

Peptides I Actually Rate

What I've tried, what I use, and what actually made a difference

Important note

This is based on my own experience and observations. It is not medical advice. Anything in this space should be approached seriously and ideally with proper medical oversight and bloodwork.

Before we get into it

I've tried a lot of different peptides over the years.

Some did very little.

Some were overhyped.

Some worked, but not enough to justify using them long term.

The ones below are the ones I've either personally used and rate highly, or in one case, seen such consistent real world results that it deserves to be included.

What made the biggest difference

This is how I would rank them based on overall impact.

1. Retatrutide (observed, not personally used)

This is at the top based on what I have seen consistently.

The biggest impact here is appetite control. People who struggle with dieting suddenly find it manageable. That alone changes everything because fat loss is more about adherence than anything else.

I have not personally used it, but the consistency of results I have seen puts it at number one.

Things to be aware of

Appetite can drop too low if you are not careful

It becomes easy to under eat protein

Energy can feel flat if calories drop too aggressively

You still need structure. It is not just about eating less

2. Melanotan II (MT-II)

This is the biggest visual difference out of anything on this list.

It does not change your body composition, but it changes how you look. A darker skin tone improves contrast, which makes you look leaner and more defined.

You do not actually get leaner. You just look like you are.

Things to be aware of

Nausea can happen early on

Moles and freckles can darken

You still need to be sensible with sun exposure

It is easy to overdo it chasing the look

3. IGF-1 LR3

This is the one I feel the most.

Muscles feel fuller, recovery is faster, and overall I just feel better. The best way to describe it is that it feels like everything is working properly again. Aches settle down and training feels smoother.

Things to be aware of

It can affect blood sugar

It is easy to rely on the feeling and use more than you should

This is not something to run casually

More is not better

It is not something I would run long term. For me, this is a tool to use with intent for a period of time, not something to stay on continuously

4. BPC-157

This is what keeps you training.

It is not flashy, but it is one of the most valuable things you can use if you train hard over a long period of time. It helps settle injuries, reduce inflammation, and keep you consistent.

Things to be aware of

It does not fix poor movement patterns

It can mask pain if you are not paying attention

It needs consistency to work properly

5. TB-500

This works best alongside BPC-157.

It is more of a whole body recovery support. You do not feel it instantly, but over time you notice less stiffness and better overall recovery.

Things to be aware of

The effects are subtle and build over time

It is easy to underestimate because it is not dramatic

You still need proper recovery habits in place

Honourable mention. GHK-Cu

This is more about quality than performance.

Skin looks healthier. Hair can feel thicker or better quality over time. It is not dramatic, but it adds up.

Things to be aware of

It is slow and subtle

It will not reverse major skin or hair issues

This is a long term play

How I would use these based on the goal

The biggest mistake people make is asking what to take instead of asking what phase they are in.

Fat loss phase

The goal here is to reduce body fat while holding onto muscle.

Retatrutide is useful here because it controls appetite, which is where most people struggle.

MT-II helps visually because you will look leaner as you go.

What actually matters is still your diet, your training, and keeping protein high.

The common mistake is under eating too much just because hunger is gone.

Muscle gain or recomposition phase

The goal here is to build muscle while staying relatively lean.

IGF-1 LR3 fits here because it improves recovery and helps you get more out of your training and nutrition.

What actually matters is progressive overload, consistent eating, and sleep.

The mistake is thinking this replaces hard training. It does not.

Injury or high fatigue phase

The goal here is to stay in the game.

BPC-157 and TB-500 are what I would use. One helps more locally and the other works more systemically.

What matters is fixing how you move, managing your load, and not pushing through pain blindly.

The mistake is using these to ignore problems instead of addressing them.

Aesthetic or look better phase

The goal here is to improve how you look without necessarily changing your body composition drastically.

MT-II improves contrast and definition.

GHK-Cu improves skin quality and overall appearance.

These work best when you are already in decent shape.

The mistake is expecting them to fix poor body composition.

How I think about all of this

None of this replaces training, diet, or consistency.

All it does is amplify what is already there.

If your basics are strong, these can make a noticeable difference.

If your basics are poor, these will not fix that.

Final thought

Most people are looking for something to change their results.

But the real difference always comes from execution.

These just make the right things easier and the wrong things more obvious.