

# Weight and Metabolism



## Sermorelin 15mg

### 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 spray bottle
- Concentration: 15mg/15mL

**Caution:** Contraindicated in individuals with a history of or current cancer diagnosis

### 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:

- 1-2 sprays in each nostril daily in the PM
- 5 days on, 2 consecutive days off
- Administer 1 hour before sleep, on empty stomach
- Duration: 3 months



## Nasal Spray Guidelines

### Before Use:

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- For first-time use: Prime the spray by pressing the pump 2 to 3 times until it fully activates
- Gently blow your nose to clear the nasal passages
- Shake the bottle lightly
- Insert the nozzle toward the back of the nostril while keeping your head upright
- Press the pump to administer the recommended number of sprays

### After Use:

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- Try to avoid blowing your nose right away
- Wipe the spray tip with a clean tissue
- Replace the cap securely
- Store in the refrigerator



## Sermorelin 15mg 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.