

YOUR PEPTIDE PROTOCOL GUIDE

AOD-9604

The fat-loss peptide — a modified fragment of human growth hormone designed to target fat metabolism without the side effects of full GH therapy.

DOSE: 500 mcg daily

DURATION: 30 days

TOTAL INJECTIONS: 30

01 THE BASICS

What is AOD-9604?

AOD-9604 is a modified fragment of human growth hormone, specifically amino acids 177–191 — the portion of GH responsible for fat metabolism.

Originally developed for anti-obesity research, AOD-9604 isolates the fat-burning mechanism of growth hormone without the growth effects. It stimulates the breakdown of stored fat while inhibiting the formation of new fat. Unlike full growth hormone therapy, AOD-9604 does not affect blood sugar levels or promote cell growth — making it a targeted, well-tolerated option for patients focused on body composition.

02 HOW IT WORKS

What AOD-9604 does

Four key mechanisms that make AOD-9604 a targeted fat-loss peptide with a clean

safety profile.

Fat Metabolism

- ✓ Stimulates lipolysis (fat breakdown)
- ✓ Targets stubborn fat stores
- ✓ Inhibits new fat formation

No GH Side Effects

- ✓ Does not affect blood sugar levels
- ✓ No growth or proliferative effects
- ✓ Safe, well-tolerated metabolic profile

Cartilage Support

- ✓ May support cartilage repair
- ✓ Promotes joint health and comfort
- ✓ Studied for osteoarthritis applications

Body Composition

- ✓ Supports lean body composition
- ✓ Best results with diet and exercise
- ✓ Complements other fat-loss protocols

03 YOUR PROTOCOL

How to use AOD-9604

Your provider has prescribed a 30-day protocol. Here are the key details to keep in mind.

Injection Frequency

Daily, in the morning on an empty stomach. Wait at least 20 minutes before eating for optimal absorption.

Injection Site

Subcutaneous injection in the abdomen near fat deposits. Rotate injection sites daily to prevent irritation.

Duration

30 days. Consistency is critical. Do not skip doses. Your provider may recommend extending based on your response.

Storage

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

Pro Tip

Inject first thing in the morning before breakfast. AOD-9604 works best in a fasted state when your body is primed to burn fat for fuel.

04 TIMELINE

What to expect

Everyone responds differently, but here's what patients typically experience during an AOD-9604 protocol.

WEEK 1-2

Your body begins responding to the peptide. Some patients notice subtle changes in how their body processes fat. Energy levels may improve. Stay consistent with morning dosing on an empty stomach.

WEEK 3-4

Noticeable changes in body composition. Patients often report reduced stubborn fat in targeted areas. Clothing may fit differently. Best results come with clean diet and regular exercise.

WEEK 5+

Continued improvements for patients on extended protocols. Compounding fat-loss benefits as the body adapts. Your provider will assess progress and discuss whether to continue or cycle off.

Reported side effects

AOD-9604 has a mild profile because it does not raise blood sugar or IGF-1 the way full growth hormone does.

- ✓ Redness, itching, or a small bump at the injection site
- ✓ Mild headache
- ✓ Temporary fatigue
- ✓ Occasional dizziness

The joint pain, swelling, and insulin resistance associated with growth hormone therapy are not expected with AOD-9604. Contact us if you notice them anyway.

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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