

TESAMORELIN + IPAMORELIN (10/3) BLEND PROTOCOL

Clinically Proven GH Stimulation. Nightly

Secretagogue blend supporting nighttime growth hormone release

What it is

A dual-secretagogue growth hormone protocol designed to stimulate your own endogenous GH pulse, primarily at night.

Tesamorelin = the engine

Ipamorelin = the stabilizer

Think of Tesamorelin as flooring the accelerator and Ipamorelin as keeping the transmission from exploding.

Axis: Growth Hormone (GH)

Vial Composition

Component	Amount
Tesamorelin	10 mg
Ipamorelin	3 mg
Total per vial	13 mg
Reconstitution: bacteriostatic water	1 mL
Final concentration: mg/mL (total peptide/ml)	13.0 mg/mL

Dosing Protocol

Parameter	Specification
Injection timing	Evening (PM)
Dose (total)	2.6 mg
Tesamorelin	2.0 mg
Ipamorelin	0.6 mg
Injection volume	0.2 mL (≈20 insulin units)
Frequency: days/week	5

Protocol Length

	Time Frame
Total duration: weeks	12
Active dosing days: days	60
Vials:	12

Supply Calculation

Item	Quantity
Total peptide required	156 mg
Vials required	12 vials (13 mg each)
Insulin syringes	60
BAC water	12 mL (recommended 2-10 mL vials)

For educational and research reference only. Not intended for diagnosis, treatment, or medical advice.

TESAMORELIN + IPAMORELIN PROTOCOL NOTES

Tesamorelin + Ipamorelin (10 / 3) Blend is a physiology-first GH-axis optimization stack designed to increase endogenous growth hormone and IGF-1 without replacement therapy. Tesamorelin serves as the strategic driver—acting as a true GHRH analog that stimulates the pituitary upstream, restoring youthful GH signaling and pushing downstream IGF-1 in a way that preferentially targets visceral fat, metabolic health, and long-term body recomposition. It's not flashy, but it's powerful—this is the compound that cleans up the middle and improves systemic efficiency.

Ipamorelin is the execution layer. As a selective GH secretagogue, it sharpens each pulse with clean amplitude—no cortisol spike, no prolactin creep, no appetite chaos. Where Tesamorelin lengthens and strengthens the signal, Ipamorelin spikes it, creating a synchronized pulse that mimics how the body is supposed to release GH during deep sleep and fasted states. The result is a stronger signal-to-noise ratio: better recovery, deeper sleep architecture, improved skin and connective tissue, and lean mass preservation while fat comes off.

Together, the 10/3 ratio is intentionally conservative and sustainable. This blend is built for daily use, long cycles, and adults who care about results and longevity. No receptor burnout. No endocrine shortcuts. Just clean signaling, night after night. Translation: optimize the axis, respect the system, and let biology do the compounding.