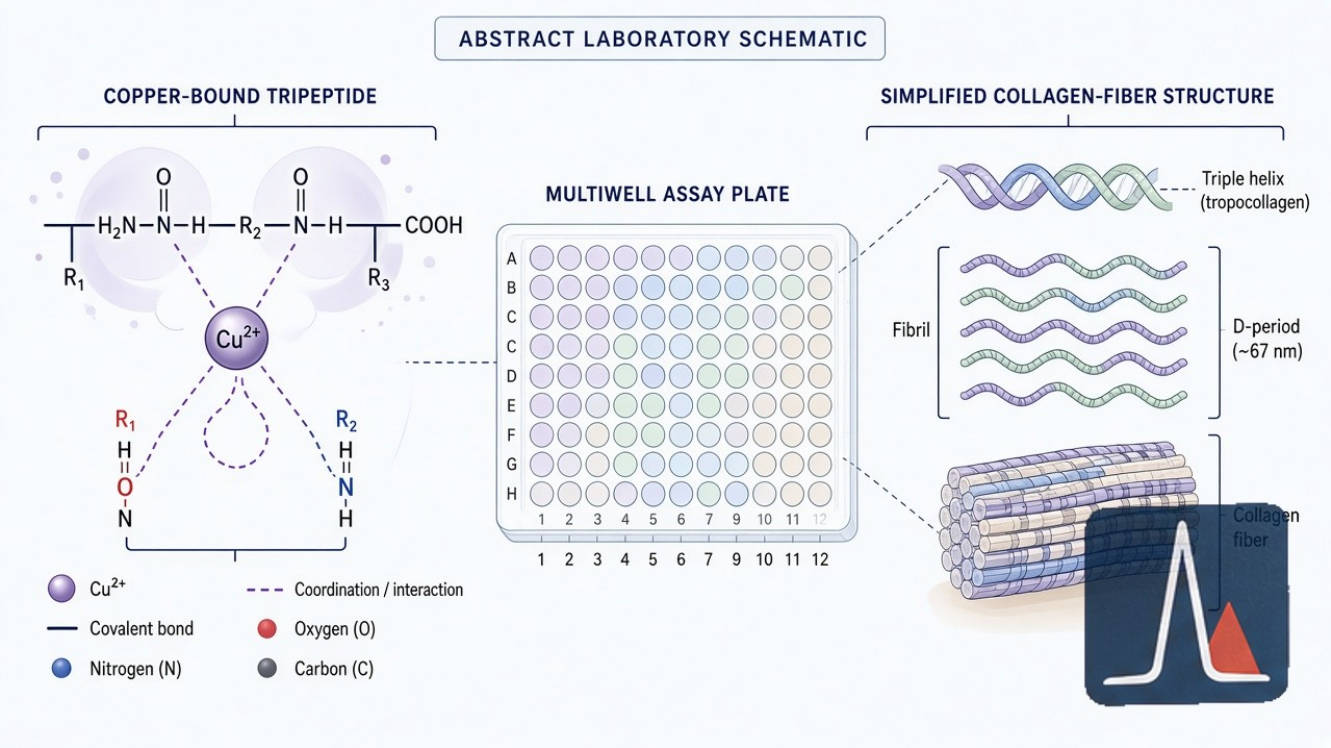
GHK-Cu reviews: reported findings and limits

21 October 2026

Two 2026 systematic reviews summarized preclinical and limited human records on GHK-Cu. Both are secondary syntheses, not new experiments.



Published summaries of GHK-Cu are reported here as study findings only.

Mokhtar and colleagues (2026) published a systematic review of aesthetic applications. **Study type:** review of 20 included studies (18 preclinical; 2 randomized trials). The review reported that included preclinical work described higher type I collagen and glycosaminoglycan synthesis, altered metalloproteinase activity, and changes in angiogenesis and cell proliferation. It also reported that, in the included clinical comparisons, GHK-Cu was associated with higher patient-reported satisfaction after laser resurfacing and with lower wrinkle volume and depth than controls. **Limitation:** most included records were preclinical; only two randomized clinical trials were identified, and the review noted a lack of standardized clinical guidance.

Najafi and colleagues (2026) published a PRISMA systematic review of GHK-Cu literature from 2005 to 2026. **Study type:** qualitative review. The authors screened 1,247 records and retained 64. They reported that 11 of 64 retained records were human clinical studies and that 8 of those 11 used GHK-Cu as an active comparator rather than as the experimental intervention. **Limitation:** the synthesis is qualitative, mixes study designs, includes few direct human evaluations, and did not generate new clinical measurements.

Sources

• The Regenerative Potential of GHK-Cu in Aesthetic Medicine (2026). DOI: 10.1093/asj/sjag169. https://pubmed.ncbi.nlm.nih.gov/42619529/

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• A Systematic Review of the Mechanisms and Therapeutic Applications of GHK-Cu (Glycyl-L-Histidyl-L-Lysine-Copper Complex) in Topical Microneedle Delivery: A Case for Expanded Clinical Trials (2026). DOI: 10.26502/aimr.0255. https://pubmed.ncbi.nlm.nih.gov/42787770/

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