

Peptides According to Dr. Craig Koniver

Shawn Ryan Show #330 • “The Godfather of Peptides” • Starting ~1:42:00

What is a Peptide? (Dr. Koniver’s definition)

“To be really on the very, very elemental level, peptides are chains of amino acids. We call it a peptide if it’s 40 amino acids in length or shorter. We call it a protein if it’s 41 amino acids in length or longer. By definition, these are small molecules. They’re signaling molecules... I think of peptides as like whispering to your cells and pharmaceuticals as like a sledgehammer.”

— Dr. Craig Koniver, Shawn Ryan Show #330

Peptides He Discussed & What They Are For

Category	Peptide	What Dr. Koniver Says It Is For
Growth Hormone Releasing	Ipamorelin Tesamorelin Sermorelin	Travel to the brain, bind the growth hormone receptor, and signal the body to release its own growth hormone. Support healing, recovery, tissue repair, and rejuvenation as natural GH declines with age and stress.
Anti-Inflammatory & Soft Tissue	BPC-157 (Body Protection Compound)	Very anti-inflammatory to soft tissue (tendons & ligaments). Helps clear inflammatory cells and cytokines so tissue can heal. Often used for injuries (e.g., rotator cuff, forearm). Many active people stay on it preventively.
Anti-Inflammatory & Soft Tissue	TB-500	Anti-inflammatory peptide commonly grouped with BPC-157 for tissue recovery and healing.
Anti-Inflammatory & Soft Tissue	KPV	Anti-inflammatory peptide; promotes anti-inflammatory (not pro-inflammatory) mechanisms.
Anti-Inflammatory & Soft Tissue	GHK-Cu (GHK Copper)	Anti-inflammatory copper peptide; part of the broader healing / tissue-support group.
Nervous System	Semax	Developed in Russia; used for people who have had a stroke or traumatic brain injury.
Nervous System	Selank	Taps into the GABA system (calming system — same receptors alcohol and benzos hit). Very calming for some people. Combined with Semax he describes the pair as “like a natural Adderall” (often used as a nasal spray).
Nervous System	Cerebrolysin	Neuropeptide used for stroke recovery. Koniver notes strong results (including family members of his staff).
Mitochondrial	MOTS-c	He calls it the “stronger, fitter, faster” peptide — supports body composition and energy.
Mitochondrial	Humanin	Described as the DNA-repair peptide.

Mitochondrial	SS-31	Mitochondrial support peptide.
Circadian / Sleep	Epitalon	Supports circadian rhythm.
Circadian / Sleep	Pinealon	Helps the body release more melatonin.

Key analogy from the episode: Peptides “whisper” to your cells (work with your biology). Pharmaceuticals are a “sledgehammer” (same dose for everyone, more side effects, but you feel something).

Source: Shawn Ryan Show #330 – Dr. Craig Koniver, “The Godfather of Peptides” (peptide discussion begins ~1:42:00). Chart compiled from the episode transcript for educational reference.