

Sermorelin Therapy: Patient Education Guide

What Is Sermorelin?

Sermorelin is a synthetic version of a naturally occurring substance that stimulates your body's release of growth hormone (GH) from the pituitary gland. GH supports metabolism, tissue repair, energy, and overall wellness.

Benefits of Sermorelin Therapy

Patients may experience a wide range of benefits, including:

- Increased energy
 - Improved mood and mental clarity
 - Better sleep quality
 - Enhanced muscle tone and fat loss
 - Increased bone density
 - Improved skin texture, firmness, and reduced wrinkles
 - Reduction in anxiety and depression
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Sermorelin for Weight Loss

Sermorelin increases IGF-1 levels, which helps boost metabolism and fat burning. Over time, patients may experience a 5–8% reduction in body fat while preserving lean muscle mass.

Skin & Anti-Aging Benefits

- By promoting collagen production and skin cell turnover, Sermorelin may:
 - Improve skin elasticity and firmness
 - Reduce wrinkles and fine lines
 - Enhance post-injury or post-surgical healing
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How & When to Take Sermorelin

- **Ideal Time:** At bedtime, to align with your body's natural GH release during sleep.
 - **Method:** Subcutaneous injection (under the skin)
 - **Sites:** Lower abdomen, thigh, or upper arm (rotate sites)
 - **Typical Schedule:** 5 days on / 2 days off weekly
 - **Washout Period:** 2-week break every 6 months to maintain effectiveness
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Expected Results Timeline

- 7–30 Days: Better sleep, increased energy
 - 3–6 Months: Noticeable improvements in body composition, mood, and skin
 - Full Effects: 4 to 6 months or more
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Possible Side Effects

Common (usually mild):

- Injection site redness, itching, or swelling
 - Headache, flushing, dizziness
 - Nausea, sleepiness
 - Rare but Serious:
 - Allergic reaction (face/lip swelling, difficulty breathing) → **Call 911 immediately**
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Important Safety & FAQ

Is Sermorelin a steroid?

No. It stimulates your body's own production of growth hormone.

Can both men and women use it?

Yes. It provides benefits across energy, metabolism, and skin health for both men and women.

Does it increase testosterone?

No. It does not directly impact testosterone levels.

Can it cause blood clots?

No significant risk of blood clots has been reported.

Is it prescription-only?

Yes. Always obtain Sermorelin from a licensed provider. Do not purchase it from unverified sources.

Do Not Adjust Your Dose Without Medical Advice

Your provider will prescribe a personalized dose based on your needs. Taking more than prescribed may increase side effect risk or reduce effectiveness.

Questions? Need Support?

Please reach out to your care team at:

 (954) 378-8119 |  info@labanksmedical.com |  [LaBanks Medical Services](https://www.labanksmedical.com)
