

Sermorelin

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 Sermorelin Sermorelin is a synthetic version of growth hormone-releasing hormone (GHRH) , which is naturally produced in the hypothalamus and stimulates the pituitary gland to release human growth hormone (HGH) . HGH is involved in a number of vital biological processes, including tissue growth and repair, fat burning, muscle building, immune function, libido, and more. Benefits of Sermorelin Boosts energy, reducing lethargy and fatigue Helps cells generate ATP Increases metabolism Builds lean muscle Increases muscle strength and tone Accelerates post-workout muscle recovery Enhances cardiovascular endurance and cellular oxygen uptake Reduces adipose fat tissue (especially abdominal fat) Improves sleep quality Boosts collagen synthesis, improving skin quality and appearance Accelerates cellular regeneration Increases bone density Supports cognitive function through healthy GH levels Side Effects Injection site reaction (redness, swelling, itching) Headaches Fluid retention Joint pain Increased insulin sensitivity Side effects are usually mild and temporary , typically resolving within the first few weeks of therapy. Less common but more serious side effects include: Dizziness Flushing Reduced blood pressure Exercise caution if you are prone to allergies. Contraindications Do NOT use Sermorelin if: You have cancer You have diabetic retinopathy You have an acute critical illness You are taking glucocorticoids or thyroid medications (consult your doctor) You have Prader-Willi syndrome (consult a physician)

RECONSTITUTION, DOSING, & MISCELLANEOUS CONSIDERATIONS SERMORELIN: 5MG 12-16 week cycle followed by 6-8 week washout Dose at bedtime Take dose while fasted (at least 1.5 hours after last meal) Subcutaneous Administration **RECONSTITUTION** Mix with 2.5mL (250 units) of BAC water **STANDARD PROTOCOL** Weeks 1-4: 10 units (200mcg), 1x/day Weeks 5-8: 15 units (300mcg), 1x/day Weeks 9-12: 20 units (400mcg), 1x/day Weeks 13-16: 25 units (500mcg), 1x/day **MAXIMUM PROTOCOL** Weeks 1-4: 15 units (300mcg), 1x/day Weeks 5-8: 20 units (400mcg), 1x/day Weeks 9-12: 25 units (500mcg), 1x/day Weeks 13-16: 30 units (600mcg), 1x/day **SERMORELIN: 10MG 12-16** week cycle followed by 6-8 week washout Dose at bedtime Take dose while fasted (at least 1.5 hours after last meal) Subcutaneous Administration **RECONSTITUTION** Mix with 2.5mL(250) of BAC water **STANDARD PROTOCOL** Weeks 1-4: 5 units (200mcg), 1x/day Weeks 5-8: 8 units (300mcg), 1x/day Weeks 9-12: 10 units (400mcg), 1x/day Weeks 13-16: 13 units (500mcg), 1x/day **MAXIMUM PROTOCOL** Weeks 1-4: 8 units (300mcg), 1x/day Weeks 5-8: 10 units (400mcg), 1x/day Weeks 9-12: 13 units (500mcg), 1x/day Weeks 13-16: 15 units (600mcg), 1x/day **Stacking Suggestions** Ipamorelin – synergistic GH secretagogue that increases growth hormone output without raising cortisol or prolactin

CJC-1295 (No DAC) – boosts GH pulsatility when paired with Sermorelin BPC-157 or TB-500 – accelerate muscle recovery and improve soft tissue repair AOD-9604 – promotes fat burning and body recomposition alongside Sermorelin's anabolic effects Glutathione or NAD+ – support mitochondrial health and anti-aging effects during long-term hormone optimization L-Arginine or GABA – may further enhance natural GH production when combined with Sermorelin before sleep Sermorelin + Ipamorelin is one of the most clinically supported stacks for long-term GH optimization.

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