

Sermorelin Overview

What is Sermorelin?

Sermorelin is a synthetic peptide that mimics Growth Hormone Releasing Hormone (GHRH), a naturally occurring hormone produced by the hypothalamus. It stimulates the pituitary gland to release your body's own growth hormone (GH) in a physiologic, pulsatile manner rather than replacing GH directly.

Unlike growth hormone injections, Sermorelin relies on a healthy, functioning pituitary gland to produce GH.

Potential Benefits

- Improved sleep quality and deeper sleep
- Increased energy and vitality
- Enhanced recovery from exercise
- Improved lean muscle mass
- Gradual reduction in body fat
- Improved skin elasticity and collagen production
- Enhanced tissue repair
- Support for healthy bone density
- Potential improvements in cognitive function and overall well-being

Note: Sermorelin is not FDA-approved for anti-aging or wellness purposes. While it has been studied for growth hormone deficiency, many wellness uses are considered off-label.

When to Inject

For the best natural GH response:

- **Inject 30–60 minutes before bedtime**
- **Ideally 2–3 hours after your last meal**
- Avoid eating carbohydrates immediately before the injection
- Rotate injection sites (abdomen, thigh, or upper arm)

How Often

- **5 nights on, 2 nights off**

Cycling

Common protocols include:

- **3–6 months of therapy, followed by reassessment**
- Some clinicians recommend **8–12 weeks on with a 2–4 week break**, while others continue longer if IGF-1 remains in a physiologic range and the patient is responding well.

Potential Side Effects

Sermorelin is generally well tolerated but may cause:

- Injection-site redness or irritation
- Mild headache
- Flushing
- Dizziness
- Water retention
- Mild joint stiffness
- Increased appetite (occasionally)

Because Sermorelin stimulates natural GH production, the risk of excessive GH levels is generally lower than with exogenous growth hormone, but monitoring is still important.

Recommended Monitoring

Before and during therapy, consider monitoring:

- IGF-1 (primary marker)
- Fasting glucose
- Hemoglobin A1c
- Comprehensive Metabolic Panel (CMP)
- Lipid panel
- Thyroid function tests if clinically indicated

Clinical Pearls

- Best results occur when combined with resistance training, adequate protein intake, quality sleep, and healthy nutrition.
- Maintaining IGF-1 within the normal physiologic range is preferred over pursuing excessively high levels.
- Patients often notice improvements in sleep first, followed by recovery, body composition, and skin quality over several weeks to months.
- Because Sermorelin requires a functioning pituitary gland, it may be less effective in individuals with significant pituitary dysfunction or advanced age-related decline in pituitary responsiveness.

Price and dosing:

- **\$140** for 10 mg vial
- **We will mix the powder with 2 ml of solution**
- **Keep refrigerated after mixing**
- **200 units in the vial after mixing**
- Inject 10 units in fatty area such as belly, love handle, back of the arm
- 20 shots total administered 5 days on 2 days off
- after 3-4 months take 4 weeks off
- 1 month supply at the starting dose

- **Purchase multiple vials at the same time and receive 5% off**
- **Available for pick up at 700 court street, suit 3, Clearwater FL 33756**