

# GHRP-6 — Research Summary

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## 1. What It Is

GHRP-6 is a synthetic hexapeptide growth hormone secretagogue, structurally related to GHRP-2, acting via the ghrelin receptor (GHS-R1a) on pituitary somatotrophs. It was among the earliest GHS peptides characterized (Bowers et al., 1984).

Compared to GHRP-2, published comparisons describe GHRP-6 as producing stronger appetite stimulation and modestly higher cortisol/prolactin release at equimolar GH-release doses.

## 2. Reported Effects in Research Literature

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- Animal data: Foundational GHS pharmacology work (Bowers et al., Endocrinology, 1984; Cheng et al., Endocrinology, 1989) characterized GH-releasing activity in animal pituitary models, establishing the mechanism distinct from GHRH.
- Human data: A 1995 study in patients with hypothalamopituitary disconnection versus matched controls given IV GHRH and GHRP-6 alone and in combination found GH area-under-curve was markedly reduced in disconnected patients versus controls, indicating the GHRH/GHRP-6 synergy is hypothalamically mediated rather than purely pituitary.
- Human/comparative data: Published comparisons in healthy volunteers found GHRP-2 produces a faster, higher GH peak than GHRP-6 at equimolar doses, with GHRP-6 associated with stronger appetite stimulation and modestly higher cortisol response.

## 3. Clinical & Preclinical Study References

Bowers CY, et al. Endocrinology. 1984;114:1537-1545.

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

Argente J, et al. Growth hormone-releasing peptides (GHRPs) and their receptors: from basic studies to clinical application. Horm Res. 2007;68 Suppl 5:29-34. PMID: 17978438

**Regulatory/Safety Note:** No FDA-approved product contains GHRP-6; 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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