

## Peptides

### Description

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#### Growth hormone secretagogues (GHS)

Growth hormone (GH) increases muscle, reduces fat, increases exercise ability, & growth. We make too little of it starting in our early thirties, & become fatter & have less muscle & bone & sleep less deeply as a result. Use of GH appears to have some significant adverse effects if not used carefully

Some of the GHS appear to have many of the same benefits as GH. These include the injected GH releasing peptides (GHRPs), hexarelin (intranasal), and ibutamoren mesylate (taken orally).

GHRH-analogs are injected – Sermorelin (GRF 1-29), Modified GRF 1-29, Tesamorelin because the gastrointestinal tract eliminates them. They may work sublingually.

Ghrelin mimetics include Pralmorelin (GHRP-2), GHRP-6, Ipamorelin, Ibutamoren (MK-677), Anamorelin, Macimorelin.

A few GHSs in studies have helped improved growth in children with low GH (hexarelin, GHRP-2), stimulate appetite in people with anorexia (GHRP-2 in one person), increase muscle (ibutamoren), reduce osteoporosis (ibutamoren) & help REM & deep sleep (ibutamoren 50% & 20% in one study). They may take a few months to show benefits.

Ibutamoren may increase blood glucose levels. This may be mediated by taking one or a combination of- 600mg of alpha lipoic acid before each meal/300 mg of berberine/300mg moringa/cinnamon in every meal, and by exercising/walking before or immediately after a meal.

In one study of people who were elderly ibutamoren increased heart failure indicators in some.

Ibutamoren studies used a starting dosage of 25mg orally. 5mg three times a day sublingually (if it works) may reduce the adverse effects. \

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The safest & most reliable way to increase HGH & IGF1 levels is exercise, specifically high intensity exercise, and using a sauna/steam room/whirlpool until too hot. Extra benefits if then going outside in winter cold or taking a cold shower or ice bath until too cold, then again into a heat room until too hot.

Sigalos JT, Pastuszak AW. The Safety and Efficacy of Growth Hormone Secretagogues. Sex Med Rev. 2018 Jan;6(1):45-53. doi: 10.1016/j.sxmr.2017.02.004. Epub 2017 Apr 8. PMID: 28400207; PMCID: PMC5632578. [ncbi.nlm.nih.gov/pmc/articles/PMC5632578](http://ncbi.nlm.nih.gov/pmc/articles/PMC5632578)

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## Category

1. Uncategorized

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