

FAQs



If this is my first time injecting, what do I do?



We're so excited that you've joined the Pure Hydration family! Our team will walk you through the process during your consultation. You'll also get a printed injection guide and can use this video as a resource as well. **Scan QR code to watch.**



What if I miss a dose?



Just continue your schedule as normal, do not double up doses. If you're on weekly injections, shift by a day if needed.

Can I mix peptides in the same syringe?



Some can be combined, but others can't. Your provider will guide you based on safety and compatibility!

How many peptides can I take at the same time?



Many clients take 2-5 peptides as part of a personalized protocol. Your provider will guide you through this in your personalized plan, depending on your wellness goals.

What side effects should I expect?



Mild effects like flushing, nausea, itching at the injection site, or changes in hunger are common and often temporary.

When will I see results?



Results will build over time! Most clients notice benefits within 5-12 weeks, depending on the peptide and consistency.

Will the results last after I stop?



You may maintain benefits if you've built healthy habits, but ongoing support or cycling is often recommended to maintain results.

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Can I take peptides with GLP-1 meds like Ozempic or Wegovy?



Yes! Many peptides complement GLP-1s to preserve muscle, support metabolism, and reduce fatigue.

Can I travel with peptides?



Yes. Use a cold pack and bring them in your carry-on with any necessary prescription paperwork.

Are there peptides I shouldn't combine?



Some combinations may compete or overlap. Your provider will design your plan to avoid conflicts and maximize synergy.

Are there people who shouldn't take peptides?



Peptides may not be recommended if you're pregnant, breastfeeding, have active cancer, uncontrolled diabetes, or certain autoimmune or endocrine conditions. That's why we complete a full intake and medical screening before prescribing. Safety is always our top priority.

Do you ship out of state?



No. We only ship within Florida after a telehealth consult with a licensed provider.

Can I pay with HSA or FSA?



We don't accept HSA/FSA cards directly, but we can provide documentation for reimbursement.

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Do I need to change my diet or exercise?



Yes! Your lifestyle matters and can work holistically with peptides to provide you with the maximum results. We recommend:

- Clean, whole foods (lean protein, veggies, balanced macros)
- 3-5 days of moderate exercise per week
- Avoiding processed foods, sugar, and alcohol when possible.

Are your peptides compounded in the U.S.?



Yes! All peptides used at Pure Hydration are compounded right here in the United States by licensed 503A pharmacies that are FDA-registered and meet the highest safety and sterility standards. Every vial is batch-tested for potency, purity, and microbiological safety, so you can feel confident you're receiving clean, pharmaceutical-grade peptides from a trusted source

My vial is expiring soon. Is it still good?



When stored properly, peptides typically remain effective for up to 90 days after reconstitution, even if the printed expiration date is sooner.

Should I talk to my primary care doctor first?



If you have medical conditions or take medications, it's a good idea to speak with your primary care doctor before starting peptide therapy. We'll also review your health history to ensure peptide therapy is safe for you.

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For more information about Peptide Therapy, scan the QR Code

