

Sermorelin

Growth Hormone Support

"The Anti-Aging Peptide"

Keystone Wellness & Weight Loss Center

WHAT IS IT

Sermorelin is a synthetic analogue of growth hormone-releasing hormone (GHRH) that stimulates the pituitary gland to naturally produce and release growth hormone in a physiological, pulsatile pattern — a safer alternative to exogenous HGH.

KEY BENEFITS

- ◆ Stimulates natural, pulsatile growth hormone production
- ◆ Supports fat loss — especially visceral fat
- ◆ Improves lean muscle mass and body composition
- ◆ Enhances sleep quality and recovery
- ◆ Supports bone density
- ◆ Improves skin elasticity and reduces signs of aging
- ◆ Boosts energy levels and overall vitality
- ◆ May improve libido and sexual function

DOSING & ADMINISTRATION

Form Subcutaneous injection	Typical Dose 200–300 mcg per injection
Frequency Daily, typically at bedtime	Cycle Length 3–6 months with periodic breaks
Timing Bedtime — mimics natural GH pulses during sleep	Labs Required Baseline IGF-1 levels before starting

RISKS, WARNINGS & CONTRAINDICATIONS

- Not for use in active cancer or history of cancer without oncology clearance
- Avoid if pregnant or breastfeeding
- May cause water retention, joint discomfort, or tingling initially
- Requires baseline labs including IGF-1 before starting
- Should not be used in patients with untreated hypothyroidism
- Discuss all medications and health history with your provider

WHO IS THIS FOR

Adults experiencing age-related decline in energy, body composition, sleep, or recovery.

IMPORTANT NOTICE

All peptide therapies at Keystone Wellness & Weight Loss Center are offered under medical supervision and require a provider consultation and medical screening prior to starting. Peptides are not FDA-approved for all uses listed above — they are used in wellness and research settings. Requires baseline labs. Results vary. Provider-supervised protocol only. This handout is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please call us to schedule your consultation: 610-340-4569.

To schedule your peptide consultation, please call: **610-340-4569** | All peptide appointments require phone screening prior to booking.