



Benefits of PDA



Soft Tissue Support

Accelerates soft tissue healing
Supports injury recovery
Improves tissue strength
Reduces strain-related discomfort



Gut Health

Supports gut lining integrity
Promotes digestive resilience
Helps reduce GI irritation
Supports overall digestive function
Supports nutrient absorption



Inflammation Control

Reduces localized inflammation
Helps calm injured tissues
Supports healthier healing response
Encourages tissue balance



Recovery & Repair

Supports faster symptom relief
Enhances long-term healing
Complements physical therapy
Improves recovery outcomes
Helps shorten recovery timelines



Tissue Protection

Helps prevent tissue breakdown
Supports cellular resilience
Encourages healthy tissue maintenance
Promotes structural integrity



Cellular Repair

Supports healthy cell regeneration
Encourages tissue renewal
Enhances healing at cellular level
Promotes long-term tissue resilience

Why Would I Want to Use PDA?

- Supports healing of tendons, ligaments, and soft tissue
- Promotes repair of the gastrointestinal lining
- Helps reduce localized inflammation in injured areas
- Supports recovery from overuse, strain, or chronic injury
- May help improve gut comfort and digestive resilience
- Enhances tissue repair when combined with physical therapy or lifestyle changes
- Supports faster symptom relief while underlying healing occurs
- Can be used as part of a comprehensive regenerative protocol



What is PDA?

PDA is a peptide similar in structure and function to BPC-157, a compound known for its regenerative and protective effects on tissues and the gastrointestinal system. It is commonly used to support healing in tendons, ligaments, muscles, and the gut lining. PDA promotes localized tissue repair and helps regulate inflammation at the site of injury. It may also support gut integrity by strengthening the protective lining of the digestive tract. Some individuals notice symptom relief within 1–3 weeks, while more complete tendon or gastrointestinal healing may take several months. PDA is often most effective when combined with appropriate nutrition, physical therapy, and lifestyle support.

What Forms of PDA Are Available?

PDA is available as a subcutaneous injection.

How Does PDA Work?

- Promotes local tissue regeneration and cellular repair
- Supports tendon and ligament healing at the injury site
- Helps strengthen and protect the gastrointestinal lining
- Reduces inflammatory signaling in damaged tissues
- Supports angiogenesis to improve blood supply to healing areas
- Encourages balanced tissue remodeling
- Works synergistically with rehabilitation and dietary protocols
- Supports long-term recovery and tissue resilience

