

# PRESCRIPTION MONOGRAPH

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**Compounded Active Ingredients:** Sermorelin

**Form:** Buccal Troche

**Drug Class:** Synthetic GHRH analog that contains 28 amino acids

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**Mechanism of Action**<sup>1,2</sup>: Sermorelin is a synthetic version of a hormone called growth hormone-releasing hormone (GHRH) that is naturally produced in the hypothalamus. When compounded, it is intended to:

- Mimic endogenous GHRH (1-29), stimulating the anterior pituitary to release growth hormone
  - Stimulate IGF-1 production via GH induction
  - Promote muscle growth, fat loss, cellular repair, and anti-aging effects
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**Indications Commonly Prescribed For:**

- Treatment of pediatric growth hormone deficiency (GHD).
  - Adult GH deficiency, age-related GH decline, body composition optimization, recovery enhancement, and adjunctive therapy in GH-releasing peptide (GHRP) protocols.
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**Before Use:** Let your healthcare provider know if you are pregnant or breast feeding. Let your healthcare provider know of all supplements you are currently taking.

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**Contraindications:**

- Known hypersensitivity to Sermorelin or any of its components
  - Active malignancy
  - Evidence of intracranial tumors/lesions
  - Severe hepatic or renal impairment
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**Cautions:** Let your healthcare provider know of any changes of vision while on this compounded preparation. Let your Healthcare provider know if you experience any adverse side effects.

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**Warnings and Precautions:**

- Benign Intracranial Hypertension (BIH): Use with caution; monitor for symptoms such as headache, visual disturbances, or nausea.
  - Tumor Activity: Contraindicated in individuals with active malignancy; discontinue therapy if evidence of tumor progression occurs.
  - Hypothyroidism: May blunt the response to Sermorelin; evaluate and correct thyroid function before initiating therapy.
  - Critical Illness: Not recommended for use in critically ill patients due to potential complications.
  - Use caution in patients with diabetic retinopathy, obesity, or elevated plasma fatty acids.
  - Glucose effects: GH-axis stimulation can worsen insulin resistance in susceptible patients; monitor glucose and A1c in metabolic-risk patients.
  - Cardiovascular risk: Observe caution due to theoretical fluid retention effects.
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**Adverse Reactions:** If you experience any side effects or adverse reactions, including those not listed, please contact your healthcare provider. Seek emergency care if symptoms are severe.

### Common:

- Nausea, vomiting
- Injection site reaction
- Headache, dizziness
- Flushing
- Hyperactivity
- Difficulty swallowing
- Fatigue
- Change in taste
- Pale skin
- Tingling/burning sensation

### Serious, but Rare:

- Allergic Reactions (hives, rashes)
  - Difficulty breathing
  - Swelling of the face, mouth, lips, or tongue
  - Blurred or tunnel vision
  - Vision loss
  - Irregular heartbeat
  - Slurred Speech, confusion
  - Loss of coordination
  - Muscle stiffness
  - Edema
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### Interactions:

- Glucocorticoids: May inhibit GH secretion and counteract sermorelin's effects.
  - Drugs Affecting Pituitary Function: Medications that alter pituitary hormone release may interfere with sermorelin efficacy.
  - Hypothyroid Medications: Untreated hypothyroidism can reduce sermorelin effectiveness; monitor thyroid function.
  - Glucose-lowering agents (insulin/orals): Glycemic needs may change; monitor and adjust. May increase the response to sermorelin.
  - Somatostatin analogs: Can reduce sermorelin effectiveness.
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### Use in Specific Populations:

- Pediatrics: Historically used for pediatric GHD; dosing should be individualized.
  - Geriatrics: May be considered for age-related GH decline; monitor for adverse effects.
  - Pregnancy & Lactation: Not recommended due to insufficient safety data.
  - Hepatic/Renal Impairment: Use with caution; limited data available
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### Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
  - Store in a cool dry place away from heat, sunlight, and moisture
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**How to Use:** This compounded preparation is in the form of a buccal troche. Wash your hands thoroughly. Place the troche gently between your upper gum and cheek—typically on one side of the mouth—and allow it to dissolve naturally. Do not chew, crush, or swallow the troche. Wait an additional 30 minutes before consuming any food or beverages to maximize the amount of medication absorbed through the buccal tissue. If you miss a dose, take as soon as you remember, but not at the time for the next dose. The desired results may take up to several weeks.

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### Monitoring Parameters:

- IGF-1 Levels: Assess to gauge GH activity and adjust dosing.
  - Thyroid Function Tests: Monitor TSH and free T4 levels periodically.
  - Glucose Tolerance: Evaluate fasting glucose and HbA1c as GH can affect glucose metabolism.
  - Lipid Profile: Monitor cholesterol and triglyceride levels.
  - Adverse Effects: Regularly assess for side effects and overall treatment efficacy
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### Citations:

1. Walker RF. Sermorelin: A better approach to management of adult-onset growth hormone insufficiency? *Clin Interv Aging*. 2006;1(4):307-8.
2. Prakash A, Goa KL. Sermorelin: a review of its use in the diagnosis and treatment of children with idiopathic growth hormone deficiency. *BioDrugs*. 1999;12(2):139-157. doi:10.2165/00063030-199912020-00007.
3. Kelijman M, Frohman LA. Enhanced growth hormone (GH) responsiveness to GH-releasing hormone after dietary manipulation in obese and nonobese subjects. *J Clin Endocrinol Metab*. 1988;66(3):489-494. doi:10.1210/jcem-66-3-489
4. Safety information referenced for Sermorelin:  
*Sermorelin acetate drug information: description, dosage, side effects* [Internet]. RxList. Updated 2025. Available from: <https://www.rxlist.com/sermorelin-acetate-drug.htm#description>. Accessed February 18, 2026.