Growth Hormone Peptides

PATIENT INFORMATION GUIDE

PHASE Longevity Clinic

What are growth hormone peptides?

Growth hormone levels decline with age, resulting in weakening of the immune system, osteoporosis, difficulty maintaining muscle mass, increased visceral fat, and decreased energy. A pioneering study showed that replacement of growth hormone, along with metformin, can reverse biological age and improve immunity. However, there are several problems with the use of growth hormone, so instead we use peptides to promote your own natural production of growth hormone. These are given by subcutaneous injection before bedtime in order to sync with the circadian cycle which releases growth hormone during sleep. The peptides we use include Growth-Hormone-Releasing Hormones (GHRHs), and Growth Hormone Releasing Peptides or (GHRPs). Other peptides that stimulate production of GH are known as GHRH mimetics.

Each of the peptides work differently to optimize healing and improve health:

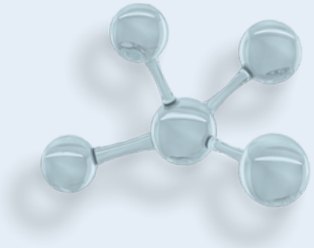
CJC-1295
(also known as Mod-GRF) is a widely preferred GHRH mimetic for longevity because of its favorable side-effect profile and potency.

Sermorelin
is a well-known GHRH mimetic originally FDA-approved to elevate growth hormone levels in children of short stature. Sermorelin is well-tolerated and effective.

Ipamorelin
is a Growth Hormone Releasing Peptide. While GHRH mimetics promote production of growth hormone, release of the hormone into the blood stream is under additional feedback control involving the cell receptor known as ghrelin, which responds to conditions of hunger and satiety. GHRPs act on the ghrelin receptor to promote release of GH. Ipamorelin is considered a third-generation GHRP and is preferred because of its high potency and minimal side-effects, and has a range of potential anti-aging properties. Ipamorelin is typically compounded with CJC1295, so they can be given together in a single injection.

Instructions for use:

Instructions for use: Keep refrigerated. Inject into subcutaneous tissue, usually the abdomen, about an hour before bedtime and an hour after eating or drinking, 5 consecutive days each week.



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