



GHRH/GH Peptide Comparison & Priority Recommendations

Peptide	Brief Definition	Key Benefits	Indications in Wellness, Recovery, Muscle Building, & Anti-Aging
Sermorelin	Synthetic analog of Growth Hormone-Releasing Hormone (GHRH); stimulates the pituitary to produce natural growth hormone.	<ul style="list-style-type: none"> • Supports lean muscle growth over time • Improves sleep quality • Enhances recovery & tissue repair • Boosts metabolism 	Wellness: Improves energy, sleep, and body composition. Recovery: Aids healing of soft tissue injuries. Muscle Building: Moderate increase in lean mass. Anti-Aging: Supports collagen production and GH levels in aging adults.
Ipamorelin	Synthetic pentapeptide that stimulates GH release by binding to ghrelin receptors; highly selective with minimal effect on other hormones.	<ul style="list-style-type: none"> • Strong GH release without raising cortisol or prolactin • Enhances fat loss • Improves recovery & joint health • Promotes deep restorative sleep 	Wellness: Increases vitality, supports healthy body composition. Recovery: Reduces inflammation, accelerates healing. Muscle Building: Increases IGF-1 for muscle protein synthesis. Anti-Aging: Preserves muscle mass and skin elasticity.
Tesamorelin	Modified synthetic GHRH analog with extended half-life; FDA-approved for reducing visceral fat in lipodystrophy patients.	<ul style="list-style-type: none"> • Clinically proven visceral (abdominal) fat reduction • Increases IGF-1 significantly • Improves muscle definition • Supports metabolic health 	Wellness: Improves metabolic markers, reduces central fat. Recovery: Supports tissue repair via GH/IGF-1. Muscle Building: Strong lean mass support. Anti-Aging: Reduces fat accumulation, promotes youthful physique.

Priority Recommendations by Goal

Goal	1st Choice	2nd Choice	3rd Choice
Anti-Aging	Sermorelin — safest long-term GH support, collagen boost	Ipamorelin — adds restorative sleep & lean mass	Tesamorelin — effective but more targeted toward fat loss
Muscle Building	Tesamorelin — highest IGF-1 boost, supports protein synthesis	Ipamorelin — strong anabolic support, joint-friendly	Sermorelin — gradual lean mass gain
Fat Loss	Tesamorelin — clinically proven visceral fat reduction	Ipamorelin — boosts metabolism without excess water retention	Sermorelin — mild fat reduction
Recovery	Ipamorelin — strong healing & anti-inflammatory effects	Tesamorelin — GH/IGF-1 driven tissue repair	Sermorelin — steady recovery benefits

Note: This protocol is for wellness optimization purposes only and is not intended to diagnose, treat, or cure any medical condition. Any adverse effects should be reported immediately. Continued use should be monitored with periodic lab work and medical follow-up.