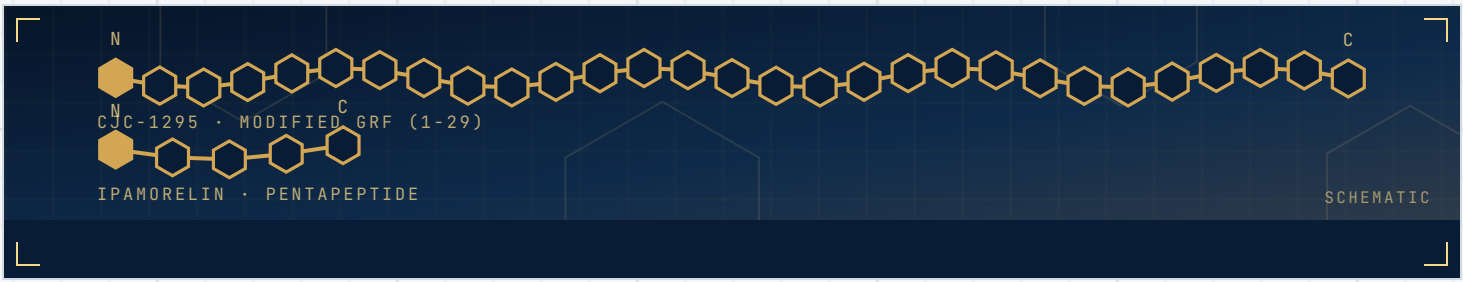
CJC-1295 + Ipamorelin

Experimental combination of a GHRH analog with a ghrelin agonist

CARD 04

CLASS	CLINICAL CATEGORY	EVIDENCE LEVEL	OVERALL STATUS
Combination of GH secretagogues	GH / IGF-1 axis	Low / experimental	Not approved — research



KEY APPLICATIONS

- **Body composition** — Research
- **Sleep and recovery** — Exploratory data
- **GH/IGF-1 axis** — Mechanistic studies
- **Experimental endocrinology** — Not validated

Designed to: raise the body's own growth hormone release. No human trials establish clinical benefit for this combination.

HOW IT WORKS IN THE BODY

GHRH + ghrelin → Pituitary → Amplified GH pulse → IGF-1

- Combines **two distinct pathways** of GH stimulation.
- Aims for a **larger GH pulse** than either agent alone.
- Ipamorelin is **selective**, with less impact on cortisol and prolactin.
- The combination has **not been validated** in formal clinical trials.

QUICK PRACTICAL INFO

HALF-LIFE	ROUTES STUDIED
Varies by component	Subcutaneous
PHARMACOKINETICS	**STABILITY**
Combined profile not characterized	Peptide-based; requires refrigeration
INTERACTIONS	**MONITORING**
Not studied	IGF-1, glucose, cortisol and prolactin

EVIDENCE & SAFETY

EVIDENCE

LOW
EXPERIMENTAL

- Mostly **preclinical data**.
- Human trials are **scarce**.
- Therapeutic efficacy **not established**.

CLINICAL CAUTION

- Caution with **blood glucose** and fluid retention.
- Headache and **paresthesia** possible.
- **Additive** risk not characterized.
- Use **without regulatory backing**.

REGULATORY STATUS

FDA	EMA	ANVISA	WADA	Research	Off-label
Not approved as a drug	Status not confirmed	Status not confirmed	Banned for athletes	Yes, limited data	No established backing

CLINICAL READ IN 10 SECONDS

- Pairing of **GHRH + ghrelin agonist**.
- Goal: a **larger GH pulse**.
- No **formal clinical trials** of the combination.
- Use is **not approved**; relevant in anti-doping.

KEY REFERENCES

PubMed — reviews on GH secretagogues in combination

WADA — Prohibited List of Substances and Methods

Sinha et al., 2018 — Transl Androl Urol (review)

Technical, informational content. It does not replace individualized clinical judgment or constitute a recommendation. No dose, protocol or source is provided.