

GHRP-2 — Research Summary

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1. What It Is

GHRP-2 (Growth Hormone Releasing Peptide-2) is a synthetic hexapeptide growth hormone secretagogue (GHS) and ghrelin-receptor (GHS-R1a) agonist. It stimulates GH release by a mechanism distinct from GHRH, and synergizes with GHRH when co-administered.

GHRP-2 also acts as a ghrelin agonist affecting appetite signaling, distinct from its pituitary GH-release activity.

2. Reported Effects in Research Literature

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- Animal data: Rat primary pituitary cell studies found GHRP-2 stimulates GH release via the same receptor and mechanism as GHRP-6, despite structural differences between the two peptides, and the two desensitize cells to each other but not to GHRH.
- Human data: A controlled infusion study in 7 lean healthy men found subcutaneous GHRP-2 infusion increased ad libitum buffet-meal intake by ~36% versus saline, mirroring ghrelin's appetite-stimulating effect.
- Human data: In prepubertal children with GH deficiency, long-term oral GHRP-2 administration was evaluated for effects on appetite and body weight in a published GH secretory dynamics study.

3. Clinical & Preclinical Study References

Bowers CY, et al. Endocrinology. 1984;114:1537-1545. (Foundational GHS pharmacology.)

Casanueva FF, et al. Growth hormone releasing peptide-2 (GHRP-2), like ghrelin, increases food intake in healthy men. PMID: 15699539

Bowers CY. GHRP-2 comparative pituitary cell study. PMID: 9096259

Popovic V, et al. Growth Hormone-Releasing Peptides: An Update. Horm Res. 2004;62 Suppl 1:19-25. PMID: 15305175

Regulatory/Safety Note: No FDA-approved product contains GHRP-2; it is not available through licensed U.S. compounding pharmacies.

This compound has not been evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent any disease in humans or animals.

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