

PEPTIDES & RECOVERY

Sermorelin and Tesamorelin: Real Medicines, Not Gray-Market Peptides

Most peptides sold online are unregulated compounds with thin evidence. These two actually went through regulators.

Swipe

THE WORRY

•Aren't These Just Another Peptide Gamble?•

Unlike most peptides in this series, these two have an actual paper trail: controlled trials, an FDA history, a quality-controlled product.

HOW THEY WORK

They Press Your Own Dimmer Switch

Both prompt your pituitary to release your own growth hormone in its natural pulsing pattern, instead of injecting hormone directly, keeping your body's built-in safety brakes in place.

THE PAPER TRAIL

FDA-Approved in the 1990s, Pulled for Business, Not Safety

Sermorelin was FDA-approved as Geref in the 1990s and discontinued in 2008 for commercial reasons. Tesamorelin (Egrifta) is FDA-approved today. Neither has EMA approval.

THE ACTUAL NUMBER

18 Percent Less Visceral Fat in 12 Months

In a 404-patient placebo-controlled trial, tesamorelin cut deep abdominal fat by about 11 percent at 6 months, reaching roughly 18 percent by 12 months, in people with HIV-associated lipodystrophy.

THE GAP

The Anti-Aging Claims Were Never Tested, Not Because They Failed

Sermorelin's approval never covered anti-aging or recovery use. No company owns the old molecule anymore, so nobody has funded trials to test those claims either way.

SAFETY

Better Characterized, Not Risk-Free

Reported effects include facial flushing, headache and dizziness, and hypoglycemia. As GHRH analogs, both sit on WADA's Prohibited List for tested athletes.

THE BOTTOM LINE



Real Medicine, Real Indication, Real Monitoring

These are prescription medicines for a genuine indication, not a hand-out for unproven anti-aging use. The value is an honest assessment, the correct indication, and proper monitoring of the growth hormone axis.