

Sermorelin

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

NJ Weight Loss & Preventive Care Clinics PA · 420 Route 46 East Fairfield NJ 07004 & 1605 E Evesham Road Voorhees NJ 08043 · (908) 598-0509 · jbock@njweightloss.us · njweightloss.us

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.

Sermorelin Compounded

Category: Growth Hormone-Releasing Hormone (GHRH) Analog

How it works. Sermorelin is a synthetic analog of growth hormone-releasing hormone (GHRH). It tells the pituitary gland to release the patient's own growth hormone in a pulsatile, physiologic pattern. This matters because the pituitary feedback system stays intact: when growth hormone rises, somatostatin feedback kicks in, IGF-1 rises through the normal downstream pathway, and the body regulates itself. That is the theoretical safety advantage of sermorelin over direct recombinant growth hormone injection, where IGF-1 can climb without the same endogenous restraint.

Why a physician prescribes it. Sermorelin is most defensibly prescribed for carefully selected adults with symptoms and lab patterns suggesting age-related growth-hormone-axis decline ("somatopause")—poor sleep quality, impaired recovery, reduced exercise tolerance, or specific body-composition concerns. It is most credible when framed as physiologic stimulation rather than as an aggressive anti-aging transformation. The patient who wants to look twenty-five again at age fifty-five is going to be disappointed. The patient who wants better sleep, gradual recovery improvement, and modest body-composition changes over months is much more likely to be satisfied.

What to know before starting. Sermorelin is not appropriate for patients with active or recent cancer, pituitary tumors, poorly controlled diabetes, or edema-prone conditions. The adult evidence base is thinner than most patients assume—most robust data comes from pediatric growth-hormone-deficiency testing and older adult pharmacology studies, not from large randomized outcome trials in middle-aged wellness patients. Because it is a compounded product from a 503A pharmacy, sterility and potency depend on the specific pharmacy your prescriber uses. Patients typically notice better sleep first, often within two to four weeks—that is a real and reproducible effect, because growth-hormone pulsatility is tightly linked to slow-wave sleep.

Published Evidence: Sermorelin has been studied for decades in adults with growth hormone deficiency, with clinical data showing improved IGF-1 levels, body composition measures, and quality-of-life indicators. The original FDA-approved product (Geref) was withdrawn from the U.S. market for business reasons, not for safety. Its key advantage remains preservation of natural GH pulsatility and endogenous feedback.

Recommended Videos (educational, independent sources)

► **Chancellor Harn, ND, MS** — Sermorelin: The Peptide for Growth Hormone Optimization in Anti-Aging Medicine
<https://www.youtube.com/watch?v=7czDHgISmKs>

► **Dr. Susan Hardwick-Smith — The Peptides Conversation** — Sermorelin 101: How This Peptide Stimulates Natural Growth Hormone
<https://www.youtube.com/watch?v=CELUYjxRs9k>

► **Doctor Michael Mueller** — Sermorelin Dosing, Benefits, and Risks. A Powerful Longevity Peptide.
<https://www.youtube.com/watch?v=06KhYB1ti6I>