

PEPTIDES & RECOVERY



CJC-1295 and Ipamorelin: What the Evidence Actually Shows

Two growth-hormone peptides almost always stacked together, with a genuine mechanistic rationale for raising growth hormone and IGF-1. The human outcome data are still limited.

Swipe

THE SALES PITCH

Sold as the shortcut to recovery, sleep, and a leaner body

That's the marketing. Here's the part most sellers skip: raising a hormone in your blood is not the same as changing how you look, feel, or perform.

HOW CJC-1295 WORKS

A GHRH signal engineered to last for days

Its Drug Affinity Complex clips the signal to albumin in your blood, turning a quick tap on the pituitary into a steady hand for days.

THE ACTUAL NUMBERS

GH up 2 to 10 fold for 6+ days, IGF-1 elevated 9 to 11 days

From a single injection, in the key human study. That's a real hormonal effect, clearly measured, and clearly not the same as a proven real-world benefit.

HOW IPAMORELIN WORKS

A clean, pulsed trigger on a different switch

It activates the ghrelin receptor to fire a GH pulse, with little spillover into cortisol or prolactin, unlike older, messier drugs in its class.

THE HONEST GAP

Not proven yet, and this is the caveat that matters most

The hormonal effect is settled. Whether that translates into faster recovery, better performance, or a leaner body has not been well demonstrated in humans.

WHAT TO MONITOR

The two labs worth running: glucose and IGF-1

Sustained GH stimulation can nudge glucose and insulin sensitivity, and there's a theoretical concern about the pituitary with prolonged use. Both are simple to track.

THE BOTTOM LINE



Mechanistically sound, not yet proven, not for sale here

Neither peptide is an approved medicine and both are banned in tested sport. We do not sell or prescribe this stack, we help you understand it.