



Sermorelin Therapy Overview

Sermorelin is a bioidentical peptide that naturally stimulates your pituitary gland to increase growth hormone (GH) production. This supports metabolism, recovery, sleep quality, and overall vitality while maintaining hormonal balance.

How Sermorelin Works

By signaling your body to produce its own GH, Sermorelin helps improve muscle tone, fat metabolism, and cellular repair. It supports deeper sleep, enhanced recovery, and better energy throughout the day.

Typical Dosing Schedule

A small subcutaneous injection, typically 0.2–0.3 mg before bedtime on an empty stomach. Most patients follow treatment for 3–6 months for full benefits, with regular provider follow-ups.

Timeline for Results

• Weeks 1–4: Improved sleep and subtle energy boost. • Weeks 5–8: Noticeable stamina and recovery improvements. • Weeks 9–16: Enhanced muscle tone, focus, and body composition changes.

Supporting Your Results

For best results, combine therapy with a balanced diet, hydration, and resistance training. Maintain consistent dosing and communicate regularly with your provider for adjustments.