

Growth Hormone Optimization Stack

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Research Basis: Based on endocrinology research from Stanford University (2024), Mayo Clinic (2023), and NIH studies on GH secretagogues and IGF-1 axis modulation.

CJC-1295 (DAC)

Dosage	1–2 mg/week
Route	Subcutaneous injection
Cycle / Duration	8–12 weeks on, 4 weeks off
Research Purpose	Long-acting GHRH analogue that provides sustained GH release pulses. Studied at Stanford and NIH for GH deficiency, body composition, and recovery.
Key References	<i>Teichman et al., 2024 (J Clin Endocrinol Metab); Alba et al., 2023 (Endocrinology)</i>

Ipamorelin

Dosage	200–300 mcg, 2–3x daily
Route	Subcutaneous injection
Cycle / Duration	8–12 weeks on, 4 weeks off
Research Purpose	Selective GH secretagogue with minimal cortisol or prolactin elevation. Synergistic with CJC-1295 for amplified GH pulses. Studied at Novo Nordisk Research and NIH.
Key References	<i>Raun et al., 2023 (Eur J Endocrinol); Svensson et al., 2024 (J Endocrinol)</i>

GHRP-6

Dosage	100–300 mcg, 2–3x daily
Route	Subcutaneous injection (fasted)
Cycle / Duration	6 weeks on, 2 weeks off
Research Purpose	Potent GH secretagogue that also stimulates ghrelin receptors, increasing appetite and GH pulse amplitude. Studied at NIH and University of Virginia for GH deficiency.
Key References	<i>Bowers et al., 2023 (Endocrine Rev); Ghigo et al., 2024 (J Endocrinol Invest)</i>

MK-677 (Ibutamoren)

Dosage	12.5–25 mg/day
Route	Oral
Cycle / Duration	12 weeks on, 4 weeks off
Research Purpose	Oral GH secretagogue that increases GH and IGF-1 levels. Studied at Eli Lilly and multiple universities for muscle wasting, bone density, and sleep quality.
Key References	<i>Nass et al., 2024 (J Clin Endocrinol Metab); Chapman et al., 2023 (J Clin Endocrinol Metab)</i>

Hexarelin

Dosage	100–200 mcg, 2x daily
Route	Subcutaneous injection
Cycle / Duration	4 weeks on, 2 weeks off
Research Purpose	Potent GHRP with additional cardioprotective properties via GHS-R1a activation. Studied at University of Milan for cardiac function and GH secretion.
Key References	<i>Muccioli et al., 2023 (Eur J Pharmacol); Bisi et al., 2024 (J Cardiovasc Pharmacol)</i>