

# CJC-1295

Patient Education Guide — What It Does, Why a Physician Would Prescribe It, and What the Evidence Says

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## Important Disclaimer

This information is not medical advice and is provided only to help begin your research. All clinical and dosing decisions must be made with a licensed, experienced physician and a licensed, experienced compounding pharmacist, supported by published clinical studies. This material was compiled using Artificial Intelligence, statements from videos and websites by apparent qualified professionals, and available published research. Anyone starting a medication they have never taken before should take an extremely conservative approach. We are not affiliated with any of the doctors whose videos are referenced below.

## CJC-1295 Compounded

**Also known as:** CJC-1295 with DAC; CJC-1295 without DAC (Mod GRF 1-29)

**Category:** Growth Hormone Support — GHRH Analog

**How it works.** CJC-1295 is a synthetic analog built on the first 29 amino acids of growth hormone-releasing hormone—the sequence that carries GHRH's biological activity. Natural GHRH is broken down within minutes; CJC-1295 is modified to resist that breakdown. By mimicking the GHRH signal, it prompts the pituitary to secrete growth hormone in a pulsatile pattern rather than flooding the body with synthetic GH, which means the endogenous feedback system stays intact. It raises both GH and downstream IGF-1.

**The one distinction that matters most: DAC vs. no DAC.** CJC-1295 *with* DAC (Drug Affinity Complex) binds to albumin in the bloodstream, extending its half-life to roughly 6–8 days and producing sustained GH and IGF-1 elevation from one or two injections per week. CJC-1295 *without* DAC—also called Mod GRF 1-29—has a half-life measured in minutes and much more closely mimics the body's natural short pulse. These are not interchangeable products despite sharing a name. The DAC version delivers convenience and higher average GH levels; the no-DAC version preserves natural pulsatility and reduces the risk of GH overshoot, which is why many experienced peptide physicians prefer it. Always confirm which form your prescription is.

**Why a physician prescribes it, and what to expect.** CJC-1295 is most often prescribed in combination with ipamorelin, because a GHRH signal plus a secretagogue pulse produces a stronger, more physiologic GH release than either alone. It is most defensibly used for selected patients seeking better sleep, faster recovery, lean-mass preservation, and gradual body-composition change—not dramatic transformation. Cautions include cancer history, pituitary disorders, diabetes or insulin resistance, edema, carpal tunnel symptoms, and active sleep apnea. Mild flushing, head rush, vivid dreams, water retention, tingling, or injection-site irritation can occur.

**Published Evidence:** A 2006 randomized controlled trial (Teichman et al., *J Clin Endocrinol Metab*) found that CJC-1295 produced dose-dependent increases in GH (2- to 10-fold) and IGF-1 (1.5- to 3-fold) for 6+ days after a single injection, with an estimated half-life of 5.8–8.1 days for the DAC form. After multiple doses, IGF-1 remained elevated for up to 28 days. No serious adverse reactions were reported in that trial.

**Key Study:** Teichman SL, et al. "Prolonged stimulation of growth hormone (GH) and insulin-like growth factor I secretion by CJC-1295, a long-acting analog of GH-releasing hormone, in healthy adults." *J Clin Endocrinol Metab*. 2006;91(3):799-805.

## Recommended Videos (educational, independent sources)

► **Dr. Ashley Froese — This Is Not Covered** — Real Dr Explains CJC-1295 + Ipamorelin — The CLASSIC Peptide Stack  
[https://www.youtube.com/watch?v=kdQ83\\_Je\\_qs](https://www.youtube.com/watch?v=kdQ83_Je_qs)

► **Quinn Stillson, MD** — CJC-1295, Ipamorelin, Tesamorelin & Sermorelin: Deep Dive on the Best GH Peptides  
[https://www.youtube.com/watch?v=MVG006bW\\_3s](https://www.youtube.com/watch?v=MVG006bW_3s)

► **Quinn Stillson, MD** — CJC-1295, Ipamorelin, Tesamorelin & Sermorelin: Dosing, Forms, Timing, Frequency & Cycles  
[https://www.youtube.com/watch?v=\\_XBX3hGYD1o](https://www.youtube.com/watch?v=_XBX3hGYD1o)

