PATIENT GUIDE · SKIN

Each cream works on its own. You don't need both.

You ordered Copper Peptide Cream and Skin Glow Complex. Using just one is completely fine. Some patients choose to have both because they want to:

- Use **Skin Glow Complex** on the face and neck, and **Copper Peptide Cream** on other areas like the chest, hands or scalp
- Treat dark marks or scars on the body while caring for the face with Skin Glow Complex
- Take turns on the face, with one cream some nights and the other cream on other nights
- Switch from one cream to the other

Both creams contain GHK-Cu, a copper peptide (a tiny protein that helps your skin make collagen). Because they share this ingredient, there is one rule to follow.

THE ONE RULE

If you use both, never put them on the same area of skin at the same time.

- ✗ Don't layer them (one on top of the other).
- ✗ Don't use both on the same area on the same night.
- ✓ Do use each cream on its own area of your body.
- ✓ Do take turns: one cream one night, the other the next.

Not sure which cream you're holding?

The bottles look almost the same. Check the name and the GHK-Cu number on the front of the label before you apply. The next page shows you both.

MEET YOUR CREAMS

They look alike. Check the label.



FACE AND NECK ONLY

Skin Glow Complex

Label says **GHK-Cu 0.2%**

- Has estriol, a gentle form of estrogen (a hormone)
- Also has niacinamide (evens tone) and hyaluronic acid (adds moisture)
- For dull skin, fine lines and skin changes from perimenopause



FACE, NECK, SCALP AND BODY

Copper Peptide Cream

Label says **GHK-Cu 0.5%**

- The stronger GHK-Cu cream
- No hormone in it
- For dark marks, acne scars, melasma (brown patches) and firmness

Why Skin Glow Complex stays on the face and neck

It contains estriol, a hormone. Using it only on the face and neck keeps the amount of hormone your skin takes in small. Copper Peptide Cream has no hormone, so it can be used on more areas.

SIDE BY SIDE

How they're different and the same

	SKIN GLOW COMPLEX	COPPER PEPTIDE CREAM
Where to use it	**Face and neck only**	Face, neck, scalp and other areas of the body
Has a hormone?	Yes, estriol (a form of estrogen)	No
GHK-Cu strength	0.2% (lower)	0.5% (stronger)
Main job	Brighter, more even, hydrated skin as hormones change	Fading marks and scars, and supporting firmer skin
How to apply SAME	2 pumps on clean skin, at night	
One bottle lasts SAME	About 30 days	
Other skincare SAME	Don't apply in the same step as strong vitamin C, retinoids or exfoliating acids (AHAs and BHAs). Use those at a different time or on a different day.	
Pregnancy SAME	Don't use either cream if you are pregnant, planning a pregnancy or breastfeeding.	

ONLY IF YOU CHOOSE BOTH

If you use both, pick one plan

Using both creams is optional. Using just one is completely fine.

A **Different areas**
Skin Glow Complex on your face and neck. Copper Peptide Cream on other areas, like your scalp, chest or hands.

B **Taking turns on one area**
Use one cream one night and the other cream the next night. Never both on the same night.

C **Switching from one to the other**
Stop the first cream, then start the new one. No overlap needed.

× **Not safe**
Both creams on the same area at the same time, or Skin Glow Complex anywhere below the neck.

CHOOSING

Which one is right for you?

Skin Glow Complex may fit if:

- Your face looks dull or thinner as your hormones change
- You want brighter, more even, more hydrated skin
- You only want to treat your face and neck

Copper Peptide Cream may fit if:

- Your main concern is dark marks, acne scars or melasma
- You want to treat areas beyond your face and neck
- You can't or prefer not to use a hormone cream

Not sure? Your licensed provider decides what is right for you. Sign in at joinbelle.com and message your care team in the patient portal.

SIDE EFFECTS

When to contact your care team

Mild dryness or a little redness can happen. Reach out if you have:

- Redness, burning, itching or peeling that doesn't go away or gets worse
- Blisters or swelling where you put the cream
- Questions about which cream goes where

Swelling of your face, lips, tongue or throat, or trouble breathing? Stop the cream and call 911 or go to the nearest emergency room.

Both creams are prescription only and are prepared by a licensed compounding pharmacy. Compounded medications are not evaluated or approved by the FDA. This means the FDA does not assess them for safety, effectiveness, or quality.

This guide is for education only. It is not a substitute for medical advice, diagnosis or treatment. Follow the instructions from your licensed provider and the ones that came with your order.