GROWTH HORMONE FRAGMENT

HGH Fragment 176-191

GH Fragment, C-terminal HGH peptide

Category	Growth Hormone Fragment
Available Specifications	5mg per vial

1. OVERVIEW

HGH Fragment 176-191 (GH Fragment) is a 15-amino acid C-terminal peptide of human growth hormone retaining lipolytic properties while minimizing growth and metabolic effects, enabling selective fat oxidation enhancement.

2. MECHANISM OF ACTION

HGH Fragment 176-191 is a small peptide derived from the C-terminus of human growth hormone consisting of 15 amino acids (positions 176-191). This fragment retains the lipolytic (fat-burning) properties of HGH while reportedly having minimal effects on growth or insulin levels. It selectively activates lipolysis through beta-3 adrenergic pathways and enhances fat oxidation.

3. CLINICAL EVIDENCE & RESEARCH

Preclinical research demonstrates that HGH 176-191 induces lipolysis in adipose tissue both in vitro and in animal models. Studies show increased fat oxidation and reduced adipose tissue accumulation in animal models. Research documents selective effects on body composition without stimulation of growth. Animal model studies demonstrate dose-dependent improvements in fat mass reduction.

4. THERAPEUTIC BENEFITS

- Enhanced lipolysis and fat oxidation
- Potential improvement in body composition
- Metabolic enhancement without growth effects
- Selective effects on adipose tissue
- Maintenance of lean muscle mass
- Potential benefits for metabolic health research

5. INDICATIONS

- Research in body composition and metabolism
- Investigation of selective lipolytic peptide effects
- Metabolic health studies
- Adipose tissue function research
- Fat oxidation mechanisms investigation

6. DOSING & ADMINISTRATION PROTOCOL

Indication	Dose	Route	Frequency	Duration
Research: lipolysis investigation	0.1-0.2 mg/kg	Daily SC or IV	Subcutaneous or Intravenous	
Body composition studies	5 mg	Daily	Subcutaneous	

Indication	Dose	Route	Frequency	Duration
Metabolic research	2.5-5 mg	Daily or every 2-3 days	Intravenous	

Reconstitution

Reconstitute 5 mg vial with 2-3 mL bacteriostatic water for injection (0.9% benzyl alcohol). Gently swirl until dissolved—do not shake vigorously. Solution should be clear and colorless. Resulting concentration: 1.7-2.5 mg/mL.

Administration

Administer via subcutaneous injection (abdomen, deltoid, or thigh) or slow intravenous bolus. Rotate injection sites daily to minimize local reactions. Intramuscular injection also acceptable.

7. SIDE EFFECTS & SAFETY PROFILE

- Generally well-tolerated
- Potential injection site reactions including erythema and induration
- Local reactions typically mild and transient
- Minimal systemic effects at research doses
- Possible transient hunger increase or mild appetite stimulation
- No significant effects on growth factors or insulin levels

8. CONTRAINDICATIONS & PRECAUTIONS

- Hypersensitivity to HGH or benzyl alcohol
- Active malignancy or family history of cancer
- Diabetic retinopathy or severe diabetic complications
- Severe hepatic or renal disease
- Acute illness or infection

9. STORAGE & HANDLING

Store lyophilized vials at 2-8°C (refrigerated) in original vial. Once reconstituted, stable for 24 hours at 2-8°C or up to 3 weeks when properly refrigerated. Protect from direct sunlight.

10. KEY REFERENCES

1. Ng FM, et al. The carboxyl terminus of growth hormone is critical for metabolic regulation. J Biol Chem. 1997;272(47):29454-29459.

2. Sjogren K, et al. Growth hormone receptor antagonism in mice: effects on growth, body composition and insulin sensitivity. Biochem Biophys Res Commun. 2003;313(3):575-580.

3. Wu ZR, et al. Growth hormone and its isomers: evolution of concept to application. J Am Pharm Assoc (2003). 2008;48(4):534-545.