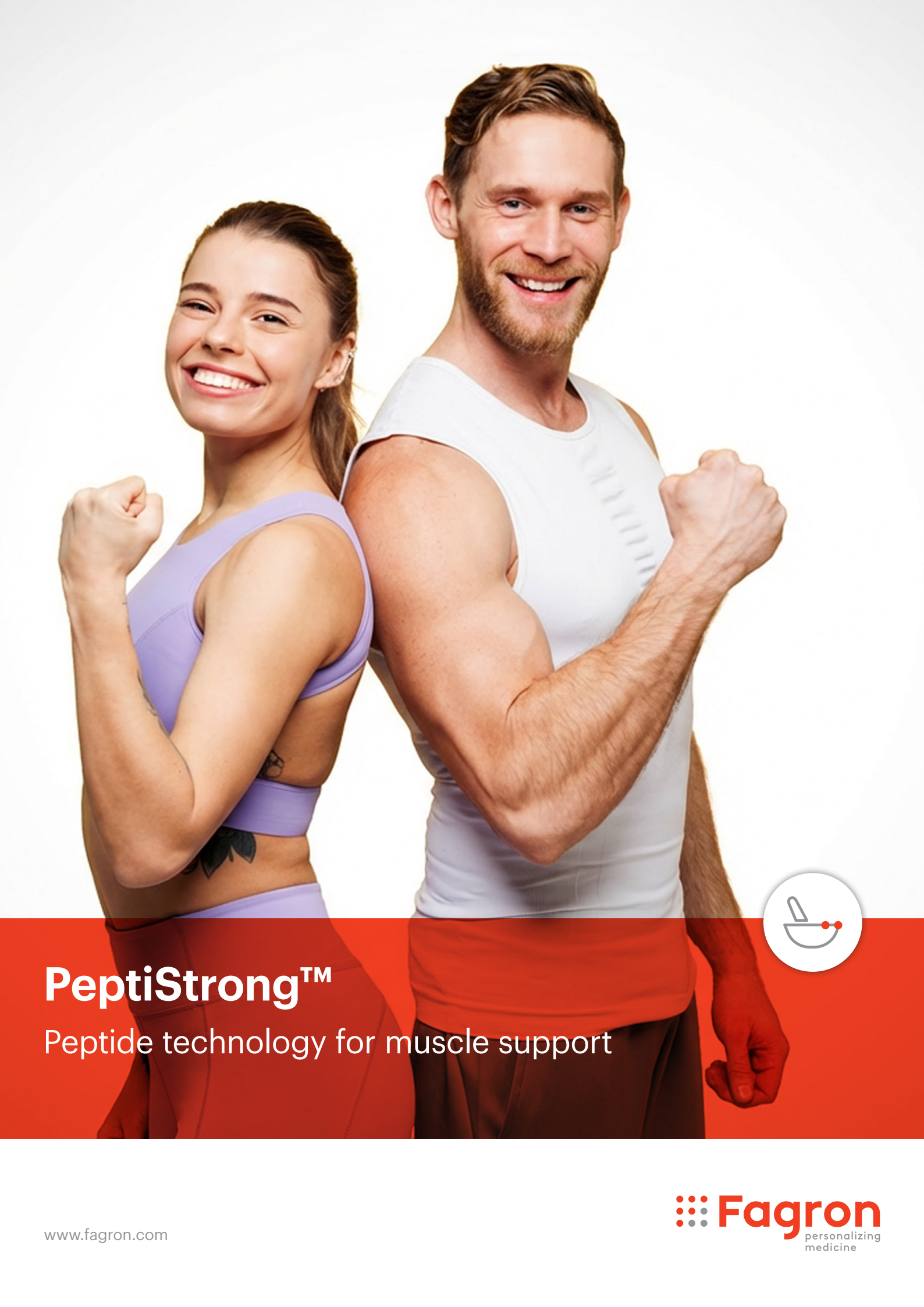


A man and a woman are standing back-to-back, flexing their biceps. The woman is on the left, wearing a purple sports bra and leggings, with a tattoo on her left arm. The man is on the right, wearing a white tank top and dark pants. They are both smiling and looking towards the camera. The background is a plain, light color.

PeptiStrong™

Peptide technology for muscle support



PeptiStrong™

PeptiStrong™ is a plant-based supplement that supports muscle strength, recovery, and protection. Obtained from *Vicia faba* protein via selective enzymatic hydrolysis that yields a defined network of bioactive peptides. Unlike traditional protein supplementation, which primarily delivers intact proteins or free amino acids, **PeptiStrong™** provides peptide fractions selected to engage key pathways of skeletal-muscle metabolism and support a favorable balance between anabolic and anti-catabolic processes.

Key Features



Supports muscle recovery and strength

Supports strength recovery and helps reduce fatigue following strenuous activity.



Defined bioactive peptide network

Targeted peptide fractions selected to support skeletal-muscle health.



Clinically aligned and well tolerated

Evidence with 2.4g/day shows improved strength recovery, easy to take and suitable for daily use.¹



Formulation-friendly

Partially water-soluble powder within pH 5-7.



Versatile formats

Capsules, powders, ready to drink beverages, sachets, cereal/bars, chewable tablets, gummies.



Plant-based and vegetarian

Derived from *Vicia faba*.

The science behind PeptiStrong™

Performance and recovery: In adults performing resistance training, daily intake of 2.4 g *Vicia faba* peptide hydrolysate produced greater gains in leg-extension strength and muscular endurance versus placebo and supported faster strength recovery within 72 hours following exercise-induced muscle damage.¹

Mechanistic signals: Reduced circulating myostatin, activation of mTOR/S6, and preservation of muscle mass and architecture in a disuse model.^{1,2}

Clinical implication: Together, these findings indicate stronger anabolic signaling, less muscle breakdown, and accelerated recovery to help sustain muscle health.

Safety

GRAS Notice (GRN No. 1166) for **PeptiStrong™** received a “no questions” response from the U.S. FDA, indicating the agency has no objections to the manufacturer’s conclusion of safety under the intended conditions of use

Tolerability: evaluated in clinical studies at 2.4 g/day with no adverse events reported.¹

Origin: plant-based peptide matrix from *Vicia faba*; vegetarian-friendly.

Labeling note: derived from fava bean protein. **PeptiStrong™** may contain naturally occurring vicine and convicine from fava beans. Modeled exposure, based on manufacturer analytical data and published literature, indicates levels below those reported to trigger favism; however, clinicians should consider G6PD deficiency when advising patients.



How to Use



Dose

2.4 g once daily



Timing

With or shortly after resistance training, or during recovery windows (for example, after disuse).



Patients

Adults aiming to preserve or restore lean mass during training, rehabilitation, or periods of reduced activity.

Compounding and formulation options

PeptiStrong™ partially water-soluble powder and is typically formulated within pH 5-7 for liquids. It can be incorporated into capsules, sachets/powders for reconstitution, ready-to-drink beverages, chewable tablets, gels, bars/cereals, and gummies. As with any formulation, verify excipient compatibility and stability; follow local quality standards for identity, content uniformity/assay, microbial quality, and (for liquids) pH and viscosity.



Powder



Bars & Cereals



Shakes



Gummies



Chewable tablets



Oral gels



Capsules



Oral solutions & drinks

Dosage forms that can be used to deliver **PeptiStrong™** in pharmaceutical and food-supplement products.

Fagron Academy

Fagron Formulary

The biggest formula database globally, with continuously updated, searchable formulas (including **PeptiStrong™**), with preparation methods and practical guidance for prescribers and pharmacists. Visit fagron.com/formulary

Video Platform

A multilingual online educational platform that bridges prescribing and compounding in personalized medicine. Visit fagron.com/videoplatform

¹ Kerr, A., Hart, L., Davis, H., Wall, A., Lacey, S., Franklyn-Miller, A., Khaldi, N. & Keogh, B. Improved Strength Recovery and Reduced Fatigue with Suppressed Plasma Myostatin Following Supplementation of a Vicia faba Hydrolysate, in a Healthy Male Population. *Nutrients* 15, 986 (2023).

² Cal, R., Davis, H., Kerr, A., Wall, A., Molloy, B., Chauhan, S., Trajkovic, S., Holyer, I., Adelfio, A. & Khaldi, N. Preclinical evaluation of a Food-Derived functional ingredient to address skeletal muscle atrophy. *Nutrients* 12, 2274 (2020).



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supplement in the United States). Prescribing, labeling, advertising, and on-pack wording must comply with applicable laws and guidance in each country, including LATAM markets. Use of compounded preparations must comply with professional standards and local regulations (for example, USP <795> or local equivalents). Fagron makes no warranties, express or implied, and assumes no liability for outcomes arising from reliance on this document. Responsibility for clinical decisions and compounding practices rests with the prescribing clinician and the compounding pharmacist.



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