

Weight and Metabolism



Sermorelin 10mg

About

Sermorelin is a growth hormone-releasing peptide studied for its ability to stimulate natural HGH production. It may support recovery, body composition, sleep quality, and overall vitality through more physiologic hormone signaling.

*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: 10mg/6mL
- One vial will last 1-3 months

Reconstitution kit

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

Clinical Research Potential Benefits:

- May enhance natural growth hormone levels
- May improve recovery, muscle mass, and fat metabolism
- May support skin firmness, energy, and sexual health
- May promote healthy aging and overall well-being

Clinical Research Suggested Use:

- **Age 20's-30's :** 100-200mcg
 - Draw 6 units (100mcg)
 - Draw 12 units (200mcg)
- **Age 40's+:** 300mcg
 - Draw 18 units (300mcg)
- Administer 5 days per week, 2 days off, 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

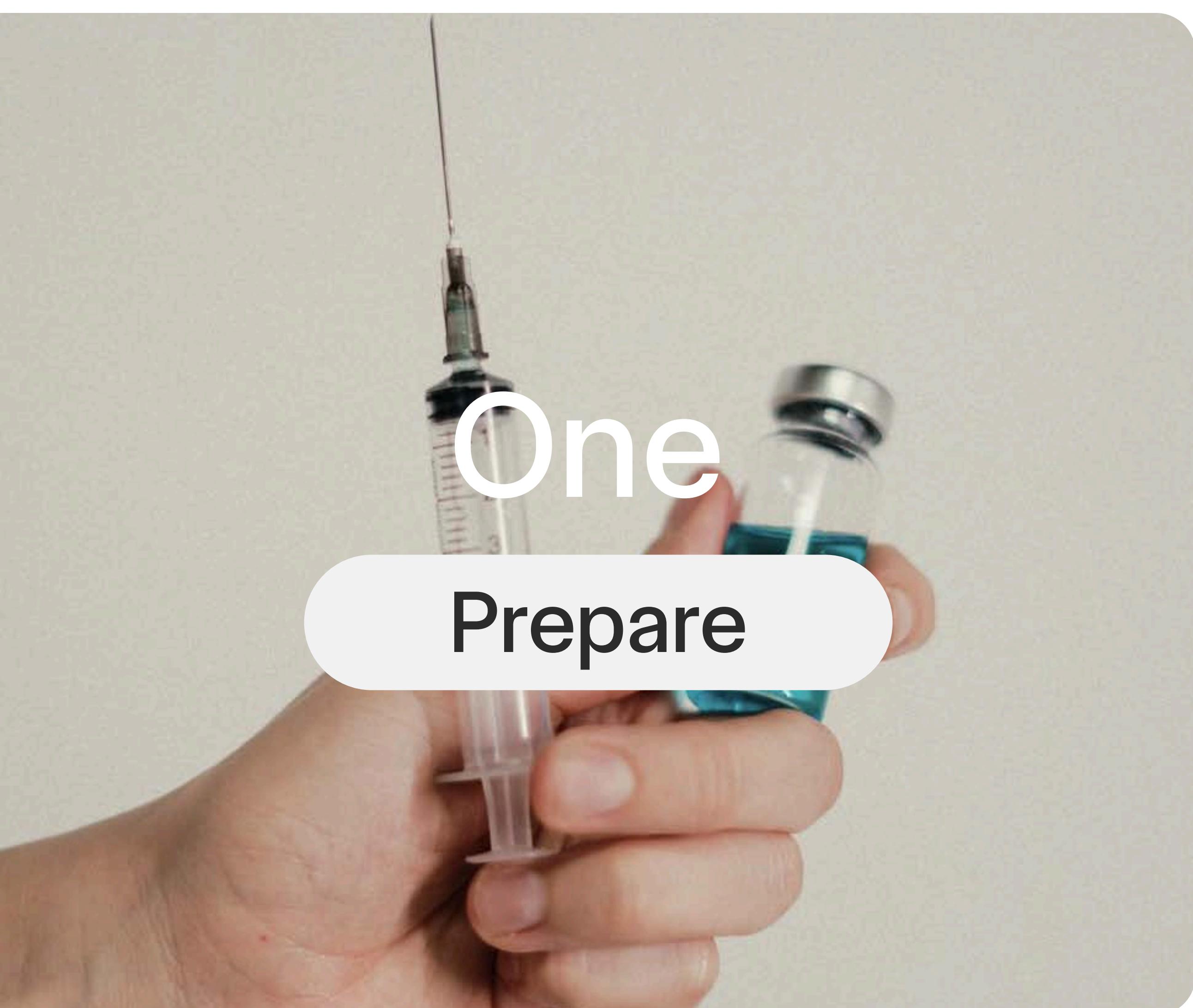
Reconstitution & Administration*

*Instructions start on page 2



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Sermorelin 10mg Reconstitution



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

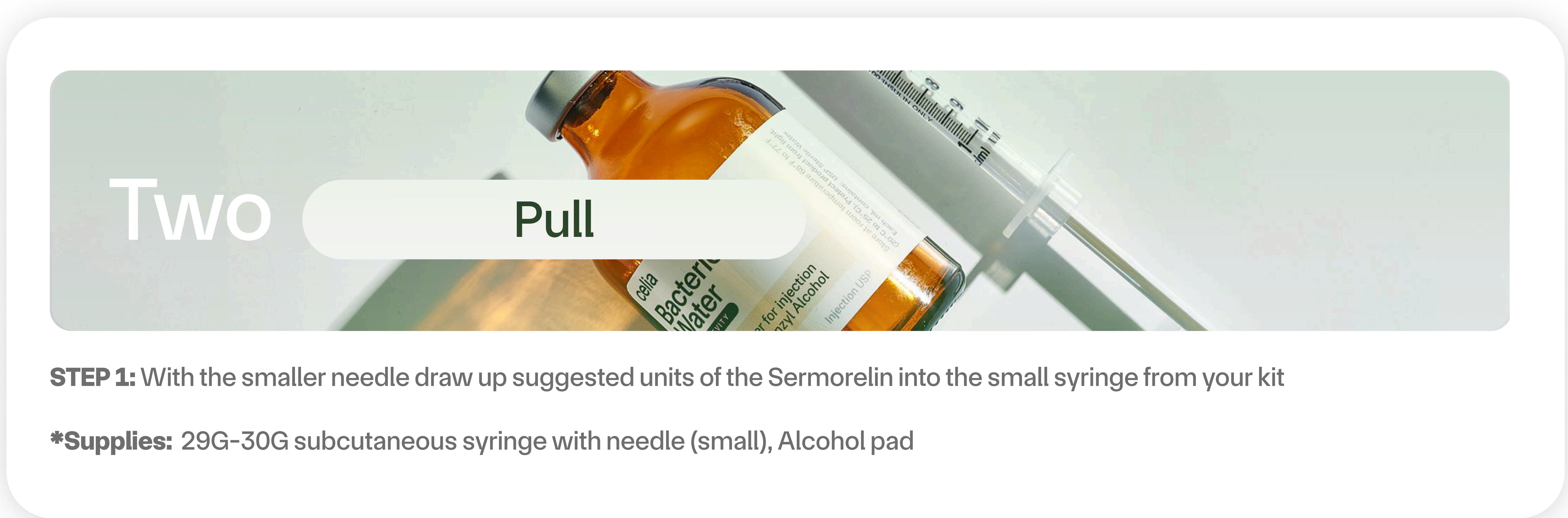
STEP 2: Using the large syringe from your administration kit, pull out 6mL of Bacteriostatic water

- 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 Sermorelin 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, Sermorelin vial, Alcohol pad



STEP 1: With the smaller needle draw up suggested units of the Sermorelin 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 1-3 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.



Sermorelin 10mg Mechanism of Action

- **Growth Hormone-Releasing Hormone (GHRH) Analog:**
 - Sermorelin is a synthetic analog of endogenous growth hormone-releasing hormone (GHRH) that stimulates the anterior pituitary to produce and secrete human growth hormone (HGH) naturally. By binding to GHRH receptors on pituitary somatotrophs, it initiates the physiologic release of GH in a pulsatile manner, preserving the body's natural secretion rhythm.
- **Pituitary Activation and GH Pulsatility:**
 - Through direct activation of pituitary GHRH receptors, Sermorelin enhances pulsatile GH secretion while maintaining hypothalamic-pituitary feedback regulation. This physiologic stimulation avoids pituitary overstimulation and supports long-term endocrine balance, distinguishing it from exogenous GH therapy.
- **IGF-1 Stimulation and Anabolic Effects:**
 - Increased GH output triggers hepatic production of insulin-like growth factor-1 (IGF-1), a key mediator of tissue repair, protein synthesis, and cellular regeneration. Elevated IGF-1 promotes improved body composition, muscle recovery, and metabolic vitality.
- **Hypothalamic-Pituitary Axis Preservation:**
 - Unlike direct GH administration, Sermorelin maintains the integrity of the hypothalamic-pituitary axis (HPA) by allowing normal feedback inhibition via somatostatin and IGF-1 signaling. This regulation minimizes the risk of receptor downregulation, GH overproduction, or shutdown of endogenous hormone synthesis.
- **Metabolic and Recovery Support:**
 - By enhancing natural GH pulsatility and IGF-1 levels, Sermorelin supports lipolysis, cellular repair, and tissue regeneration. These effects contribute to improved sleep quality, energy metabolism, and recovery following physical or metabolic stress.

