



The Australasian College of Sport & Exercise Physicians Statement on Peptide Therapies in Sport:

The Australasian College of Sport & Exercise Physicians (ACSEP) notes the recent media attention to the promotion, largely via social media, of unapproved peptide-based therapies marketed for injury recovery, tissue healing, anti-ageing, weight loss and performance enhancement.

Unapproved peptides such as BPC-157, thymosin derivatives, and growth hormone secretagogues are being widely promoted despite a lack of robust clinical evidence to support their efficacy or safety in athletes or active populations. Much of the available research remains preclinical or limited to early-phase human studies, with insufficient data to inform safe or effective clinical use.

In Australia and New Zealand, possessing therapeutic peptides without a valid medical prescription is strictly **illegal** and constitutes a criminal offence. This is an important message for patients, who may be tempted to purchase these peptide products online.

Importation, supply, and use of these unapproved peptide products is unlawful in Australia and New Zealand, carrying legal, regulatory and professional consequences for practitioners. You will often see labels like, “not for human use” or “for research use only” on these products. Unapproved peptide products are also prohibited substances in sport and anti-doping rule violations apply to both patients and practitioners.

Importantly, many of these substances are not approved for therapeutic use and may carry significant immediate and long-term adverse health risks.

Further information can be found through the links below:

- Sporting Integrity Australia (SIA): <https://www.sportintegrity.gov.au/what-we-do/anti-doping/substance-education/peptides>
- Therapeutic Goods Administration (TGA): <https://www.tga.gov.au/safety/safety-monitoring-and-information/safety-alerts/tga-warning-risks-importing-unapproved-peptide-products>

The ACSEP is actively reviewing the evolving evidence in this area

Based on the current evidence, the ACSEP does not support the use of unapproved peptide-based therapies in medical practice. These agents should be considered experimental and are not recommended for routine clinical use.