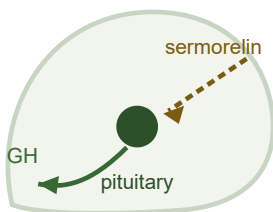


Sermorelin prompts your body's own growth hormone

Sermorelin is a peptide that gently prompts your body to make more of **its own growth hormone**, rather than replacing it from the outside. It has a long history in medicine and is one of the peptides drawing fresh interest for energy, recovery, and healthy aging. This guide reflects our pharmacists' reading of current and still-developing research — it is not medical advice.

What sermorelin is

Your pituitary gland makes growth hormone (GH), which supports tissue repair, metabolism, and sleep — and naturally declines with age. Sermorelin is a **growth-hormone-releasing hormone (GHRH) analog**: it signals the pituitary to release GH in your body's own natural rhythm. Because it works **with** your body's feedback system rather than overriding it, the release stays more physiologic than giving GH directly.



A bit of history

Sermorelin isn't new. It was developed decades ago and was once an FDA-approved product used to evaluate and treat growth hormone deficiency, including in children. The commercial version was later discontinued for business reasons — not safety — and today it is available through **compounding pharmacies**, where interest has grown for age-related wellness uses.

Established vs. emerging

- **Well established** — its historical medical role in assessing and supporting growth hormone in deficiency.
- **Being studied** — support for energy, body composition, recovery, and sleep quality in aging adults.

The wellness uses are areas of ongoing research — not proven or FDA-approved for those purposes. Whether sermorelin is appropriate for you is a decision to make with your prescriber.

Forms, use & safety

Sermorelin is usually given as a small **subcutaneous injection at night** (GH release is highest during sleep). See our Subcutaneous Injection guide for technique.

Talk to your prescriber first. Side effects are usually mild — temporary redness or itching at the injection site, flushing, or headache. It isn't right for everyone, including people with certain medical conditions or who are pregnant. Share your full history and report anything that concerns you.

This guide is general educational information reflecting our pharmacists' observations of current, still-developing research. It is not medical advice or a recommendation to start any therapy, and it does not replace the guidance of your physician or pharmacist. The wellness uses described are **investigational and not approved by the FDA**; evidence is still emerging and may change. **Always consult with your doctor or pharmacist** before starting, stopping, or changing any therapy, and follow your prescription label, which takes priority over anything written here. If you notice a reaction that concerns you, contact your prescriber or pharmacist; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.