

YOUR PEPTIDE PROTOCOL GUIDE

4X Growth Hormone Blend

The most comprehensive GH-releasing blend available — four synergistic peptides targeting multiple pathways to maximize your body's natural growth hormone output.

CATEGORY: Growth Hormone

FREQUENCY: 5 on / 2 off

DELIVERY: Take-home

01 THE BASICS

What is the 4X Blend?

The most advanced growth hormone blend, combining four peptides that work synergistically to maximize natural GH release.

Each component in the 4X Blend targets a different pathway in your body's growth hormone system. By combining GHRP-2, Tesamorelin, MGF, and Ipamorelin, this protocol activates multiple GH-releasing mechanisms simultaneously — producing results that no single peptide can achieve alone. The result is optimized recovery, improved body composition, deeper sleep, and enhanced cellular repair.

02 THE BLEND

Four peptides, one protocol

Each peptide targets a different pathway to maximize your body's natural growth

hormone release.

GHRP-2

- ✓ Potent GH secretagogue
- ✓ Stimulates appetite and GH release
- ✓ Amplifies pulsatile GH secretion

MGF

- ✓ Supports muscle repair and growth
- ✓ Enhances recovery after training
- ✓ Promotes satellite cell activation

Tesamorelin

- ✓ FDA-studied GH-releasing hormone analog
- ✓ Reduces visceral fat
- ✓ Promotes lean body composition

Ipamorelin

- ✓ Selective GH release without cortisol spike
- ✓ Supports deep sleep
- ✓ Gentle and well-tolerated

03 YOUR PROTOCOL

How to use the 4X Blend

Your provider has prescribed a phased protocol tailored to your goals. Here are the key details to keep in mind.

Injection Frequency

5 days on, 2 days off. 20 injections per 30-day phase. Consistency is key — inject at the same time each day for best results.

Injection Site

Subcutaneous injection in the abdomen, before bed. Rotate sites to prevent irritation. Evening dosing aligns with your body's natural GH pulse.

Duration

3 phases, 30 days each. Dosing increases with each phase as your body adapts and responds to the protocol.

Storage

Keep refrigerated at all times. Do not freeze. Remove from fridge a few minutes before injection to reach room temperature.

Pro Tip

Inject before bed on an empty stomach. Growth hormone is naturally released during deep sleep — evening dosing amplifies this effect.

04 PHASED DOSING

Your dosing schedule

Your protocol ramps up across three phases, allowing your body to adapt while progressively optimizing GH output.

PHASE 1

Days 1–30 • 20 injections

1mg total per injection

GHRP-2	500 mcg
Tesamorelin	500 mcg
MGF	50 mcg
Ipamorelin	250 mcg

PHASE 2

Days 31–60 • 20 injections

2mg total per injection

GHRP-2	1 mg
Tesamorelin	1 mg
MGF	100 mcg
Ipamorelin	500 mcg

PHASE 3

Days 61–90 • 20 injections

3mg total per injection

GHRP-2	1.5 mg
Tesamorelin	1.5 mg
MGF	150 mcg
Ipamorelin	750 mcg

05 TIMELINE

What to expect

Results build progressively as dosing increases across phases. Here's what patients typically experience.

PHASE 1

Better sleep quality and more vivid dreams. Increased recovery between workouts. Early improvements in energy and morning alertness.

PHASE 2

Improved body composition — less fat, more lean mass. Sustained energy throughout the day. Enhanced skin quality and faster healing.

PHASE 3

Peak GH optimization. Noticeable lean mass gains and fat reduction. Compounding benefits across sleep, recovery, and overall vitality.

06 SAFETY

Reported side effects

Most of these are dose related and ease as your body adapts. They are more likely right after a phase increase.

- ✓ Water retention or mild puffiness, most often in the hands and ankles
- ✓ Tingling or numbness in the hands, similar to carpal tunnel
- ✓ Redness, itching, or a small welt at the injection site
- ✓ Increased hunger, driven by the GHRP-2 component
- ✓ Vivid dreams, or grogginess if dosed too close to waking
- ✓ Joint aches early in a phase

Tell your provider before moving to Phase 2 or Phase 3 if any of these are still present. We can hold the dose rather than increase it.

07 WHAT WE OFFER

Our services

Based on your goals, your provider may recommend one or more of the following.

Hormone Optimization



Medical Weight Loss



IV Therapy



Peptide Therapy



Vitamin Injections



NAD+ Therapy



Hyperbaric Oxygen Therapy



Red Light Therapy



PRP Therapy



6-Week Cellular Reset



Comprehensive program combining multiple therapies for full cellular energy restoration.

Important: Peptides are classified for research purposes only and are not FDA-approved to diagnose, treat, cure, or prevent any disease. Individual results vary based on health status, dosage, and consistency. Do not adjust your protocol without consulting your provider.

Questions? We're here.

Whether you want to adjust your protocol or explore additional therapies, our team can help.

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