

PEPTIDES

PEPTIDES FOR 40+ SKIN

WHAT THEY ARE, WHAT THEY DO, AND WHAT THEY
DON'T.



A CALM, EVIDENCE-BASED
OVERVIEW

CREATED BY A CLINICAL PROFESSIONAL
EDUCATIONAL PURPOSES ONLY

What are Peptides?

PEPTIDES ARE SHORT CHAINS OF AMINO ACIDS. THEY ACT AS SIGNALING MOLECULES.

IN SKINCARE CERTAIN PEPTIDES MAY:

- SUPPORT COLLAGEN SIGNALING
- IMPROVE HYDRATION
- SUPPORT REPAIR PATHWAYS

NOT ALL PEPTIDES ARE THE SAME.

Types Of Cosmetic Peptides

THERE ARE SEVERAL CATEGORIES:

- SIGNAL PEPTIDES
- CARRIER PEPTIDES
- ENZYME-INHIBITING PEPTIDES
- NEUROTRANSMITTER-INHIBITING PEPTIDES

EACH WORK DIFFERENTLY.

Signal Peptides

SIGNAL PEPTIDES MAY ENCOURAGE FIBROBLASTS TO PRODUCE MORE COLLAGEN.

EXAMPLES:

- PALMITOYL PEPTIDES
- MATRIXYL-TYPE COMPOUNDS

THEY SUPPORT COMMUNICATION.
NOT INSTANT TRANSFORMATION.

Copper Peptides

COPPER PEPTIDES SUPPORT WOUND HEALING PATHWAYS.

THEY MAY ASSIST IN COLLAGEN ORGANIZATION AND SKIN REPAIR.

THEY ARE OFTEN GENTLER THAN RETINOIDS FOR SOME USERS.

CONCENTRATION AND FORMULATION MATTER.

Peptides vs Retinol

RETINOL:

ACCELERATES CELL TURNOVER

PEPTIDES:

SEND REPAIR SIGNALS. THEY SERVE
DIFFERENT ROLES.

MANY WOMEN BENEFIT FROM
STRATEGIC LAYERING... NOT CHOOSING
ONE OVER THE OTHER.

What Peptides Do Not Do

PEPTIDES DO NOT:

- REVERSE AGING OVERNIGHT
- REPLACE SUNSCREEN
- ELIMINATE STRUCTURAL
DECLINE
- REPLACE LIFESTYLE HABITS

THEY ARE SUPPORTIVE TOOLS.

How To Use Peptides Wisely

LOOK FOR:

- CLEAR INGREDIENT LABELING
- EVIDENCE INFORMED BRANDS
- STABLE FORMULATIONS
- BALANCED ROUTINES

AVOID:

- OVER LAYERING
- COMBINING TOO MANY ACTIVES
- EXPECTING INSTANT RESULTS

Peptides & 40+ Skin

AFTER 40:

- SKIN REPAIR SLOWS
- BARRIER FUNCTION SHIFTS
- COLLAGEN DECLINES

PEPTIDES CAN BE A SUPPORTIVE
ADDITION WITHIN A STRUCTURED
ROUTINE. BUT STRUCTURE MATTERS
MORE THAN HYPE.

A Structured Approach Matters

PEPTIDES ARE ONE COMPONENT OF:

- COLLAGEN SUPPORT
- INFLAMMATION
MANAGEMENT
- GLYCATION AWARENESS
- HORMONAL
UNDERSTANDING

USED WITHIN A 90 DAY STRUCTURED
FRAMEWORK, THEY BECOME MORE
EFFECTIVE.

Final Thought?

PEPTIDES ARE NOT MIRACLE INGREDIENTS. THEY ARE TOOLS. WHEN USED WITHIN A STRUCTURED, BIOLOGICALLY INFORMED APPROACH, THEY MAY SUPPORT LONG TERM SKIN RESILIENCE.

Nexi Step

IF YOU WANT A COMPLETE
FRAMEWORK THAT INTEGRATES
COLLAGEN BIOLOGY, INFLAMMATION
AWARENESS, AND COSMETIC PEPTIDE
STRATEGY:

EXPLORE THE SKIN LONGEVITY
OPTIMIZATION PROGRAM.

LINK BELOW.

EDUCATIONAL PURPOSES ONLY
