

# SERMORELIN

# WHAT IS SERMORELIN?

A GHRH analog that signals your brain to naturally increase growth hormone production, helping restore your body's own rhythm and balance.



## HOW IT WORKS

- Stimulates the pituitary gland to release growth hormone
- Increases IGF-1 levels (key marker of GH activity)
- Supports the body's natural nighttime GH pulse

## DOSAGE

- Men: 200–300 mcg nightly
- Women: 100–200 mcg nightly

**Sermorelin  
order form!**

SCAN QR CODE



## LABS TO MONITOR

- Baseline (before starting):
  - IGF-1
  - Fasting glucose / A1C
  - Lipid panel
- Follow-up (6–8 weeks):
  - IGF-1 (primary marker)
- Ongoing:
  - IGF-1 every 3–6 months
  - Metabolic labs as needed

## CLINICAL PEARLS

- Consistency matters more than high dosing
- Starting lower often leads to better long-term response
- Works best when your body still produces some natural GH
- Sleep, nutrition, and lifestyle all enhance results
- This is a supportive therapy—not a quick fix
- Inject once nightly before bed
- Take on an empty stomach (avoid eating 1–2 hours before/after)