

PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: AOD-9604/Ipamorelin

Form: Buccal Troche

Drug Class:

- AOD-9604: Synthetic fragment GH(176-191); lipolytic GH-derived peptide
 - Ipamorelin: Growth hormone secretagogue (selective ghrelin mimetic, GHSR agonist)
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Mechanism of Action^{1,2,3}: AOD-9604 and Ipamorelin are two complementary peptides that work together with your body's natural physiology to support fat metabolism, muscle preservation, recovery, and overall body composition without the side effects associated with direct growth hormone (GH) therapy. Together, they are intended to:

- Mimic the C-terminal region of growth hormones implicated in lipolysis by upregulating hormone-sensitive lipase pathways and downmodulating lipogenesis in adipocytes.
- Ipamorelin is intended to amplify GH pulses to activate ghrelin (GHSR) receptors, synergistically boosting GH release without significantly affecting cortisol or prolactin.

When administered together, compounded AOD-9604/Ipamorelin is intended to target the physiology of growth hormone pulses and fat metabolism while avoiding IGF-1 exposure.

Indications Commonly Prescribed For:

- Weight management
 - Body recomposition support
 - Recovery and sleep quality support due to GH decline
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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 or retinopathy
 - Hypersensitivity to peptide or excipients.
 - Caution in patients with diabetes, severe cardiovascular disease, or uncontrolled hypertension.
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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:

- GH secretagogues can transiently increase glucose
 - Fluid balance: May cause mild fluid retention or edema in sensitive patients.
 - AOD-9604 is included in certain anti-doping lists
 - Monitor underlying metabolic disorders (diabetes, dyslipidemia)
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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:

- Transient headache, dizziness
- Itching/Bruising
- Nausea, bloating
- Mild fatigue
- Carpal tunnel-like symptoms
- Joint pain
- Flu-like symptoms
- Stomach discomfort, abdominal pain
- Water retention
- Temporary increase in hunger

Serious, but Rare:

- Allergic Reactions
- Hypoglycemia or hyperglycemia
- Edema
- Potential blood pressure changes
- Chest Pain, shortness of breath
- Sudden vision changes
- Depression

Interactions:

- Theoretical additive risk when combined with insulin, GH, or IGF-1 therapy
- Corticosteroids: can blunt GH/IGF-1 axis benefits
- Thyroid Medications: dosage may need adjustment

Use in Specific Populations:

- Pregnancy/Lactation: Contraindicated
- Older adults: Start low and titrate
- Athletes: Verify anti-doping rules

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

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. Raun K, Hansen BS, Johansen NL, et al. Ipamorelin, the first selective growth hormone secretagogue. *Eur J Endocrinol*. 1998;139(5):552-561. doi:10.1530/eje.0.1390552
2. 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
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.