

Performance and Recovery



CJC-1295/Ipamorelin

About

The combination of CJC-1295 and Ipamorelin is being studied for its potential to naturally support growth hormone production, aiding in fat metabolism, muscle recovery, and healthy aging—without the side effects associated with synthetic HGH.

*These products are for research use only and are not intended for human consumption, medical use, therapeutic use, or diagnostic purposes. They are not to be used in foods, drugs, cosmetics, dietary supplements, or any products intended for humans or animals. Peptides are not sterile, have not been tested for safety or efficacy in humans, and must not be injected, ingested, inhaled, applied to the skin, or administered in any form. No product sold is intended to treat, cure, mitigate, or prevent any disease.

What's Included

- One vial, concentration: 7.5mg/15mg/6mL
- One vial will last 3 months
- Contains **NO DAC**

Reconstitution kit

- 3 x (20) 29-30G subq needles
- (1) 5mL syringe
- (1) 25G needle with syringe
- (1) 10 mL bacteriostatic water

Clinical Research Potential Benefits:

- May increase natural growth hormone release
- May support fat loss
- May aid muscle growth and recovery
- May improve skin health
- May offer anti-aging benefits
- May support joint and bone health

Clinical Research Suggested Use:

- Draw 8 units (100mcg CJC-1295 and 200mcg of Ipamorelin) into the syringe
- 5 days per week, 2 consecutive days off
- Administer at night 1 hour before bed on an empty stomach
- Duration: 3 months
- Reconstitute: add 6mL bacteriostatic water to the to the lyophilized powder vial
- Injection type: subcutaneous injection

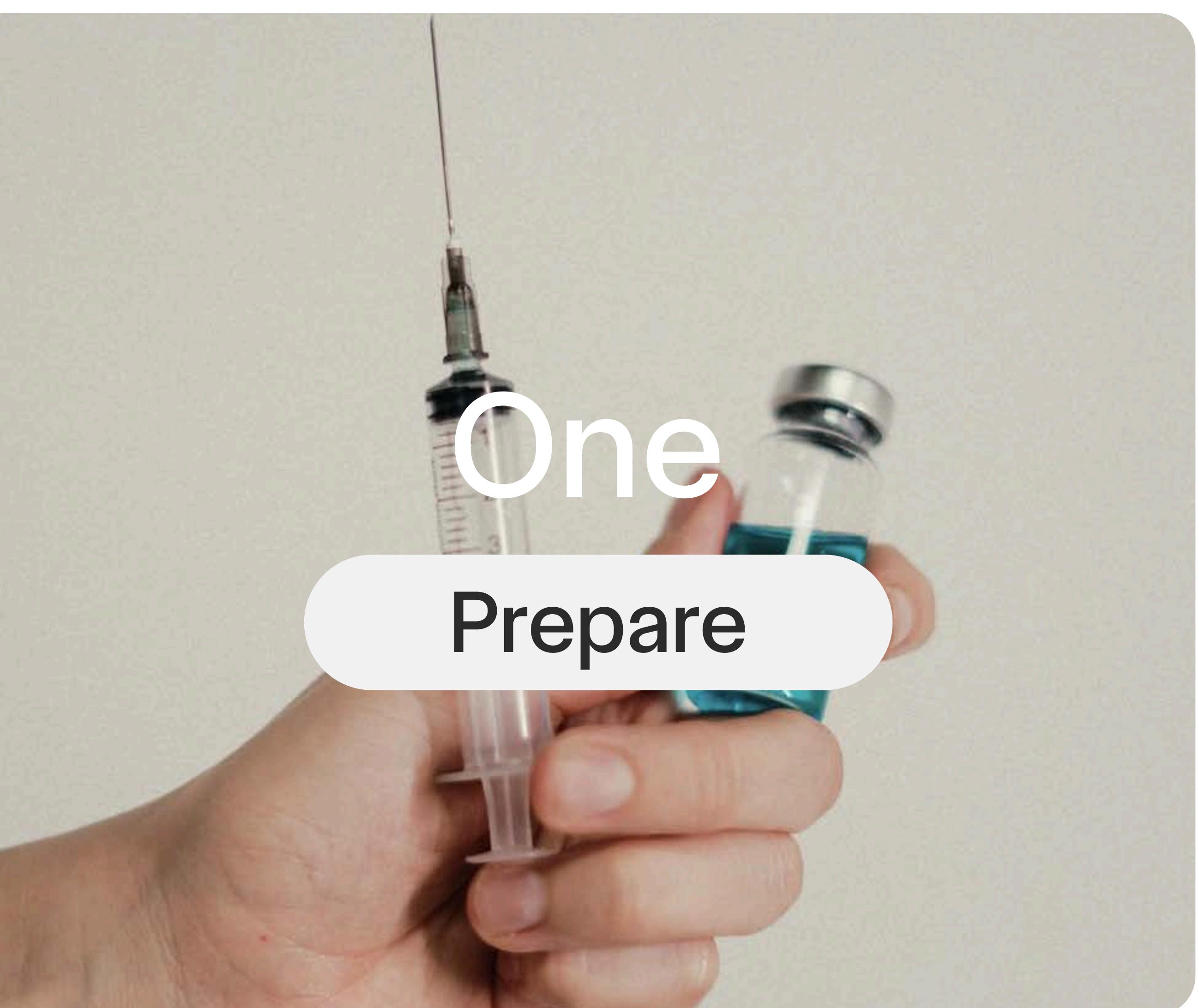
Reconstitution & Administration*

*Instructions start on page 2



Performance and Recovery

CJC-1295/Ipamorelin Reconstitution



STEP 1: Remove plastic covers, clean vial and bacteriostatic water top with alcohol pad for 15 seconds

STEP 2: Using the large syringe from your administration kit, pull out 6mL of Bacteriostatic water

- It may take a few repetitions to load your syringe with the 6mL with no air pockets

STEP 3: Once you've loaded your syringe, slowly inject the 6mL of Bacteriostatic water into your CJC 1295 + Ipamorelin vial:

- On its side to not damage the bonds of the product
- Do not shake, gently swirl if needed
- Allow the solution to sit for at least 5 minutes

***Supplies:** 5 mL syringe (large), 25G needle, Bacteriostatic water, CJC 1295 + Ipamorelin vial, Alcohol pad



STEP 1: With the smaller needle draw up 8 units of the CJC 1295 + Ipamorelin into the small syringe from your kit

***Supplies:** 29G-30G subcutaneous syringe with needle (small), Alcohol pad



STEP 1: Clean the injection area with an alcohol pad

STEP 2: Inject subcutaneously (see pg 3)

- Administer at night 1 hour before bed on an empty stomach
- Repeat 5 days per week, 2 consecutive days off
- Duration: 3 months
- One vial will last 3 months

****Precautions:** Contraindicated in individuals with a current diagnosis or history of cancer. Please consult with your provider before using.**



Injection Steps

Subcutaneous Injection steps:

1 Choose & Clean the Injection Site

- Use the abdomen (3 inches from the belly button), thigh, or upper arm. Rotate sites to prevent irritation. Clean the area with an alcohol swab and let it dry.

2 Inject

- Pinch 1 to 2 inches of skin, insert the needle at a 90° angle, and slowly push the plunger down.

3 Remove the Needle & Dispose

- Pull the needle out at the same angle, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

4 Monitor for Reactions

- Mild redness or soreness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.

Intramuscular Injection steps:

1 Choose & Clean the Injection Site

- Use the thigh (vastus lateralis), upper arm (deltoid), or glute (ventrogluteal or dorsogluteal muscle).
 - Rotate sites to prevent soreness. Clean the area with an alcohol swab and let it dry.

2 Inject

- Stretch the skin taut, hold the syringe like a dart at a 90° angle, and insert the needle quickly and smoothly. Slowly push the plunger down to inject.

3 Remove the Needle & Dispose

- Pull the needle straight out, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

4 Monitor for Reactions

- Mild soreness or redness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.



Performance and Recovery

CJC-1295/Ipamorelin Mechanism of Action

CJC-1295

- **Pituitary GHRH Receptor Activation:**
 - CJC-1295 is a synthetic analog of endogenous growth hormone-releasing hormone (GHRH) that binds to GHRH receptors in the anterior pituitary. This interaction stimulates the pulsatile secretion of growth hormone (GH), maintaining physiologic rhythmicity and preserving normal feedback control mechanisms.
- **IGF-1 Stimulation and Anabolic Activity:**
 - By increasing GH output, CJC-1295 enhances hepatic production of insulin-like growth factor-1 (IGF-1). Elevated IGF-1 promotes protein synthesis, cellular repair, and recovery in muscle, bone, and connective tissue. This activity supports lean mass development and tissue regeneration.
- **Metabolic Regulation:**
 - Increased GH and IGF-1 signaling promote lipolysis, improved lipid metabolism, and enhanced mitochondrial activity. These effects collectively support energy balance, fat utilization, and overall metabolic health.
- **GH Pulsatility and Physiologic Half-Life:**
 - The non-DAC form of CJC-1295 exhibits a short half-life (~30 minutes), producing a natural GH pulse that mimics physiologic secretion patterns. This transient activity reduces the risk of receptor desensitization and maintains optimal hormonal balance.

Ipamorelin:

- **Selective Growth Hormone Secretagogue Receptor (GHS-R1a) Activation:**
 - Ipamorelin is a highly selective ghrelin mimetic that binds to GHS-R1a receptors on pituitary somatotrophs, stimulating GH release. It increases GH secretion without significantly affecting cortisol, prolactin, or ACTH, resulting in a clean, targeted endocrine response.
- **Amplified GH Release and Synergy with GHRH Analogs:**
 - When combined with GHRH analogs such as CJC-1295, Ipamorelin acts synergistically through complementary receptor pathways. This dual stimulation enhances both the frequency and amplitude of GH pulses, maximizing anabolic and recovery effects.
- **Anabolic and Repair Pathways:**
 - Ipamorelin-induced GH secretion promotes IGF-1 synthesis, accelerating tissue repair, muscle recovery, and connective tissue regeneration. This anabolic signaling also supports improved physical performance and cellular rejuvenation.
- **Metabolic and Neuroendocrine Benefits:**
 - By optimizing GH pulsatility, Ipamorelin supports lipid mobilization, improved insulin sensitivity, and enhanced mitochondrial function. Its influence on GH-related sleep regulation also contributes to restorative sleep quality and overall metabolic homeostasis.

