

Compounded Preparation Monograph

COMPOUNDED ACTIVE INGREDIENT NAME: Sermorelin/Glycine Injection

COMPOUNDED ACTIVE INGREDIENT INFORMATION: Sermorelin is a synthetic growth hormone (GH) releasing hormone that contains 28 amino acids. It has been shown to stimulate GH release, improve IGF-1, and can help support proper immune function¹. Glycine is an amino acid that has shown to boost HGH secretion². The two together can provide synergy between them.

BEFORE USING THIS MEDICATION: LET YOUR DOCTOR KNOW if you have any allergic reactions to injections in the past. Let your health care provider know if you are pregnant or breast feeding. Let your healthcare provider know of all supplements you are currently taking. Let them know of any thyroid or corticosteroid medications you are prescribed.

HOW TO USE THIS MEDICATION: This medication is a subcutaneous injection and is delivered in a premixed liquid form. Wash your hands with soap and water before giving the injection. Wipe the rubber stopper of the vial with an alcohol swab. Take a syringe and pull the plunger down to the necessary prescribe amount. This is achieved when the plunger reaches the line for the amount prescribed. Push the needle through the rubber stopper of the vial. Push the plunger down to put air into the vial. Invert the vial and then slowly pull down the plunger until the amount is a bit passed the prescribed dose. If there are bubbles in the syringe, tap the syringe to allow the air bubbles to rise to the top. Slowly push the plunger up until the tip reaches the line for the prescribed dose and removes the bubble of air. Pull the syringe out of the vial's rubber stopper. Inject at predetermined injection site as instructed by healthcare practitioner. Discard any remainder from punctured vial after 28 days.

CAUTIONS: Take care when injecting the compounded preparations in only specified areas from your health care provider. Check the vial before use for any cloudiness or discoloration before use.

POSSIBLE SIDE EFFECTS: Sermorelin/Glycine could cause flushing, nausea, headaches and possible irritation, pain, or redness at the injection site. Let your healthcare provider know if you experience any unusual symptomatology.

1. Walker RF. Sermorelin: A better approach to management of adult-onset growth hormone insufficiency? *Clin Interv Aging*. 2006;1(4):307-8.
2. Kasai K, Kobayashi M, Shimoda SI. Stimulatory effect of glycine on human growth hormone secretion. *Metabolism*. 1978 Feb;27(2):201-8. doi: 10.1016/0026-0495(78)90165-8. PMID: 622050.