One Patch a Week vs. a Needle Every Day

Why the Push Patch Benefit Lasts All Week

An Educational Guide for Providers, Distributors, and Patients

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Here is the question I hear most often: "If I only wear the patch on Monday, how is it still working on Friday? Wouldn't my body run through all of the benefits in four days?" This is often misunderstood. The benefit of a peptide was never the peptide sitting in your blood. The benefit is the repair the peptide ordered. Once new blood vessels are grown and new collagen is laid down, they do not disappear when the peptide clears. You keep them.

One rule decides this whole comparison: what benefits the patient is exposure time — the number of hours the peptides and molecules stay in contact with the cells and tissue at a working level. Cells do not respond to how big a dose was for one moment. They respond to how long the signal stays with them. More exposure hours mean more vessels grown, more collagen laid down, more repair completed (Sikiric et al., 2018; Pickart and Margolina, 2018). Hold that rule and the rest is simple math.

A daily injection holds a working level for only an hour or two, then crashes. So, a full week of daily shots — seven needles — delivers roughly seven to fourteen exposure hours, in short spikes with long gaps. One Push Patch delivers about fourteen steady exposure hours from a single application: twelve hours of active delivery plus roughly two hours of continued activity after it comes off. That means one patch a week matches or beats an entire week of daily injections on exposure time, and two patches a week — about twenty-eight hours — roughly doubles it. The patch also carries the NAD+ fuel the peptides need, costs a fraction of the needles, and requires zero injections. And because these signals set repair projects in motion that keep running for days, the person injecting daily has no advantage on Friday — their peptide is gone by bedtime too. Both patients live on the repairs their exposure hours bought. The patch patient simply bought more of them.

This guide walks through the science in plain language, uses the Wolverine patch and the NAD+/MOTS-c/GHK-Cu patch as worked examples, and lays out the full cost math. When you finish, you should be able to explain all of it to a patient in thirty seconds.

Part One: The Clock — How Long a Shot Really Lasts

Every molecule you inject has a half-life: the time it takes for half the dose to disappear from your blood. Think of an ice cube dropped into warm water. It does not sit there all day — it starts shrinking the moment it lands, and soon it is gone. An injection works the same way. The level spikes, then your body clears it, fast.

Here are the clocks for the molecules in these formulas (Camacho-Pereira et al., 2016; Pickart and Margolina, 2018; Forman et al., 2009; Lee et al., 2015; Sikiric et al., 2018):

Molecule	Half-life once injected	Working window per shot
MOTS-c	About 10 minutes	Minutes

Molecule	Half-life once injected	Working window per shot
Glutathione	About 20 minutes	Under 1 hour
GHK-Cu	About 30 minutes	About 1 hour
NAD+	About 1 hour	1–2 hours
BPC-157 / TB-500	A few hours	1–2+ hours — the longest of the group

Now do the math on a typical injection plan. A patient injecting Wolverine once a day gets seven short spikes — roughly seven to fourteen total working hours — and more than 150 hours of the week with nothing on board. The needle habit feels constant, but the exposure is not. Most of the week, the injection patient and the patch patient are in the exact same state: no peptide in the blood. The only question is who got more signal into the tissue while the dose was there.

Part Two: Exposure Time — The Rule That Creates the Benefit

This is the single most important idea in this guide: exposure time is what creates the benefit. Cells do not respond to how tall the spike was. They respond to how long the signal stays in contact with their receptors while they have the energy to act on it. Think of watering a garden. Dump a full bucket on a plant and most of it runs off before the roots can drink. Run a slow drip for hours and the roots soak up far more — same water, better result. The injection is the bucket. The patch is the drip.

Or think of baking a cake. Hold the oven at the right temperature for the full time and the cake bakes through. Blast it for three minutes and shut it off, and the cake never sets, no matter how hot you made it. Growing new blood vessels, laying down collagen, moving repair cells, and repairing DNA are continuous processes that run while the signal is present (Sikiric et al., 2018; Goldstein et al., 2005; Pickart and Margolina, 2018). A spike starts the work and quits. Steady contact lets the work finish.

The Push Patch holds that contact. A 0.5 mm microneedle tip opens microscopic channels in the top layer of skin, and a mild electric current — iontophoresis — pushes the peptides through those channels continuously for twelve hours (Prausnitz and Langer, 2008). Add the roughly two hours of continued activity after removal, and one patch delivers about fourteen steady exposure hours.

Here is the whole comparison in one look — same ingredients, same strengths, counted in exposure hours per week:

Weekly plan	Needles / week	Exposure hours / week	How the hours arrive
Inject once a day	7	~7–14	Seven short spikes, long gaps
Inject twice a day	14	~14–28	Fourteen short spikes
One patch a week	0	~14	One steady, fueled block
Two patches a week	0	~28	Two steady, fueled blocks

Read it plainly. One patch a week delivers as many exposure hours as an entire week of once-daily injections — and delivers them as one smooth, fueled block instead of seven spikes. Two patches a week matches or beats injecting twice a day. That is the benefit side of the comparison. The cost side, covered in the examples below, is even more lopsided.

Part Three: The Friday Answer — The Work Continues After the Signal Ends

Now the heart of the question: why is the patch patient still improving on Friday when the patch came off Monday night?

Because these peptides are signals, not fuel tanks. Think of them as a contractor walking through a damaged house on Monday and placing the work orders. The contractor does not have to stand in the house all week for the walls to keep going up. The crew keeps building. Here is what each signal sets in motion, and how long that work runs:

BPC-157 raises VEGF and triggers new blood vessel growth at the site, wakes up the cells that lay down collagen, and calms local inflammation (Sikiric et al., 2018). New vessels take days to grow — and once grown, they stay open and carrying blood. In tendon studies, healing driven by BPC-157 progressed over days to weeks, far beyond the presence of the peptide itself (Staresinic et al., 2003).

TB-500 binds G-actin so repair cells can travel to the injury and keeps scar tissue flexible (Goldstein et al., 2005). Cell migration and tissue remodeling play out over days.

GHK-Cu switches on the genes that rebuild tissue and switches off the ones that break it down, with human studies measuring collagen increases over weeks (Pickart and Margolina, 2018). Gene programs, once activated, keep producing after the signal clears.

NAD+ recharges the mitochondria — the power plants in every cell — and feeds the sirtuin repair enzymes that keep them clean and productive (Gomes et al., 2013; Imai and Guarente, 2014). A recharged power plant does not drain back to empty the moment the charger unplugs.

So, look at Friday honestly. By Friday, neither the patch patient nor the injection patient has Monday's peptide in their blood. Both are living on the repair Monday's dose set in motion. Your body does not "run through" a finished repair the way it runs through a dose — a new capillary built on Tuesday is still carrying blood on Friday, and new collagen laid on Wednesday is still holding the tendon together on Saturday. The difference between the two patients is the size of the work order they placed: fourteen steady, fueled hours of signal versus a handful of unfueled spikes. The patch patient placed the bigger order. That is why the benefit carries the week.

Part Four: NAD+ — The Fuel That Makes the Signal Count

There is one more reason the comparison is not close. Peptides are blueprints. Carrying out the blueprint — building vessels, producing collagen, copying DNA — costs energy, and cells make that energy using NAD+. Hand a cell the signal without the fuel and much of the instruction goes to waste (Gomes et al., 2013; Imai and Guarente, 2014). Injected peptides arrive with no NAD+ unless you add separate NAD+ shots — and because NAD+ clears in about an hour, matching the patch means injecting it three times a day (Camacho-Pereira et al., 2016). Every Push Patch in this comparison carries NAD+

alongside the peptides, so the order and the fuel arrive together, steadily, for the full fourteen hours. The signal and the fuel have to be in the tissue at the same time, and the patch is the only option here that makes that automatic.

Example One: Wolverine — One Patch vs. a Shot Every Day

The Wolverine Push Patch carries BPC-157 at 2000 mcg, TB-500 at 2000 mcg, GHK-Cu at 5 mg, and NAD+ at 250 mg in every application. Here is the most common real-world comparison — a patient injecting Wolverine once a day, every day, versus one patch worn Monday:

The week, side by side	Inject Wolverine once a day	One Wolverine patch (Monday)
Needle sticks	7	0
Working peptide hours	~7–14, as short spikes	~14, one steady block
NAD+ fuel on board	None	Full 14 hours
GHK-Cu included	No — typical injectable blends omit it	Yes, 5 mg
State of the blood by Friday	Peptide cleared — living on prior repairs	Peptide cleared — living on prior repairs
Size of the weekly repair order	Smaller, unfueled	Larger, fueled

Read that Friday row twice, because it is the whole answer to the objection. Both patients face Friday with the drug long gone. The patch patient simply banked more signal, with fuel, while it was there — and did it without a single needle.

Now the cost math. When Wolverine is injected per its own dosing, it is taken twice a day — fourteen shots a week. To truly match the patch, you also need NAD+ three times a day, and the injectable blend still lacks GHK-Cu:

Wolverine scenario	Shots / week	Steady contact-hours / week	Research $/mo	Compounded $/mo
Inject Wolverine 2x/day (no NAD+)	14	~14–28 (spikes)	~$690	~$1,380
Inject Wolverine + NAD+ 3x/day	35	~14–28, overlap only	~$2,310	~$4,620
Wolverine patch, once a week	0	14 (steady)	~$333	~$333
Wolverine patch, twice a week	0	28 (steady)	~$666	~$666

One patch a week costs about half of injecting the bare research-grade peptides, about a quarter of the compounded price — and under a tenth of the matched plan once you add the NAD+ the signals need. Put it in exposure terms and the value is even clearer: one patch a week buys about sixty steady, fueled exposure hours a month for about $333 — roughly six dollars per exposure hour. The matched injection plan spends about $4,620 a month for hours in the same range, which works out to about forty dollars

per hour at best — and those hours still arrive as unfueled spikes. And the research-source price is the low bar: those vials come from unregulated suppliers whose purity, dose, and handling cannot be verified. The patch is a single, consistent, US-made product with the formula stated on the label.

Example Two: NAD+ / MOTS-c / GHK-Cu — When Minutes Meet Hours

This formula carries NAD+ at 1300 mg, MOTS-c at 5 mg, and GHK-Cu at 5 mg. It is the clearest case for steady delivery, because MOTS-c — the mitochondrial peptide that flips on AMPK, the master fuel switch, and tunes metabolism (Lee et al., 2015) — has a half-life of about ten minutes. Inject it once a day and each shot gives you minutes of exposure. Seven daily shots add up to roughly two to three hours of MOTS-c contact for the entire week. One patch holds it against the tissue for about fourteen hours — four to seven times more contact from one weekly application than from seven needles.

NAD+ / MOTS-c / GHK-Cu scenario	Shots / week	Steady contact / week	Research $/mo	Compounded $/mo
Inject one shot a day	7	~7–14 (spikes); MOTS-c gone in minutes	~$2,645	~$5,290
Inject two shots a day	14	~14–28 (spikes); MOTS-c gone in minutes	~$5,290	~$10,575
Patch, once a week	0	14 hrs (steady)	~$467	~$467
Patch, twice a week	0	28 hrs (steady)	~$934	~$934

One patch a week runs about $467 a month for about sixty steady exposure hours — roughly eight dollars per exposure hour. Injecting the same three ingredients daily from a compounding pharmacy runs about $5,290 a month for far fewer real exposure hours — close to ninety dollars per spiky hour, or more — and still delivers MOTS-c in flashes instead of holding it where it works.

The Full Lineup: All Six Formulas

The same pattern holds across every formula. The injection columns reflect injecting the same ingredients, including the NAD+ those signals need to work:

Formula	Patch, once a week	Patch, twice a week	Inject (research), daily	Inject (compounded), daily
Glow (BPC-157 / TB-500 / GHK-Cu / NAD+)	14 hrs, ~$333/mo	28 hrs, ~$667/mo	28 shots, ~$1,995/mo	28 shots, ~$3,990/mo
Wolverine (BPC-157 / TB-500 / GHK-Cu / NAD+)	14 hrs, ~$333/mo	28 hrs, ~$667/mo	35 shots, ~$2,310/mo	35 shots, ~$4,620/mo
BPC-157 / NAD+ / GHK-Cu	14 hrs, ~$267/mo	28 hrs, ~$533/mo	~42 shots, ~$1,955/mo	~42 shots, ~$3,910/mo

Formula	Patch, once a week	Patch, twice a week	Inject (research), daily	Inject (compounded), daily
NAD+ / MOTS-c / GHK-Cu	14 hrs, ~$467/mo	28 hrs, ~$934/mo	7–14 shots, ~$2,645–5,290/mo	7–14 shots, ~$5,290–10,575/mo
NAD+ / GHK-Cu	14 hrs, ~$400/mo	28 hrs, ~$800/mo	7–14 shots, ~$1,160–2,320/mo	7–14 shots, ~$2,320–4,630/mo
Glutathione / GHK-Cu	14 hrs, ~$267/mo	28 hrs, ~$533/mo	~7 shots, ~$2,165/mo	~7 shots, ~$4,330/mo

Injection pricing is based on current research-grade price lists (August 2026); compounding pharmacy pricing typically runs about double. Injection dosing assumed: BPC-157 and TB-500 at 500 mcg each per shot; NAD+ at 50 mg three times daily when matching the patch's fuel, 100 mg in single daily blends; GHK-Cu at about 2 mg daily; MOTS-c at 5 mg per shot; glutathione at 600 mg daily.

How to Explain This in Thirty Seconds

When a patient or provider asks the Friday question, here is the whole answer, in plain words:

"What creates the benefit is exposure time — how many hours the peptide stays in contact with your cells. A shot puts it in your blood for an hour or two, then it's gone — so even a whole week of daily shots adds up to only seven to fourteen spiky hours. One patch holds the same ingredients against your tissue for about fourteen steady hours, with the NAD+ fuel your cells need to do the work — as much exposure as a week of needles, from one application. The repairs those hours start keep building all week. You're not wearing the patch on Friday — but you're standing in the house it built on Monday. And it costs a fraction of the needles."

If they push back with "wouldn't the body run through the benefits in four days," answer with the same honesty: the body ran through the peptide in hours — for the injections too. Nobody's benefit was ever stored peptide. It was, and is, rebuilt tissue, and rebuilt tissue stays.

The Bottom Line

The body can heal itself with the correct help in most situations — and the correct help is exposure time: a long, steady, fueled contact between the molecules and the tissue, not a brief spike. One Push Patch a week delivers as many exposure hours as an entire week of daily injections, includes the NAD+ that makes the signals count, sets repair programs in motion that run all week, and costs a fraction of doing the same job with needles. Two patches a week doubles the exposure and still undercuts the matched injection plan several times over.

To choose the formula that fits your goal, or to map out a weekly schedule for yourself or your patients, reach my team at orders@pushpatch.com or 850.733.9131, or order at Pushpatch.com.

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Statements describe how the ingredients work and have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. The only person or entity that can guarantee results is God.