



PROpeptides Disclaimer – Real Talk

Alright, let's keep it real - peptides are awesome, but they're also still in the "experimental" category. While there's a ton of promising research and a growing number of athletes using them for recovery and performance, they're not FDA-approved for most uses. That means there's some unknowns, and by accepting this package, you're acknowledging that you understand the risks and are choosing to use them at your own discretion.

We're not making medical claims, and this isn't a magic fix—it's a tool that can help with recovery, repair, and performance when used responsibly. As always, if you have any health concerns, talk to a medical professional (luckily, now you know a good one).

By moving forward, you're saying, "Yeah, I get it," and taking ownership of your health and performance choices.

Let's get after it. 🙌💪

— PROpeptides Team

Tesamorelin Guide

What Is It?

- Tesamorelin is a synthetic peptide that mimics the function of growth hormone-releasing hormone (GHRH), stimulating the release of growth hormone (GH) from the pituitary gland.
- It is primarily used for managing excess visceral fat in patients with HIV-associated lipodystrophy but has gained popularity for its potential to promote fat loss and improve body composition.
- Tesamorelin has been shown to increase lean body mass, improve fat distribution, and support overall metabolic health by boosting GH levels.
- It is also utilized in anti-aging protocols due to its ability to improve skin elasticity, energy levels, and cognitive function through its influence on GH.

Who Should Use It?

- Individuals with HIV-associated lipodystrophy experiencing excess visceral fat.
- People looking to reduce body fat while preserving or increasing lean muscle mass.
- Individuals aiming to improve skin elasticity, energy, and overall metabolic function.
- Not recommended for individuals with a history of cancer or those using other GH-stimulating therapies.

Specific Benefits for Athletes

- **Fat Loss:** Tesamorelin promotes fat breakdown, particularly visceral fat, which can lead to improved body composition and reduced risk of metabolic diseases.
- **Increased Lean Muscle Mass:** By stimulating GH release, Tesamorelin can help increase lean muscle mass, improve muscle tone, and enhance recovery.
- **Improved Skin Elasticity:** Boosts collagen production, leading to improved skin appearance and elasticity.
- **Enhanced Recovery:** GH plays a key role in muscle repair, so Tesamorelin can aid in faster recovery after intense physical activity or injury.

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Metabolic Health: Tesamorelin can improve glucose metabolism and insulin sensitivity, making it useful for those with metabolic concerns.

Standard Dosage Recommendations

- **Dose:** 10 units per day
- **Frequency:** Administered once daily via subcutaneous injection, preferably at night before bed.
- **Cycle Length:** Commonly used in cycles of 4-6 months with breaks in between.
- **Higher Doses:** Higher doses are generally not recommended as they can increase the risk of side effects without providing additional benefits.

How It's Typically Used (Frequency, Timing, etc.)

- Tesamorelin is typically injected subcutaneously (under the skin) once a day, preferably before sleep, as GH is naturally released during the night.
- It is commonly used in cycles of 4-6 months for optimal results, with breaks in between to avoid desensitization and maintain effectiveness.
- Some individuals may stack Tesamorelin with other peptides or HGH for enhanced effects on fat loss and muscle growth.

How to Prepare It

- **Reconstitution:** Tesamorelin is provided as a lyophilized powder and should be reconstituted with bacteriostatic water (typically 2 mL).
- **Injection:** Use a syringe to administer the solution via subcutaneous injection.
- **Storage:** After reconstitution, store Tesamorelin in the refrigerator and use within 30 days for maximum potency.
- **Discard** any unused solution after 30 days to ensure the peptide remains effective.

Best Timing for Administration

- Tesamorelin should be administered once daily, ideally in the evening before bed, as it stimulates GH release, which follows a natural circadian rhythm during sleep.
- Consistency in timing can help optimize its effects on fat loss, muscle recovery, and skin elasticity.

If Timing with Meals Matters

- Tesamorelin can be taken with or without food.
- However, it is generally recommended to take it on an empty stomach for optimal absorption and to prevent potential interference with digestive processes.

Duration of Action in the Body

- Tesamorelin's effects are typically noticeable within 2-4 weeks of consistent use.
- Full results, including fat loss, improved skin elasticity, and increased lean muscle mass, may take 2-3 months to become evident.
- The peptide's effects on fat loss and muscle growth can last even after discontinuation, but a maintenance phase may be necessary to sustain the results.

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- Tesamorelin has a relatively short half-life, so daily injections are recommended to maintain consistent GH release.

Potential Risks and Adverse Effects

- **Injection Site Reactions:** Mild redness, swelling, or irritation at the injection site can occur.
- **Joint Pain:** Some users may experience joint discomfort or stiffness as a result of increased GH levels.
- **Water Retention:** Some individuals may experience temporary water retention, leading to mild bloating.
- **Headaches:** Headaches can occur in some users, especially during the initial phases of use.
- **Carpal Tunnel Syndrome:** A rare but possible side effect due to elevated GH levels.
- **Nausea or Dizziness:** Some individuals may experience nausea or dizziness, especially if taking higher-than-recommended doses.

Contraindications with Common Medications

- **Growth Hormone Therapy:** Tesamorelin should not be combined with other forms of growth hormone or growth hormone-releasing peptides unless supervised by a healthcare professional.
- **Insulin and Diabetic Medications:** Tesamorelin may improve insulin sensitivity, so caution is advised when used alongside diabetic medications.
- **Corticosteroids:** Long-term corticosteroid use can counteract the benefits of Tesamorelin by inhibiting muscle growth and fat loss.
- **Cancer Medications:** Tesamorelin should not be used in individuals with a history of cancer due to its potential to stimulate cell growth.

Potential Long-Term Effects

- **Improved Body Composition:** Long-term use of Tesamorelin may lead to a lasting reduction in body fat and an increase in lean muscle mass.
- **Enhanced Skin Health:** Prolonged use may improve skin tone and elasticity by stimulating collagen production.
- **Metabolic Benefits:** Over time, Tesamorelin may improve glucose metabolism, insulin sensitivity, and overall metabolic function.
- **Unknown Long-Term Risks:** As with many peptides, long-term safety data is limited, and further studies are needed to fully understand the potential risks of sustained Tesamorelin use.

Key Takeaways

- Tesamorelin is an effective peptide for reducing visceral fat, improving skin elasticity, and increasing lean muscle mass through enhanced GH release.
- Best used in cycles of 4-6 months, with breaks in between, to maintain optimal results and prevent desensitization.
- Commonly used in anti-aging protocols and fat loss programs.
- Consistent nightly injections, ideally before sleep, are recommended to match the body's natural growth hormone rhythm.
- Regular monitoring for side effects, including joint pain and water retention, is advised for users.

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