BRING THIS TO YOUR DOCTOR · GREY PEPTIDES

Catestatin

Also called: CST; Chromogranin A 352-372; CgA352-372; Catestatina; Cateslytin

What it is

Catestatin (chromogranin A 352-372, SSMKLSFRARAYGFRGPGPQL) is an endogenous peptide that inhibits catecholamine release by blocking the nicotinic acetylcholine receptor, lowering blood pressure and protecting the heart (PMIDs 37242791, 31792650). Its fragment cateslytin is antimicrobial (PMID 37242791) and it calms inflammatory macrophages (PMID 34844850). Human studies measure its blood levels — altered in atrial fibrillation (PMID 36826581), rheumatoid arthritis (PMID 35264632) and acne (PMID 39659650). It is a research peptide, not an approved medicine, and has never been given to people in a published trial.

Approval status

Research Chemical. Not a drug: Drugs@FDA and the openFDA label endpoint hold no record, and FDA GSRS and ChEMBL hold no substance record for catestatin (searched November 5, 2026). It is an endogenous chromogranin-A fragment with no therapeutic development and no registered interventional trial; its human literature is observational biomarker research.

Dosing, as printed in the page's Recommended Dosing box

No established human dose

Catestatin is an endogenous peptide that has never been given to people as a treatment. The human studies carded here only measured how much catestatin circulates in blood (for example in atrial fibrillation, rheumatoid arthritis and acne), not what happens when it is administered, and no regulator has approved any dose.

Educational information, not medical advice. None is a recommendation for you. An unapproved compound has no established safe or effective human dose, and products sold for "research use only" are not made or tested for people. Talk to a doctor before acting on anything on this site, including before you start, stop or change any medicine or dose.

Key human evidence

The 3 human studies carded on the page (6 study cards in all):

• **Serum catestatin in atrial fibrillation** (Human, 2023). In 73 people with atrial fibrillation and 72 healthy controls, serum catestatin was significantly higher in the AF group and higher still in more severe AF, and it tracked with CHA2DS2-VASc score and NT-proBNP while correlating negatively with how long the arrhythmia had lasted. The authors read this as the sympathetic nervous system's involvement in AF. An observational levels study, not a trial of giving catestatin. **PMID 36826581**

• **Serum catestatin in rheumatoid arthritis** (Human, 2022). A cross-sectional study of 80 people with rheumatoid arthritis and 80 controls found serum catestatin roughly twice as high in the arthritis group, and higher catestatin correlated with longer disease duration and greater disease activity (DAS28) and disability (HAQ). The finding ties catestatin to the inflammatory burden of rheumatoid arthritis, again as a measured marker rather than a treatment. **PMID 35264632**

• **Serum catestatin in acne vulgaris** (Human, 2024). A prospective study of 101 people with acne vulgaris and 28 controls found serum catestatin higher in acne and rising with its severity, and it fell significantly after 24 weeks of oral isotretinoin. Because catestatin is an antimicrobial peptide, the authors suggested it may play a part in acne and could act as a marker of the disease and its response to treatment. **PMID 39659650**

Interactions

A PubMed search for interaction studies of this compound with any drug (November 5, 2026, 4 records) found none in people. That is not evidence that it is safe to combine with anything.

Side effects and cautions

Reported side effects	Contraindications and cautions
• No human adverse-event data exist: no published study has administered catestatin to people • Human research measures its circulating levels only (PMIDs 36826581, 35264632, 39659650) • Its antimicrobial fragment cateslytin was reported non-haemolytic in the laboratory (PMID 37242791) • Material sold online as 'catestatin' is an unregulated research chemical of unverified content	• Not a medicine: no FDA application or label, and no approval anywhere • No human dosing, interaction, pregnancy or long-term safety data exist • It is a laboratory research peptide, not a treatment for hypertension, heart disease or any condition • Altered blood levels in disease are associations, not evidence that taking catestatin helps

Five questions to ask

1. Catestatin is listed here as "Research Chemical". What does the evidence on this sheet mean for someone in my situation, and is there an approved treatment I should consider instead?
2. Here are the medicines and supplements I take. Do any of them interact with Catestatin? This sheet records none published, which does not mean none exist.
3. Which side effects should make me stop and call you, for example no human adverse-event data exist: no published study has administered catestatin to people?
4. Do any of the cautions on this sheet apply to me, such as: Not a medicine: no FDA application or label, and no approval anywhere?
5. What should we check before I start and while I am on it (blood tests, blood pressure, weight), and how often?

Grey Peptides is a vendor-neutral encyclopedia: it sells nothing and names no seller. This sheet is educational, not medical advice, and is not a prescription.