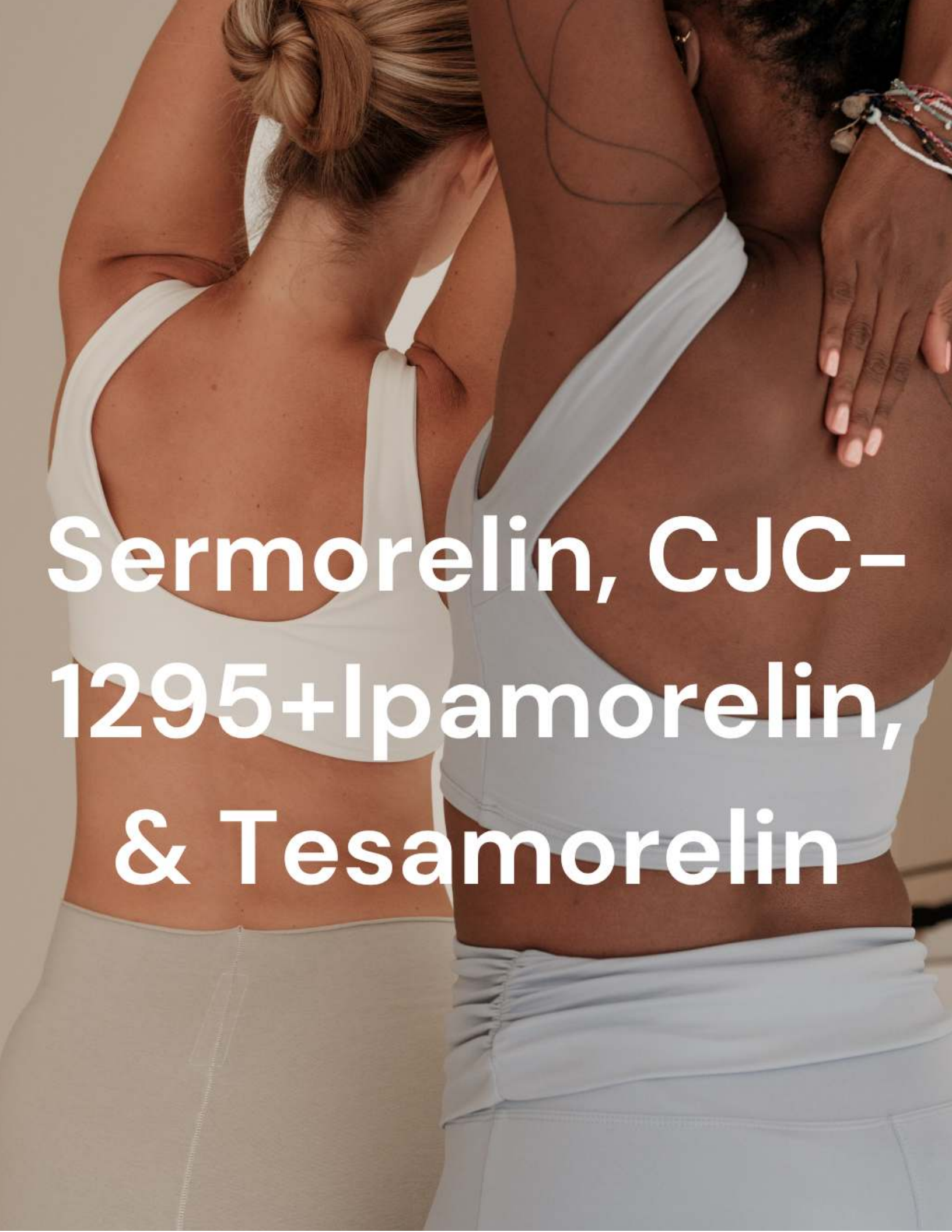




Sermorelin, CJC-1295+Ipamorelin, & Tesamorelin

Sermorelin, CJC-1295+Ipamorelin, & Tesamorelin Injections

PATIENT GUIDE

This guide covers how these medications work, what to expect with dosing and titration, and when to reach out to the clinical team.

What Are Sermorelin, CJC-1295+Ipamorelin, & Tesamorelin?

Sermorelin, CJC-1295 + Ipamorelin, and Tesamorelin are all growth hormone (GH) secretagogues. These are compounds that may stimulate your body's own GH release, rather than supplying GH directly.

- **Sermorelin** is a synthetic analog of GHRH that stimulates the pituitary gland directly. It has the longest track record of use among these three, including established use in clinical GH-stimulation testing.
- **CJC-1295 + Ipamorelin** combines a GHRH analog (CJC-1295) with a ghrelin-mimetic (Ipamorelin), thought to work together for a more pulsatile GH release. There's less real-world and clinical data on this combination than on Sermorelin.
- **Tesamorelin** is a GHRH analog with more selective action on visceral fat than the others. It's FDA-approved for a specific condition (HIV-associated lipodystrophy), though its use here for general visceral fat reduction is off-label.

Only one of these medications can be used at a time.

How One of These Medications May Be Prescribed?

Sermorelin:

- Sleep support
- Post-exercise recovery
- Weight loss and body composition
- Energy and vitality
- Exercise tolerance and stamina
- Cognitive clarity
- Age-related GH decline

CJC-1295 + Ipamorelin:

- Improving body composition (weight loss, muscle building), especially alongside medically supervised weight loss such as GLP-1 therapy

Tesamorelin:

- Reducing visceral fat

Sermorelin has a longer history of clinical and off-label use than CJC-1295 + Ipamorelin or Tesamorelin, though all three are used here for wellness purposes beyond their original or approved indications.

What to Expect

These medications are typically given as a subcutaneous injection. **See additional documentation for how to administer a subcutaneous injection.**

Sermorelin:

- Typically dosed daily at bedtime
- Used on an ongoing basis rather than in a defined on/off cycle

CJC-1295 + Ipamorelin and Tesamorelin:

- Typically dosed nightly; some patients use a pattern of 5 nights on, 2 nights off
- Used in a defined cycle: 12 weeks on, followed by a 1–2 month pause before starting again

For all the above, avoid food or caloric beverages for 90 minutes before your injection and 30 minutes after. Eating too close to your dose can blunt the growth hormone response. Water, black coffee, and plain unsweetened tea are fine during this window

Your clinical team reassesses your dose and whether it's still meeting your goals every 3–6 months.

Required Labs

Lab testing is not required for Sermorelin, CJC-1295+Ipamorelin, or Temorelin. However, it is highly recommended to track specific biomarkers while on one of these therapies. See the portal for details.

Storage & Expiration

Storage: It is recommended to store your medication in the refrigerator, but always follow the pharmacy-specific storage instructions included with your medication if they differ.

Expiration: This medication expires 28 days after first puncture, regardless of how much remains. After that time, it should no longer be used.

Who Shouldn't Take These Medications

Do not take this medication if any of the following apply to you:

- Pregnant, trying to become pregnant, or breastfeeding
- Currently using insulin, or an A1c above 7%
- Active cancer treatment, or cancer treatment completed within the last 5 years
- Any known mass, lesion, or tumor currently under evaluation, or a tumor history that hasn't been stable and confirmed benign for at least 12 months
- Using another GH secretagogue or exogenous growth hormone
- History of elevated IGF-1
- Cardiomyopathy or an enlarged heart
- History of an intracranial lesion or pituitary mass, or growth hormone deficiency caused by one
- Known allergy to sermorelin, CJC-1295, Ipamorelin, Tesamorelin, or a related peptide
- Untreated or unstable thyroid disease

Talk to your clinician if you are currently taking chronic or high-dose corticosteroids (such as prednisone).

Possible Side Effects

Sermorelin – Common:

- Injection site pain, redness, or swelling
- Dizziness, flushing, or sleepiness
- Nausea or hyperactivity

Sermorelin – Rare but serious:

- Upper respiratory infection, nerve sensitivity, insomnia, or depression
- Chest pain or rapid heartbeat
- Gynecomastia (breast tissue growth), difficulty swallowing, bone pain, blurred vision, or fainting

CJC-1295+Ipamorelin and Tesamorelin – Common:

- Injection site redness, swelling, itching, or discomfort
- Mild headache, flushing or warmth, or mild dizziness
- Joint or muscle pain, poor sleep quality, increased hunger, or fluid retention

If you experience any side effects, notify your clinician through the portal.

When to Contact the Clinical Team

Stop using this product and contact your clinician through the portal if you develop:

- Worsening or new-onset sleep apnea (loud snoring, gasping during sleep, morning headaches)
- Breast tenderness or swelling
- Unusual swelling in your hands or feet, or rapid weight changes
- Symptoms of excess growth hormone or androgens, such as acne or mood swings — reported particularly with CJC-1295, Ipamorelin, and Tesamorelin
- A rapid or irregular heartbeat — reported particularly with CJC-1295, Ipamorelin, and Tesamorelin

Go to your nearest Emergency Room or call 911 right away if you have difficulty breathing, feelings of lightheadedness or dizziness, or swelling of your face, lips, tongue, or throat.

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

