

UNEARTHED WELLNESS

WELCOME KIT

Sermorelin Growth Hormone-Releasing Peptide

Sleep restoration · Body composition · Healthy ageing



Your personalised welcome kit from Unearthed Wellness

A NOTE FROM YOUR TEAM

Welcome to your Sermorelin protocol.

Sermorelin works by reminding your body to do something it already knows how to do — produce growth hormone. Rather than introducing synthetic growth hormone from outside, Sermorelin stimulates your pituitary gland to release its own. The result is a more physiological, more elegant, and considerably safer approach to growth hormone optimisation than direct supplementation.

Sermorelin has been studied and used clinically for decades, with a well-established safety profile and a broad range of documented benefits — from improved body composition and recovery to sleep quality and healthy ageing. It is one of the most trusted peptides in the field.

This kit covers how Sermorelin works, how to administer your protocol, what to expect week by week, and how to reach us with any questions.

INSIDE THIS KIT

- What Sermorelin is and how it stimulates your own growth hormone
- Storage and handling of your injectable peptide
- Step-by-step injection guide
- 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 Sermorelin.

Sermorelin acetate is a synthetic analogue of Growth Hormone-Releasing Hormone (GHRH) — specifically, a 29-amino-acid fragment that represents the biologically active portion of the full 44-amino-acid GHRH molecule. When administered, Sermorelin binds to GHRH receptors in the pituitary gland, stimulating the natural, pulsatile release of growth hormone.

This is a critically important distinction from exogenous growth hormone therapy. Because Sermorelin works through your own pituitary, the growth hormone it triggers is released in the natural, pulsatile pattern your body is designed to use — not in a sustained, supraphysiological flood. This means the body's own feedback mechanisms remain intact, the risk of excess is minimal, and the overall effect is more aligned with restoring youthful physiology than overriding it. Growth hormone levels naturally decline from approximately the third decade of life; Sermorelin is a well-studied strategy for gently reversing this decline.

*Your pituitary is the prescriber.
Sermorelin is the reminder.*

WHAT IT'S DOING IN YOUR BODY

- **Growth hormone restoration.** Stimulates the pituitary to release growth hormone in natural pulses, raising IGF-1 levels and restoring the anabolic and restorative environment of earlier decades.
- **Body composition improvement.** Promotes lean muscle development and fat metabolism — particularly visceral fat reduction. Results compound over months rather than appearing overnight.
- **Sleep quality enhancement.** Growth hormone is predominantly released during deep sleep. As Sermorelin restores healthier GH patterns, many people notice meaningfully improved sleep depth and quality relatively early in the protocol.
- **Recovery and tissue repair.** Enhanced growth hormone supports faster recovery from exercise, injury, and general physical stress — accelerating cellular repair across tissue types.
- **Energy, mood, and cognitive function.** Many people report improved energy levels, mental clarity, and a general sense of vitality as growth hormone levels normalise. These effects are gradual and cumulative.

- **Bone density support.** Growth hormone plays a role in bone metabolism; longer-term Sermorelin use is associated with improvements in bone mineral density — relevant particularly in older adults.

EMERGING RESEARCH AREAS

Preliminary research suggests potential roles for Sermorelin in immune function support, cardiovascular health, and skin thickness and elasticity. These applications are based on the known downstream effects of growth hormone rather than direct Sermorelin-specific human trials, and should be considered emerging rather than established benefits.

BEFORE YOU BEGIN

Storage and handling.

Sermorelin is sensitive to temperature and light degradation. Proper storage is straightforward and essential.

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.

SHELF LIFE (UNRECONSTITUTED)

Keep dry and refrigerated until ready to use. Do not reconstitute until needed.

WHAT'S IN YOUR KIT

- Your Sermorelin peptide vial
- Bacteriostatic water for reconstitution
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin. Do not substitute components or reconstitute with anything other than the bacteriostatic water provided.

YOUR INJECTION GUIDE

Step by step. You can do this.

Sermorelin is administered subcutaneously — just under the skin, not into muscle. It is most commonly injected before bed, as this aligns with the body's natural peak of growth hormone release during deep sleep.

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 to prevent localised irritation.

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.

Dispose safely

Place the used needle immediately in a sharps container.

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.

By session three, it will feel like second nature.

YOUR JOURNEY

What to expect — week by week.

Sermorelin's effects are cumulative — they build as IGF-1 levels rise and tissues respond over weeks and months. Some benefits arrive early; the most significant changes require patience. This is an honest map, not a guarantee.

Some changes arrive quietly. Others announce themselves in the mirror.

WEEKS 1-2 Many people notice improved sleep quality within the first two weeks — often the first and most immediate response. Vivid dreams are commonly reported and are a sign that growth hormone release during sleep is being restored.

WEEKS 3-6 Improvements in energy levels, morning recovery, and general sense of vitality become more consistent. Early shifts in body composition may begin — subtle but measurable. Exercise recovery noticeably improves for many.

WEEKS 7-12 More visible changes in lean muscle and fat distribution. Skin quality improvements are commonly noted. Many people report their best sleep in years. Mood, mental clarity, and motivation often improve alongside physical changes.

MONTH 3-6 Sustained and compounding results across all domains — body composition, recovery, sleep, energy. The full benefit of Sermorelin is typically realised over a 6-month protocol. Many people choose to continue on a maintenance basis thereafter.

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.

Sermorelin has an excellent and well-documented safety profile built over decades of clinical use. It is one of the most tolerable peptides available. We want you fully informed so nothing catches you off guard.

COMPLETELY NORMAL — NO ACTION NEEDED

- **Flushing or warmth after injection.** A transient sensation of warmth or mild flushing shortly after dosing is common and harmless — a sign the peptide is active. Settles within minutes.
- **Vivid dreams.** Particularly common in the first weeks. This reflects the restoration of growth hormone release during sleep stages and is considered a positive sign.
- **Mild injection site redness or bump.** Localised, fades within hours. Rotating sites prevents recurrence.
- **Mild headache or dizziness in the first few doses.** Transient and typically self-resolving. Stay hydrated and dose before bed to minimise any waking discomfort.
- **Temporary water retention.** Some mild fluid retention in the early weeks as growth hormone levels rise. This typically resolves as the body adapts.

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)
- Persistent, significant water retention or swelling in the hands or feet
- Joint pain that worsens rather than improves over time
- 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.

Sermorelin works by stimulating your own physiology — and your lifestyle either supports or undermines that biology every day. These practices are not incidental. They are part of the protocol.

Dose Before Bed

Growth hormone is predominantly released during slow-wave sleep. Injecting Sermorelin 30–60 minutes before sleep aligns the peptide's stimulation with your body's natural release window — compounding the effect significantly. Unless your prescriber has directed otherwise, evening dosing is standard.

Train With Resistance

Resistance exercise is one of the most potent natural stimuli for growth hormone release. Combining Sermorelin with regular resistance training produces meaningfully superior body composition outcomes to either alone. You do not need to train intensely — consistent, progressive movement is what matters.

Protect Deep Sleep

The majority of growth hormone release occurs during slow-wave (deep) sleep. Alcohol, late screen exposure, and inconsistent sleep timing all fragment deep sleep and directly reduce your protocol's effectiveness. Treating sleep hygiene as clinical is not optional here.

Fast Before Your Dose

Elevated insulin suppresses growth hormone release. Avoid eating for 2–3 hours before your evening injection where possible. A light, low-carbohydrate dinner before dosing supports better GH pulse amplitude.

Manage Stress

Chronically elevated cortisol directly suppresses growth hormone secretion. Whatever your stress practice is — treat it as part of your Sermorelin protocol.

Rotate Injection Sites

Rotating between abdomen and outer thighs prevents localised tissue changes and maintains even, predictable absorption.

COMMON QUESTIONS

You asked. We answered.

Can I take Sermorelin alongside my other medications?

Sermorelin is generally well-tolerated alongside most medications. Your prescriber will have reviewed your medication list. Glucocorticoids (steroids) can blunt the response to Sermorelin — if these are part of your regimen, ensure your prescriber is aware. Contact us if your medications have changed since your consultation.

How long is a typical protocol?

Most people see meaningful results at 3–6 months. Six months is the standard full protocol length. Some people continue on longer cyclic protocols for sustained benefit. Your prescriber will assess your IGF-1 response and advise accordingly.

My sleep improved quickly — does that mean it's working?

Yes — improved sleep quality is typically the earliest and most reliable sign that Sermorelin is stimulating growth hormone release effectively. It is an encouraging indicator that the protocol is on track.

Can I use Sermorelin alongside other peptides?

Sermorelin is commonly combined with GHRP peptides (such as Ipamorelin) for enhanced GH stimulation, and with BPC-157 for comprehensive recovery and tissue repair. Speak to your prescriber about combinations that match your specific goals.

Is the quality of Sermorelin important?

Enormously. Purity and accurate dosing directly determine your IGF-1 response. The Sermorelin dispensed through our pharmacy partner is pharmaceutical grade — a completely different standard to unregulated sources.

You are never navigating this alone.

WEBSITE & PORTAL

unearthed-wellness.com

BOOK A CONSULTATION

Via your patient portal

SUPPORT & ENQUIRIES

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