CJC 1295 is an analog of growth hormone-releasing hormone (GHRH) that acts on the pituitary gland. CJC 1295 primarily binds to endogenous serum albumin in the blood, increasing its half-life. Administration of CJC 1295 results in increased levels of growth hormone and insulin-like growth factor 1 (IGF-1). Regulation of growth hormone has implications to a wide-range of pathologies including sleep disorders, chronic fatigue syndrome, aging, fibromyalgia, diabetes, weight gain, fatigue, Autism, depression, poor muscle development, inflammation, chronic infections, heart disease, quality of life and many more. CJC 1295 is often combined with Ipamorelin, a selective growth hormone secreting peptide and ghrelin receptor agonist. Ipamorelin has been shown to increase bone mineral content and longitudinal growth, as well as muscle strength. It also promotes gastric motility, such as in cases of postoperative ileus. Combining CJC 1295 and Ipamorelin results in a synergistic effect, maximizing both their benefits and effects in increasing growth hormone secretion.

**Clinical Effects of CJC 1295/Ipamorelin**

- Can restore the growth hormone secretion due to hypothalamic or pituitary dysfunction.
- Useful as a therapeutic agent in patients with intact pituitary growth hormone secretory capacity. Also, improves suboptimal GH production with aging or illness.
- Stimulates growth hormone secretion and IGF-1 without increasing prolactin, resulting in fat loss.
- Useful for the treatment of HIV-associated metabolic conditions such as wasting and lipodystrophy.
- Can improve the sleep-wake cycle (particularly in relation to deep wave sleep) through regulation of growth hormone secretion.
- Improves bone mineral density.
- Has utility in sports-related performance enhancement and sports medicine.
- Acts as an alternative to human growth hormone with an extended half-life and reduced side-effects.
- Mediates growth-related deficiencies by regulating GHRH.
- Improved immune system function.
- Helps restore shrunken thymus.

**Side effects:** CJC 1295/Ipamorelin has an excellent safety profile and stability, with minor side effects, if any, that tend to only be associated with high doses. Common side effects include transient irritation, swelling, and tenderness at the injection site, as well as increased heart rate (rare) headache, diarrhea, and flushing may occur, but typically only do so at higher doses. The types of adverse effects associated with growth hormone therapy are not typically experienced as it prevents excess GH secretion, Ipamorelin has shown no side effects.

**Dosing protocol:** CJC 1295/Ipamorelin is typically available as a freeze-dried powder that should be reconstituted with bacteriostatic water. Dosing can be administered in one session nightly or multiple times a day, typically, five days out of every week and 5 weeks on with 1 week off.

**Typical subcutaneous dosing:** Daily doses of CJC 1295/Ipamorelin are typically 100-150 micrograms per. Doses may also be determined based on weight (typically ranging between 30 to 250 micrograms per kilogram). Increased doses have diminishing returns in terms response and can desensitize growth hormone release. Thus, do not use more than the recommended dosage at one time. You can however, safely do multiple doses 6 hours apart. Consult with your physician.
CJC 1295 and Ipamorelin