

PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: AOD-9604

Form: Bucal Troche

Drug Class:

- Synthetic fragment GH (176-191); lipolytic GH-derived peptide
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Mechanism of Action^{1,2}: AOD-9604 is a Growth Hormone-derived peptide designed to work with your body's natural physiology to support fat metabolism, muscle preservation, and overall body composition without the side effects associated with direct growth hormone (GH) therapy. It is intended to:

- Promote adipocyte lipolysis by activating pathways in fat cells that lead to triglyceride breakdown (release of free fatty acids for oxidation).
 - Mimic the C-terminal region of growth hormones implicated in lipolysis by upregulating hormone-sensitive lipase pathways and downmodulating lipogenesis in adipocytes.
 - Minimize IGF-1 stimulation seen with direct GH therapy.
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Indications Commonly Prescribed For:

- Weight management
 - Body recomposition support
 - Visceral adiposity
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Before Use: Let your healthcare provider know if you have any medication allergies before you take this compounded preparation. Let your healthcare provider know if you have any liver or kidney problems. Let your healthcare provider know of all supplements you are currently taking.

Contraindications:

- Active malignancy
 - Hypersensitivity to peptide or excipients
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Cautions: Let your Healthcare provider know if you experience any adverse side effects. Alternate cheeks with each dose to reduce local irritation, redness, or ulceration.

Warnings and Precautions:

- Monitor underlying metabolic disorders (diabetes, dyslipidemia)
 - AOD-9604 is included in certain anti-doping lists
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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:

- Dizziness, headache
- Stomach discomfort, abdominal pain
- Nausea, bloating
- Flu-like symptoms
- Mild fatigue

Serious, but Rare:

- Allergic Reactions
 - Hypoglycemia or hyperglycemia
 - Edema
 - Potential blood pressure changes
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Interactions:

- Agents influencing lipids, glucose, or adipose function: may alter distribution of metabolism
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Use in Specific Populations:

- Pregnancy/Lactation: Contraindicated
 - Athletes: AOD-9604 is included in certain anti-doping lists
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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.

Monitoring Parameters:

- IGF-1 levels (to track biological effect).
 - Fasting glucose, HbA1c (screen for insulin resistance).
 - Lipid profile.
 - Clinical outcomes: sleep quality, body composition, recovery, adverse effects.
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Citations:

1. Moré MI, Kenley D. Safety and metabolism of AOD9604, a novel nutraceutical ingredient for improved metabolic health. *J Endocrinol Metab.* 2014;4(3):64–77. doi:10.14740/jem213w
 2. Stier H, Vos E, Kenley D. Safety and tolerability of the hexadecapeptide AOD9604 in humans. *J Endocrinol Metab.* 2013;3(1-2):7-15. doi:10.4021/jem157w
 3. Stier H, Vos E, Kenley D. Safety and tolerability of the hexadecapeptide AOD9604 in humans. *J Endocrinol Metab.* 2013;3(1-2):7-15. Available from: <https://www.jofem.org/index.php/jofem/article/view/157/194>. Accessed February 18, 2026.
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