

Benefits of CJC-1295 + IPAMORELIN

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CJC/Ipamorelin (5/5) 10mg: <https://precisionpeptideco.com/product/cjc-ipamorelin-5-5mg/>

Enhanced Growth Hormone Release:

CJC-1295+IPAMORELIN is renowned for its ability to stimulate the release of growth hormone (GH) from the pituitary gland, unlocking a myriad of benefits for the body. By naturally boosting GH secretion, **this peptide combination supports muscle growth, increases bone density, enhances fat metabolism, and improves overall physical performance.** Athletes and fitness enthusiasts are drawn to these effects, as they seek to optimize their training outcomes and achieve peak performance.

Improved Sleep Quality:

One of the notable advantages of CJC-1295+IPAMORELIN is its potential to **enhance sleep quality.** Restful sleep plays a vital role in maintaining optimal health, allowing our bodies to recover and rejuvenate. By regulating the sleep-wake cycle, this peptide combination helps combat insomnia, promotes deeper and more restorative sleep, and alleviates the symptoms of sleep disorders. The result is heightened mental clarity, enhanced cognitive function, and increased daytime energy levels.

Enhanced Cellular Repair and Regeneration:

CJC-1295+IPAMORELIN possesses remarkable **abilities to facilitate cellular repair** and regeneration within the body. By promoting the production of new cells and tissues, accelerating wound healing, and supporting organ repair, this peptide combination creates a regenerative environment. Its potential applications in anti-aging and regenerative medicine make it an exciting prospect for individuals seeking to optimize their health and well-being.

Increased Metabolic Efficiency:

Optimizing metabolism is crucial for maintaining a healthy weight and overall well-being. CJC-1295+IPAMORELIN excels in this regard by **increasing the body's ability to burn fat and promoting the development of lean muscle mass.** For those struggling with weight management, this peptide combination aids in reducing body fat and improving body composition, leading to a more efficient metabolism.

Summary:

CJC 1295 BENEFITS:

- Weight loss support
- Exercise recovery
- Increases muscle mass
- Increases fat burning

It is important that you do your own research. The information provided in this document was attained by countless hours of research but used for my health issues and goals. Please seek medical advice from a professional regarding any questions and concerns you may have.

- Increases bone density
- Cardiovascular support
- Improves sex drive
- Neuroprotection



IPAMORELIN BENEFITS: (muscle recovery and deeper sleep deeper)

- Increase collagen
- Increase muscle strength
- Increase bone density
- Improves energy
- Improves cognitive function
- Repairs joints
- Accelerates healing

CJC 1295 + IPAMORELIN

When these peptides are used together, your body produces a stronger and more steady release of GH.

COMBINED BENEFITS:

1. Fights several signs of aging
2. Builds collagen and reduces wrinkles
3. Increases fat loss and weight loss
4. Accelerates healing and recovery
5. Enhances sleep and mood
6. Boosts energy level
7. Improves cognitive function
8. Increases lean muscle mass
9. Improves the immune system

Possible Side Effects:

- Facial flushing
- Feeling warm
- Tachycardia (rare, usually short-lived 5 minutes)
- ISR
- Headaches
- Muscle pain
- Water retention

UPDATED PROTOCOL 7.29.2025



CJC-1295 (No DAC) + Ipamorelin Protocol for Muscle Gain (2025)

For muscle gain, the 2025 preferred protocol for CJC-1295 (No DAC) + Ipamorelin is designed to:

- **Maximize pulsatile GH and IGF-1 levels**
- **Enhance recovery, lean mass accrual, and protein synthesis**
- **Avoid GH receptor desensitization and water retention**

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✓ Formulation

- **Blend:** 5 mg CJC-1295 (No DAC) + 5 mg Ipamorelin = 10 mg total per vial
- **Reconstitution:** 3 mL bacteriostatic water
- **Concentration:** ~3.33 mg/mL = **33.33 mcg per unit (on 100-unit insulin syringe)**

Dosing Strategy (Muscle Gain Optimized)

Phase	Dose	Units	Frequency	Timing
Week 1	250 mcg total (125 mcg each)	7 units	2x daily	AM + PM (fasted)
Weeks 2–6	300–350 mcg total (150–175 mcg each)	9–10.5 units	2x daily	AM + PM (fasted)
Weeks 7–12	300 mcg total (maintenance)	9 units	2x daily	AM + PM (fasted)

NOTE: 7–10.5 units per injection on a 100-unit insulin syringe
Adjust based on personal GH sensitivity or IGF-1 blood levels (if monitored)

Injection Timing (Key for Muscle Growth)

Time	Why
AM (fasted)	Mimics natural GH rhythm; improves fat oxidation and nutrient partitioning
PM (before bed)	Enhances muscle recovery and deep sleep (GH spike at night)

- Inject on **empty stomach**, wait **30–60 minutes** before eating
- **Post-workout injection** (optional) if training midday

Schedule

- **5 days on / 2 days off** (Ex: Mon–Fri on, Sat–Sun off)
 - Prevents GH receptor desensitization
- **Cycle Duration:** 8–12 weeks for muscle gain
 - Then take **4 weeks off** before restarting

Vial Use Estimate (for 12-week Cycle)

- ~600 mcg/day (2x injections)
- ~3000 mcg/week
- 12 weeks = ~36,000 mcg
- **Vials needed:** ~4 total (10,000 mcg per vial)

Stacking for Muscle Gain (Optional, Legal)

- **Creatine Monohydrate** – synergistic with IGF-1
- **L-leucine or EAAs pre-workout** – stimulates mTOR
- **MK-677 (Ibutamoren)** – optional for those not sensitive to GH/IGF-1, can amplify effects (but increases hunger and water retention)

What to Expect (Realistic Results)

Week	Expected Results
2–3	Improved sleep, subtle strength increase
4–6	Noticeable lean mass gains, better recovery
8–12	Enhanced muscle density, fat loss, strength gains
Gains are lean and gradual , not bloated. Enhanced tendon/ligament strength also noted by week 6+	

Summary

Aspect	Details
Daily Dose	300–350 mcg total (150–175 mcg each peptide)
Frequency	2x daily
Cycle	8–12 weeks on, 4 weeks off
Best Timing	AM (fasted) + PM (pre-sleep)
Injection Type	SubQ with insulin syringe
Units per dose	~9–10.5 units (on 100-unit syringe)

However, depending on each person's objectives, Ipamorelin CJC 1295 cycles can be any length. Bodybuilders frequently follow an 8 to 12-week cycle. They then take a break to allow the body to recover to its [normal GH production](#).

To prevent potential adverse effects, it is essential to keep a balance and refrain from using peptides excessively. Also, don't use it for an extended period.

Start at a lower dose due to possible allergic reaction. Inject SLOWLY

Wait 2-3 hours after eating, and don't eat for another 30 minutes after injection

- I started with the lower dose of 250mcg for the 1st 5 days and then for the following 7 week will increase to the 300mcg.
- It is recommended to take this injection in the PM.

When injecting, introduce the medication **very slowly**; It is received by the pituitary gland very quickly activating it; this helps to reduce facial flushing, feeling warm, tachycardia (rare, usually short-lived 5 minutes), injection site pruritus. If sensitive to injection site pruritus, avoid the abdominal fat and inject into the outer gluteal fat (seems to be less sensitive there).