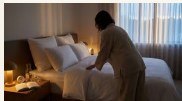




## UNDERSTANDING YOUR TREATMENT



# MK-677

A growth hormone secretagogue studied for its effects on GH and IGF-1 levels, body composition, and sleep quality.

- i** MK-677 (ibutamoren) is an orally active, non-peptide growth hormone secretagogue that mimics ghrelin at the GHSR-1a receptor. Developed by Merck, it reached Phase II trials but was never submitted for FDA approval. Unlike peptide GH secretagogues, MK-677 is a small molecule with oral bioavailability

## HOW IT WORKS

1

**Compound Class**

Non-peptide Growth Hormone Secretagogue (Ghrelin Mimetic)

2

**Mechanism**

Activates the ghrelin receptor (GHS-R1a) to stimulate pituitary GH release

3

**Administration**

Oral capsule or subcutaneous injection, as directed by your provider

**Talk to your prescriber about whether MK-677 may be right for you**

This compound is available by prescription only



## WHAT RESEARCHERS HAVE FOUND

### Body Composition and Muscle Mass

A two-month randomized controlled trial in healthy older adults showed MK-677 increased GH and IGF-1 levels to those of young adults, with improvements in lean body mass and basal metabolic rate without significant changes in fat mass or visceral fat.

*Journal of Clinical Endocrinology & Metabolism, 1998*

### Bone Density and Sleep Quality

Clinical trials demonstrated MK-677 increased bone mineral density markers in elderly subjects over 18 months, and separately improved sleep quality by increasing stage IV (deep) sleep duration by approximately 50% in young healthy volunteers.

*Journal of Clinical Endocrinology & Metabolism / Neuroendocrinology, 2001*

## QUESTIONS TO ASK YOUR PROVIDER

- ? What is the evidence level supporting MK-677 (Ibutamoren) for this patient's specific clinical indication?
- ? What monitoring schedule (labs, symptoms, follow-up) should I establish?
- ? Are there drug interactions or contraindications I need to screen for?
- ? What is the recommended cycling protocol to optimize efficacy and minimize tolerance?
- ? What is the current regulatory and compounding status for MK-677 (Ibutamoren)?

## IMPORTANT SAFETY INFO

- Increased appetite is the most commonly reported effect due to ghrelin receptor activation
- May cause transient water retention and mild joint stiffness during initial use
- Fasting blood glucose and insulin sensitivity should be monitored — discuss with your provider
- Not appropriate for individuals with active diabetes or uncontrolled blood sugar without medical supervision
- Tell your provider about all medications, especially insulin, diabetes drugs, or other hormone therapies

### Have Questions?

## Eternal Beauty Medical Aesthetics

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<https://www.eternalbeautytexarkana.com>

This is a compounded preparation and is NOT an FDA-approved product. It is prepared by a licensed pharmacy based on a prescription from your healthcare provider. The safety and efficacy of this compounded preparation have not been established by the FDA.