 /month

+ code KATE30 for 30% off

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→ [Read my full GLP-1 breakdown](#)

MITOCHONDRIAL PEPTIDES

Your mitochondria are the part of every cell that turns fuel into energy, and how well they work is a big piece of the metabolic-health picture as we age.

MOTS-c is a mitochondrial-derived peptide, which means it's made by your own mitochondria. It's talked about for energy, insulin sensitivity, and how efficiently your cells burn fuel — the same metabolic-health lens as above, just working at the cellular level.

\$158 /month

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02 · BODY COMPOSITION & RECOVERY

GROWTH-HORMONE SIGNALING PEPTIDES

Think Tesamorelin and Ipamorelin. Growth-hormone signaling naturally changes as we age, which is why this comes up so much around body composition, maintaining lean tissue, and recovery.

Tesamorelin is the one I've personally used — I noticed a huge difference in my body composition.

\$158 /month

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03 · TISSUE, SKIN & INFLAMMATION

REPAIR & REGENERATION PEPTIDES

Here's where it helps to understand what you're actually looking at. BPC-157, GHK-Cu, TB-500, and KPV are often combined because they each target a different aspect of tissue repair, inflammation, connective tissue, collagen, and regeneration.

I personally take **KLOW**, which includes all four: BPC-157, GHK-Cu, TB-500, and KPV.

The one thing to be careful about with KLOW: it has to come from a 503A compounding pharmacy. They have a special process to keep the pH balanced — without it, the copper in GHK-Cu can make the other peptides in the blend less effective.

This is the stack that resolved six years of neck pain for me, and I've seen real improvement in my skin and hair from the GHK-Cu.

\$183 /month

+ code KATE30 for 30% off

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NOT DEALING WITH INFLAMMATION? TRY GLOW

GLOW is the same blend without the KPV — BPC-157, GHK-Cu, and TB-500 — so it's a good place to start if inflammation isn't your main concern.

\$183 /month

+ code KATE30 for 30% off

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04 • HORMONAL & INTIMACY

HORMONAL & INTIMACY SUPPORT PEPTIDES

This is a category that doesn't get talked about enough for women over 40. Hormonal shifts in perimenopause and menopause don't just affect sleep and mood — they affect libido and intimacy too, and there are peptides that speak directly to that.

PT-141 is the one I have a source for right now — it's available as a physician-guided visit through BeyondWW.

Kisspeptin is another one in this space worth knowing about — it plays a role in reproductive hormone signaling. I don't have it sourced yet, but it's on my radar.

→ [Start a PT-141 visit on BeyondWW](#)

05 • SLEEP

DSIP

Sleep is one of the first things to shift in perimenopause and beyond — and when it's off, everything else gets harder: energy, mood, and recovery.

DSIP (delta sleep-inducing peptide) is used for sleep support — deeper, more restorative sleep and how your body handles stress.

\$158 /month

+ code KATE30 for 30% off

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One last thing, before any of this

I'd make sure you've got the foundations in place first — strength training, eating enough protein, and for me, a huge one was cutting back on added sugar and processed foods. That made the biggest difference to my baseline, before peptides ever entered the picture.

Peptides are another layer. It really starts with: what are you actually trying to support? [See my full 4-step foundation →](#)

Want to see exactly what I take?

My full peptide stack breaks down everything above by what I take year-round versus what I cycle, with sourcing details and pricing.

[SEE MY FULL STACK →](#)

[SHOP & USE CODE KATE30](#)