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IPAMORELIN

THE SELECTIVE GH SIGNAL SUPPORT PEPTIDE

CLEAN RESEARCH REFERENCE • EDUCATIONAL OVERVIEW • NOT MEDICAL ADVICE



1 WHAT IS IPAMORELIN?



Ipamorelin is a synthetic pentapeptide commonly researched as a selective growth hormone secretagogue. It acts on the ghrelin receptor (GHS-R) and is studied for its ability to stimulate growth hormone release while having less effect on cortisol and prolactin than earlier GHRPs.

2 WHY IT MATTERS

- ✓ Selective GH pulse support
- ✓ Sleep & recovery research interest
- ✓ Body composition discussions
- ✓ Training recovery support
- ✓ Lower non-target hormone activity interest

3 HOW IPAMORELIN MAY SUPPORT THE BODY



Supports GH Signaling

Studied for selective stimulation of growth hormone release.



May Support Sleep Quality

Often discussed in recovery and sleep-support conversations.



Recovery Pathways

Research interest around repair, recovery and resilience.



Body Composition Support

Commonly discussed in lean-mass and recovery-focused protocols.



Training & Performance Recovery

Explored in performance and recovery discussions.

4 WHAT IS IPAMORELIN COMMONLY RESEARCHED FOR?

- ✓ Growth hormone signaling support
- ✓ Sleep and overnight recovery discussions
- ✓ Body composition and lean-mass support conversations
- ✓ Training recovery and resilience
- ✓ Healthy aging / hormone-support research

5 WHO MAY LOOK INTO IPAMORELIN?



Active individuals



Those focused on recovery



Sleep-support discussions



Body composition users



Hormone-signaling wellness discussions

6 RESEARCH HIGHLIGHT



Raun et al., 1998 described ipamorelin as a selective growth hormone secretagogue with GH-releasing activity and comparatively limited ACTH, cortisol and prolactin response relative to older compounds.

Different protocols may vary slightly.

7 KEY TAKEAWAY



Ipamorelin is a selective peptide commonly discussed in growth hormone, sleep and recovery research. It is often explored as part of a broader wellness, recovery and body-composition conversation.



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