

# What is Tesamorelin?

Mechano-growth factor (MGF) is an anabolic peptide found in muscle, bone, tendon, neural, and cardiac tissue following periods of increased stress. It is a split variant or isoform of insulin -like growth factor-1 (IGF-1), also known as IGF-1Ec. MGF functions to increase stem cell proliferation in given tissues, allowing for more rapid recovery.

## How does Tesamorelin work?

The hypothalamus releases GHRH and stimulates the pituitary glands production of Growth Hormone (GH). As an analog of GHRH, Tesamorelin with "Trehalose" is able to stimulate the production of GH by the same mechanism. GH goes on to stimulate IGF-1 production in the liver. The resulting increased levels of GH and IGF-1 in the blood results in a variety of beneficial growth effects in tissues.

## Why would I want to use Tesamorelin?

Based on the literature, Tesamorelin has been shown to:

- Reduces triglycerides
- Improves cognition in people over 60 years of age
- Increases IGF-1
- Reduces carotid intima media size (cIMT)
- Reduces visceral adipose tissue (VAT)

## Indications:

- Reduce fat
- Increase muscle
- Mental clarity

#### What You Need to Know:

Tesamorelin should not be used while pregnant or breastfeeding. Always tell your physician about all medications and supplements, especially corticosteroids and thyroid medications, that you are taking. Common side effects of Tesamorelin include reactions at the injection site, such as pain, redness or swelling. Some Patient might experience joint pain, pain in legs and arms, swelling in your legs and muscle pain.

