

## PROpeptides Disclaimer – Real Talk

Alright, let's keep it real - peptides are awesome, but they're also still in the "experimental" category. While there's a ton of promising research and a growing number of athletes using them for recovery and performance, they're not FDA-approved for most uses. That means there's some unknowns, and by accepting this package, you're acknowledging that you understand the risks and are choosing to use them at your own discretion.

We're not making medical claims, and this isn't a magic fix—it's a tool that can help with recovery, repair, and performance when used responsibly. As always, if you have any health concerns, talk to a medical professional (luckily, now you know a good one).

By moving forward, you're saying, "Yeah, I get it," and taking ownership of your health and performance choices.

Let's get after it. 💪🔥

— PROpeptides Team

## Hexarelin – Advanced Growth Hormone Secretagogue for Recovery & Performance

### Clinically Backed Support for Muscle Recovery, Fat Loss, and Anti-Aging Applications

**Formulation:** 5mg Hexarelin per vial (reconstituted for injection use)

**Classification:** Prescription Required – Injection Use

Hexarelin is a synthetic growth hormone–releasing peptide (GHRP) known for its potent stimulation of natural growth hormone secretion through activation of the ghrelin receptor (GHS-R1a). It is considered one of the strongest secretagogues in its class, making it a preferred option in research for **muscle regeneration, fat metabolism, and anti-aging applications**.

### What Is It?

- **Hexarelin** is a hexapeptide GHRP that stimulates the pituitary gland to release growth hormone (GH).
- It increases circulating GH and subsequently IGF-1, which supports recovery, lean mass development, and metabolic improvements.
- Unlike some GHRPs, Hexarelin has consistent potency and less susceptibility to desensitization when cycled appropriately.

### Who Should Use It?

- **Athletes and bodybuilders** seeking accelerated recovery, lean muscle support, and fat reduction.

- **Aging adults** aiming to restore declining GH levels, improve vitality, and combat sarcopenia.
- **Individuals recovering from injury or surgery** who want to enhance tissue repair and healing capacity.
- Not recommended for individuals with active cancer or uncontrolled cardiovascular disease.

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## Specific Benefits for Athletes

- **Enhanced Recovery:** Faster repair of muscle and connective tissue after strenuous training.
- **Increased Lean Mass:** Stimulates GH/IGF-1 pathways to promote muscle hypertrophy.
- **Fat Loss Support:** Enhances lipolysis and improves body composition.
- **Bone Density & Joint Health:** Supports skeletal strength and tendon recovery.
- **Cardioprotective Potential:** Research suggests benefits for heart function and repair.

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## Standard Dosage Recommendations

- **Dosage Range:** 100–200 mcg per injection (commonly 10–20 units on an insulin syringe)
- **Frequency:** 1–2 times per day
- **Cycle Length:** 4–8 weeks on, followed by 2–4 weeks off
- Do not exceed recommended cycle duration to avoid receptor desensitization.

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## How It's Typically Used (Frequency, Timing, etc.)

- Administered **subcutaneously or intramuscularly** with an insulin syringe.
- Commonly taken **morning and/or pre-bed** to mimic natural GH release patterns.
- May be used **post-workout** to maximize recovery.

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## How to Prepare It

- **Reconstitution:**
  - Add 1–2mL bacteriostatic water to the 5mg vial.
  - Roll gently to dissolve—do not shake.
- **Injection:**
  - Use an insulin syringe (29–31G).
  - Administer subcutaneously in the abdomen or thigh.
- **Storage:**

- Store reconstituted vial in the refrigerator.
- Discard after 30 days.

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## Best Timing for Administration

- **Morning dose** for daytime energy and fat metabolism.
- **Pre-bed dose** to leverage natural nighttime GH pulse.
- Athletes may prefer **post-training dosing** for enhanced recovery.

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## If Timing with Meals Matters

- Best administered **on an empty stomach** for optimal GH release.
- Avoid high-carb or fatty meals within 30–45 minutes of injection.
- Light protein or amino acid intake post-injection may enhance anabolic response.

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## Duration of Action in the Body

- **Onset:** GH release within minutes of injection.
- **Peak effect:** ~30–60 minutes post-injection.
- **Half-life:** ~60–90 minutes (short-acting, but GH/IGF-1 effects persist).
- Benefits typically noticed within 2–3 weeks, with full effects at 4–6 weeks.

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## Potential Risks and Adverse Effects

- **Injection Site Irritation** (mild redness, irritation, or pain).
- **Prolactin & Cortisol Elevation** at higher doses or prolonged cycles.
- **Water Retention & Joint Stiffness** from elevated GH.
- **Numbness or Tingling** in hands/feet (GH-related).
- **Increased Hunger** due to ghrelin receptor activation.

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## Contraindications with Common Medications

- **Diabetes Medications:** May alter insulin sensitivity.
  - **Steroids/Anabolics:** May amplify effects—monitor closely.
  - **Cancer Risk:** Avoid in individuals with active tumors or IGF-sensitive cancers.
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## Potential Long-Term Effects

- **Improved Recovery Capacity:** Supports ongoing training and performance.
- **Lean Muscle Gains:** Via GH/IGF-1 pathways.
- **Anti-Aging Effects:** May improve skin, sleep, and energy.
- **Unknown Long-Term Safety:** Limited clinical data—best under medical supervision.

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## Key Takeaways

- **Hexarelin is one of the strongest GH secretagogues**, supporting muscle growth, fat loss, and recovery.
- Best used in **short cycles** (4–8 weeks) to avoid receptor desensitization.
- Works synergistically with training, nutrition, and recovery strategies.
- Use under **clinical supervision** for safety and effectiveness.