

SERMORELIN INJECTABLE PEPTIDE

Sermorelin is a synthetic peptide analog of growth hormone-releasing hormone (GHRH), consisting of the first 29 amino acids of the naturally occurring hormone. It was initially developed to treat growth hormone deficiency in both children and adults by promoting the body's natural release of growth hormone from the pituitary gland. Unlike synthetic human growth hormone (hGH), which directly elevates GH levels, sermorelin stimulates the pituitary gland to release GH naturally, maintaining hormone levels within a physiological range. This approach helps to avoid the risks associated with excessive GH, such as elevated IGF-1 levels. Sermorelin is particularly known for its role in supporting muscle growth, enhancing fat loss, and offering anti-aging benefits through hormone optimization.

HOW IT WORKS / MECHANISM OF ACTION

Sermorelin mimics the function of endogenous GHRH and binds to GHRH receptors in the anterior pituitary gland. When sermorelin activates these receptors, it signals the somatotrophic cells to secrete growth hormone. This mechanism allows for a natural stimulation of GH production without exceeding physiological levels, unlike hGH therapy, which can cause excessive GH and its related side effects. By enhancing the release of endogenous GH, sermorelin supports muscle mass increase, tissue repair, and metabolic processes that decline with age. It also avoids overstimulation of IGF-1, thereby reducing the risk of side effects associated with long-term GH therapy, such as insulin resistance and joint pain.

BENEFITS

- **Muscle Growth and Recovery:** Sermorelin is effective in promoting muscle mass and improving body composition, which is especially beneficial for age-related muscle loss or hypogonadism. Clinical trials have demonstrated a significant improvement in lean body mass and recovery in patients using sermorelin.
- **Fat Loss:** By enhancing growth hormone production, sermorelin helps promote fat loss, particularly in stubborn areas. Improved metabolism and increased lipolysis contribute to better overall body composition.
- **Improved Sleep Quality:** Growth hormone plays an important role in sleep, and Sermorelin helps promote deeper and more restorative sleep, which aids in recovery and overall health.
- **Anti-Aging Effects:** Increased growth hormone supports cell regeneration, improves skin elasticity, and reduces wrinkles, thus slowing the visible signs of aging.
- **Energy and Well-being:** Sermorelin users commonly report increased energy levels, improved mood, and an overall sense of well-being. Enhanced GH release helps boost metabolic function and energy production throughout the day.

CONTRAINDICATIONS

- **Active Cancer:** Those with active cancer should avoid BPC/TB4.
- **Pregnant or Breastfeeding Women:** The safety of these peptides during pregnancy or breastfeeding has not been established, and therefore should be avoided by these populations.

HELPS WITH

- | | |
|----------------------------------|---------------------------|
| • Growth hormone deficiency | • Cardiovascular issues |
| • Age-related muscle loss | • Reduced skin elasticity |
| • Hypogonadism | • Wrinkles and aging skin |
| • Fatigue | • Tissue repair |
| • Low energy levels | • Joint pain |
| • Poor sleep quality | • Decreased bone density |
| • Reduced libido | • Low mood |
| • Slow recovery | • Lack of focus |
| • Weight gain | • Chronic fatigue |
| • Stubborn body fat | • Immune system decline |
| • Injury recovery | • Post-surgery healing |
| • Decreased athletic performance | • Poor muscle tone |

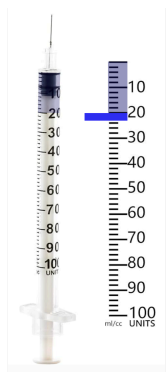
EXPECTED EFFECTS AND TIMELINE OF BENEFITS

- **1-2 Weeks:** Users may notice initial improvements in sleep quality and energy levels as growth hormone production begins to influence circadian rhythms.
- **4-6 Weeks:** Enhanced muscle definition, fat loss, and improved recovery from physical activity are typically observed. Anecdotal evidence suggests that within this period, significant changes in body composition become apparent.
- **8-12 Weeks:** Long-term benefits, such as increased muscle mass, reduced visceral fat, improved skin elasticity, and overall anti-aging effects, become more prominent. Users often report a consistent increase in vitality and well-being during this phase.
- **Long-Term:** Continuous use under medical supervision can lead to sustained improvements in physical health, hormonal balance, and metabolic functions, contributing to better body composition and aging outcomes.

DOSING INSTRUCTIONS

DOSING:

0.25 mg = 20 units per injection.



INJECTIONS PER WEEK:

5 injections weekly.

VIAL DURATION:

Lasts 4 weeks.

RECOMMENDED CYCLES:

3 months on (+), 1 month off (-).

3 cycles per year.

INJECTION SITE:

Administer injections into subcutaneous fat (such as the stomach, thigh, or arm) or directly into the area of injury or soreness for targeted relief.

TIME OF DAY:

Sermorelin is recommended to be injected in the evening before bed for most.

WEEKLY PROTOCOL

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	

5 injections weekly.

MONTHLY PROTOCOL

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Sermorelin	+	+	+	-	+	+	+	-	+	+	+	-
	CYCLE 1				CYCLE 2				CYCLE 3			

3 months on (+), 1 month off (-).

3 cycles per year.

POTENTIAL SIDE EFFECTS

- **Injection Site Reactions:** Common side effects include redness, swelling, or pain at the injection site, which are generally mild and resolve on their own.
- **Gastrointestinal Symptoms:** Some users may experience mild stomach discomfort or nausea, particularly when first starting.
- **Headaches and Dizziness:** These side effects may occur, particularly when first starting the therapy.

Please contact us if you experience any of the following:

- Fever of 100.4°F (38°C) or higher
- Blistering at the injection site
- Muscle aches, nausea, dizziness, or headache
- Skin rash, severe itching, vomiting, or hives

If you have any questions, please message your healthcare provider through the patient portal or contact us at **646-596-7386**.

TIPS TO REDUCE SIDE EFFECTS

1. **Start with a Lower Dose:** Initiate therapy with a lower dose to assess your body's tolerance, gradually increasing it to the desired level to minimize side effects such as headaches or gastrointestinal discomfort.
2. **Rotate Injection Sites:** Rotate between different injection sites to reduce irritation and prevent localized pain or swelling.
3. **Take with Food:** If gastrointestinal symptoms occur, taking the peptides with food may help alleviate these effects.
4. **Hydrate Well:** Proper hydration is crucial to reduce symptoms like headaches and support overall metabolic function during the therapy.
5. **Consult a Healthcare Provider Regularly:** Regular check-ups can help adjust the dosage, monitor side effects, and ensure the treatment is safe and effective.