



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

CJC-1295 + Ipamorelin Guide

What Is It?

- CJC-1295 is a synthetic peptide that stimulates growth hormone (GH) release by increasing levels of growth hormone-releasing hormone (GHRH). It helps enhance muscle growth, fat loss, and recovery.
- Ipamorelin is a growth hormone secretagogue that mimics ghrelin, stimulating the pituitary gland to release GH without affecting cortisol or prolactin levels.
- The combination of CJC-1295 and Ipamorelin provides a synergistic effect, leading to increased GH production, improved muscle development, fat metabolism, and enhanced recovery.

Who Should Use It?

- Individuals looking to increase lean muscle mass and reduce body fat.
- Athletes and bodybuilders seeking enhanced recovery and performance.
- Those experiencing age-related GH decline who want to support overall vitality and wellness.
- Not recommended for individuals with active cancer, as GH stimulation may influence tumor growth.

Specific Benefits for Athletes

- **Muscle Growth:** Stimulates lean muscle development by increasing GH and IGF-1 levels.
- **Fat Loss:** Enhances fat metabolism and promotes a leaner physique.
- **Improved Recovery:** Supports faster healing of muscles, tendons, and joints.
- **Enhanced Sleep Quality:** Increases deep sleep, which is crucial for recovery and GH production.
- **Increased Strength and Performance:** Helps improve endurance and physical output.

Standard Dosage Recommendations

- **CJC-1295 Dosage:** 30-60 units per week (300-600 mcg) (divided into smaller daily doses).
- **Ipamorelin Dosage:** 30-60 units per week (300-600 mcg) (divided into smaller daily doses).
- **Frequency:** Typically administered 1 time daily, before bed.

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- **Cycle Length:** Most users follow cycles of 8-12 weeks, followed by a break to prevent receptor desensitization.
- **Higher Doses:** Some individuals may use slightly higher doses under medical supervision for enhanced effects, but excessive GH release may lead to side effects.

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

- Best injected subcutaneously 1-2 times per day, usually before bed or post-workout.
- Many users administer it in cycles of 8-12 weeks, with at least 4 weeks off between cycles.
- Some prefer using it on training days only for performance optimization.

How to Prepare It

- **Reconstitution:** Both peptides come in powdered form and must be reconstituted with bacteriostatic water.
- **CJC-1295:** Reconstitute with 1-2 mL of bacteriostatic water for precise dosing.
- **Ipamorelin:** Reconstitute with 1-2 mL of bacteriostatic water.
- **Injection:** Use a syringe to draw the required dose and administer it subcutaneously.
- **Storage:** Store the reconstituted peptides in the refrigerator. Discard any unused solution after 30 days.

Best Timing for Administration

- Best taken before bed to align with natural GH release cycles.
- Can also be used post-workout to enhance muscle recovery.
- Splitting doses morning and night may provide sustained GH elevation.

If Timing with Meals Matters

- For optimal absorption, it is best taken on an empty stomach.
- Avoid consuming carbs or fats within 30 minutes before or after injection, as insulin spikes can reduce GH release.

Duration of Action in the Body

- CJC-1295 (without DAC) has a short half-life, requiring frequent administration.
- CJC-1295 (with DAC) provides sustained GH release for up to one week.
- Ipamorelin has a short half-life of approximately 2 hours, leading to rapid GH release.
- Effects are typically noticeable within 2-4 weeks, with full benefits seen after 8-12 weeks.

Potential Risks and Adverse Effects

- **Injection Site Reactions:** Mild redness or irritation at the injection site.
- **Water Retention:** Some users experience bloating due to increased GH levels.
- **Increased Appetite:** Ipamorelin may cause temporary hunger.
- **Numbness or Tingling:** GH release may lead to mild nerve sensitivity.
- **Fatigue or Lethargy:** Some individuals experience tiredness due to GH modulation.

Contraindications with Common Medications

- **Diabetes Medications:** GH may influence insulin sensitivity, requiring adjustments.

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- **Corticosteroids:** May blunt GH response.
- **Thyroid Medications:** Caution is needed as GH can affect thyroid function.
- **Cancer Treatments:** GH stimulation may not be suitable for individuals with active or past cancer diagnoses.

Potential Long-Term Effects

- **Increased Lean Muscle Mass:** Sustained GH elevation supports continued muscle growth.
- **Improved Skin and Hair Health:** GH contributes to collagen production and skin elasticity.
- **Reduced Fat Accumulation:** Enhanced metabolism may help prevent fat gain.
- **Potential GH Insensitivity:** Prolonged use without cycling may reduce GH receptor responsiveness.
- **Unknown Long-Term Risks:** Limited research exists on long-term GH stimulation from exogenous peptides.

Key Takeaways

- The CJC-1295 + Ipamorelin blend is an effective combination for increasing GH levels, promoting muscle growth, fat loss, and enhanced recovery.
- Ideal for athletes, bodybuilders, and individuals looking to counteract age-related GH decline.
- Best used in cycles of 8-12 weeks, administered before bed or post-workout for optimal results

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