

UNEARTHED WELLNESS

WELCOME KIT

CJC-1295 + Ipamorelin

Natural GH stimulation · Deep sleep · Body composition · Healthy ageing



Your personalised welcome kit from Unearthed Wellness

Welcome to your CJC-1295 + Ipamorelin protocol.

This combination doesn't introduce synthetic growth hormone — it prompts your own pituitary to produce more of its own. That distinction matters. It's what makes this one of the most physiologically respectful protocols we offer.

This kit covers how CJC-1295 and Ipamorelin work together, how to administer your nightly protocol, what to expect as GH levels restore, and how to reach us with any questions.

Your body already knows how to do this.

INSIDE THIS KIT

- What CJC-1295 and Ipamorelin are and how they work synergistically
- Storage and handling
- Step-by-step injection guide for nightly administration
- What to expect week by week
- Lifestyle practices that amplify your results
- Side effects: what's normal and what to watch for
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet CJC-1295 + Ipamorelin.

CJC-1295 and Ipamorelin are almost always prescribed together because they work synergistically through the same pathway: stimulating your pituitary gland to produce and release your own growth hormone in a way that closely mimics the natural pulsatile rhythm of a younger endocrine system.

CJC-1295 is a GHRH analogue — it signals the pituitary to prepare and release GH. Ipamorelin is a GHRP — it amplifies and times that release through a separate receptor pathway. Together, they produce a controlled, physiologically natural GH pulse. You are not receiving synthetic growth hormone. You are prompting your own body to produce more of its own, preserving the feedback mechanisms that keep levels safe.

Your own pituitary. Your own growth hormone. Restored.

What it's doing in your body

- Natural GH pulse restoration. Mimics the pulsatile GH release of a younger pituitary — without synthetic replacement.
- Deep sleep architecture. GH is primarily released during slow-wave sleep. This combination deepens sleep while also benefiting from improved sleep in a reinforcing cycle.
- Body composition. Supports lean muscle retention and fat metabolism, particularly hormonally driven abdominal and thigh fat.
- Skin quality and collagen. GH-driven collagen synthesis improves skin firmness, elasticity, and fine line reduction.
- Bone density. Particularly relevant for perimenopausal and postmenopausal individuals where oestrogen's protective effect on bone declines.
- Energy and cognitive clarity. GH has regulatory effects on brain function and emotional resilience.

TIMING — WHY BEFORE BED

Your protocol specifies nightly administration for a reason: growth hormone is naturally released in its largest pulse during the first few hours of deep sleep. Injecting before bed aligns your exogenous signal with this natural window, producing the deepest and most physiologically appropriate GH pulse.

BEFORE YOU BEGIN

Storage and handling.

A few minutes spent here means your peptide stays potent and effective for the full length of your protocol.

TEMPERATURE

Refrigerate at 2–8°C. A standard fridge shelf is perfect. Never freeze.

LIGHT

Keep in original packaging or a dark drawer. Peptides degrade with UV exposure.

AFTER RECONSTITUTION

Once mixed with bacteriostatic water, use within 28 days. Write the date on the vial.

HANDLING

Swirl gently to mix — never shake. Shaking disrupts the peptide structure.

BEFORE EACH USE

Discard if the solution appears cloudy, discoloured, or contains particles.

WHAT'S IN YOUR KIT

- Your peptide vial
- Bacteriostatic water for reconstitution (if applicable)
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin.

YOUR INJECTION GUIDE

Step by step. You can do this.

The needle is tiny. The injection is subcutaneous — just under the skin, not into muscle. By your third or fourth session, it will feel completely natural.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. Your most important preparation step.

02 Lay out your materials

Vial, syringe, needle, and two alcohol swabs on a clean flat surface. There is no rush.

03 Swab the vial top

Wipe the rubber stopper with a swab. Let it air-dry for 10 seconds before inserting the needle.

04 Draw up your dose

Insert the needle and draw the plunger slowly to your prescribed dose. Tap out air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh. Rotate sites each time.

06 Swab the site

Clean with your second swab. Let it dry fully — this genuinely reduces any sting.

07 Pinch and inject

Gently pinch a fold of skin. Insert at 45° in one smooth motion. Release the pinch, then slowly depress the plunger.

08 Withdraw and press

Remove the needle. Apply gentle pressure with a clean swab for a few seconds. Do not rub.

09 Dispose safely

Place the used needle immediately in a sharps container.

By session three, it will feel like second nature.

IF YOUR FIRST ATTEMPT ISN'T PERFECT —

That is expected and entirely normal. Hesitation, a small bruise, mild redness — all common and settle quickly. If you'd like to talk through the process before your next dose, call us.

YOUR JOURNEY

What to expect — week by week.

Every body responds in its own time. This is an honest guide to what most people experience — not a guarantee, but a map.

The sleep improves first. Everything else follows.

Week 1–2	Sleep quality is often the first noticeable improvement — deeper, more restorative sleep. Vivid dreams are a common and welcome early sign.
Week 3–4	Energy shifts. Morning alertness improves. Mild transient water retention possible as the body adjusts. Cognitive clarity often improves.
Month 2	Body composition begins to shift — fat loss and subtle muscle tone. Skin quality improvements become noticeable. Recovery from exercise improves.
Month 3–4	Significant improvements in energy, body composition, and skin. Mood and cognitive clarity often enhanced. Many describe feeling years younger.
Month 5–6	Full benefit profile established. Bone density and connective tissue improvements continue at a structural level. Protocol reviewed and adjusted by your prescriber.

YOUR PRESCRIPTION REMINDER

Dose _____ mcg / mg
Frequency _____ × per week
Protocol length _____ weeks

Do not adjust your dose without speaking to your prescriber first.

SIDE EFFECTS

What's normal — and what to watch for.

Your peptide has been prescribed within a clinical framework and dispensed to pharmaceutical-grade standards. We want you fully informed so nothing catches you off guard.

Completely normal — no action needed

- Vivid dreams in the first weeks. A welcome early sign that GH pulses are occurring during deep sleep.
- Mild transient water retention. Common in the first 2–3 weeks as the body adjusts to GH elevation. Settles without intervention.
- Occasional mild tingling or warmth at the injection site. Very common with GHRP peptides — transient and harmless.
- Temporary morning grogginess in the first week. As sleep architecture deepens, adjustment is normal. Settles within 1–2 weeks.

PLEASE REACH OUT IF YOU EXPERIENCE:

- Significant swelling, heat, or pain at the injection site lasting more than 24 hours
- Signs of infection — increasing redness, pus, fever, or spreading warmth
- Any allergic reaction — itching, hives, or difficulty breathing (seek emergency care if severe)
- Anything that doesn't feel right — trust your instincts and call us

We would always rather hear from you than have you wonder alone.

AMPLIFY YOUR RESULTS

Practices that deepen your protocol.

These habits create the conditions for your peptide to work as effectively as possible. None of this is prescriptive — it is what the evidence supports.

PROTECT YOUR SLEEP WINDOW

The entire mechanism of this protocol depends on quality sleep. Consistent sleep and wake times, a cool dark room, and screens off before bed all amplify the GH pulse your protocol is generating.

EAT AWAY FROM INJECTION TIME

Elevated insulin blunts GH release. Avoid eating for 2–3 hours before your nightly injection where possible.

RESISTANCE TRAINING

GH's body composition effects are significantly amplified by resistance training. Even two sessions per week makes a meaningful difference.

PRIORITISE PROTEIN

GH supports muscle protein synthesis — but it needs substrate. Aim for 1.4–2g per kg of body weight daily.

MINIMISE ALCOHOL

Alcohol disrupts sleep architecture and directly blunts the GH pulse this protocol is designed to restore.

GET BLOODWORK

IGF-1 levels are a key marker of GH activity. Baseline and follow-up bloodwork helps your prescriber optimise your protocol and ensure levels remain in a healthy physiological range.

COMMON QUESTIONS

You asked. We answered.

Is this the same as taking HGH injections?

No — and this distinction matters significantly. Direct HGH bypasses your pituitary's feedback loop and carries risks including insulin resistance, joint pain, and suppression of natural GH production. CJC-1295/Ipamorelin stimulates your own pituitary to produce GH naturally, preserving the safety of the feedback system.

Can I use this alongside HRT?

Yes, in many cases. Growth hormone peptides and HRT address different dimensions of hormonal ageing and can complement each other well. Your prescriber will have assessed this in the context of your complete health picture.

I'm not noticing much change in sleep yet — is that normal?

Sleep improvements typically emerge in the first 1–2 weeks, but the timeline varies. If you are several weeks in with no change, contact us — timing or dose may benefit from adjustment.

How long should I run this protocol?

A minimum of 3–6 months to establish the full benefit profile. Many people choose to continue long-term as part of their healthy ageing strategy.

Can I take a break from the protocol?

Yes — cycling is common. Your prescriber will guide when and how to take breaks. Unlike synthetic HGH, stopping CJC/Ipamorelin does not cause suppression of natural GH production.

You are never navigating this alone.

HOW TO REACH US

[WEBSITE & PORTAL](#)[BOOK A CONSULTATION](#)[SUPPORT & ENQUIRIES](#)

unearthed-wellness.com

Via your patient portal

hello@unearthed-wellness.com

We respond to all messages within one business day. For urgent concerns, please contact your prescriber directly. You are never navigating this alone.

UNEARTHED WELLNESS

This document is for educational and supportive purposes only. It does not constitute medical advice and does not replace your prescriber's guidance. Always follow your personalised prescription. © Unearthed Wellness.