

IGF1-LR3

PEPTIDES

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IMPORTANT: Read This Before Proceeding With Dosing Go to the Prep & Injection Guide for proper reconstitution, syringe sizing, and injection protocols. Mistakes here can compromise your research. the Prep & Injection Guide IGF1-LR3 (Insulin-like Growth Factor-1 Long R3) is a modified version of the hormone known as Insulin-like Growth Factor (IGF or IGF-1). IGF-1 is a hormone naturally found in your blood, which manages the effects of growth hormone (GH) in your body. The “insulin” portion of the name refers to the fact that IGF-1 has insulin-like actions in some tissues. It does decrease blood sugar levels, but not nearly to the extent that insulin does. Its fundamental mechanism is to stimulate growth, such as in epidermal, platelet-derived, and nerve growth factors. IGF's differ from other growth factors in that they are the only ones with well-described endocrine actions in human. The endocrine system produces and releases hormones and regulates many body functions, including metabolism, growth, mood, and reproduction. The primary difference between IGF-1 and IGF-1 LR3 is the difference in their respective half-lives. IGF-1 is only active in the system for a very short period of time, whereas IGF-1 LR3 has a much longer half life of 20–30 hours. The longer half-life is advantageous because it is more potent and its effects can be exerted throughout the entire day. IGF-1 LR3 results in better muscle growth because of its lower binding affinity for proteins like IGFBP-3. **BENEFITS** Enhances muscle strength and mass – one of the fastest muscle-building agents available Stimulates the proliferation of muscle satellite cells that help repair damaged muscle tissue (from exercise and/or injury) Activates signaling pathways that promote muscle protein synthesis and stop muscle protein breakdown Promotes and manages the effects of GH in the body Reduces inflammation in the body Regulates blood sugar Promotes cell growth Upregulates metabolism Promotes lipolysis (the reduction of body fat; also prevents new stores of fat cells from accumulating) Inhibits glucose transport into cells, allowing the body to use the glucose for energy Reduces hunger and food cravings Boosts overall energy levels **TRT AND IGF-1 LR3 ARE A COMPLIMENTARY STACK RESULTING IN:** Increased strength Better endurance Accelerated muscle gains Minimal recovery times **POSSIBLE SIDE EFFECTS** Injection site reaction (Swelling, redness, and/or itching) Muscle and joint pain Fatigue Headache Nausea Low blood sugar Abdominal discomfort and bloating Changes in sexual function **AT HIGH DOSES OVER LONG-TERM PERIODS, USE MAY RESULT IN:** Irregular heartbeat Overabundant tissue growth (especially in the face) Acromegalic cardiomyopathy (enlargement and weakening of the heart) Keep dosage as low as possible for as long as possible. Titrate up only as necessary. IGF-1 LR3: 1MG: **CYCLING, ADMINISTRATION, DOSING CONSIDERATIONS** 8-week cycle followed by a 4-8 week washout period Daily dosing (7 days per week), once per day Dose immediately after your workout (within 30 minutes), because training increases IGF-1 receptor

sensitivity and the muscles are primed for nutrient uptake; meal should consist of carbs and protein
Subcutaneous Administration Special Reconstitution Requirement: Requires purchase of .6% Acetic Acid Solution for reconstitution to prevent premature degradation and loss of efficacy COMMON IGF-1 LR3 DOSING MISTAKES Taking it at bedtime Taking it while fasted Using it without adequate calories/protein RECONSTITUTION Mix with 2.5mL (or 250 units) of .6% Acetic Acid solution DOSING PROTOCOL Week 1 : 8 units (33mcg), 1x/day Week 2 : 13 units (50mcg), 1x/day Weeks 3–4 : 19 units (75mcg), 1x/day Weeks 5–8 : 25 units (100mcg), 1x/day STACKING SUGGESTIONS CJC-1295 / Ipamorelin Combo – for enhanced GH release and synergy with IGF-1 LR3 Tesamorelin – to reduce visceral fat while maximizing lean growth MK-677 – GH booster that complements IGF-driven pathways BPC-157 or TB-500 – joint and soft tissue repair while building muscle AOD-9604 – for cutting cycles and fat loss support Tirzepatide – improves insulin sensitivity while offsetting IGF-induced blood sugar shifts

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