CJC-1295 + Ipamorelin Research Summary

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What the Research Suggests, in Plain Language

CJC-1295 and ipamorelin are two separate lab-made compounds that prompt the body to release growth hormone. Neither is approved, and no study has tested them together.

• In people, a small early-stage study of CJC-1295 in healthy adults reported that growth hormone levels stayed raised for days, with no serious side effects reported over the short study.

• In people, a larger trial of ipamorelin after bowel surgery found no clear difference from a placebo on its main goal, faster return of normal digestion.

• In animal studies, mostly in rats, results suggest ipamorelin may be linked to bone growth, and in rats given steroid drugs, to less loss of muscle strength and bone formation.

In short: development of both compounds stopped at mid-stage human trials. These results do not show that either compound, or the two together, is safe or effective in people.

Overview

CJC-1295 and ipamorelin are separate investigational compounds that act on the growth hormone system. Neither is an approved drug. Both development programs stopped at phase 2.

What the Research Actually Presents

CJC-1295 phase 1 (JCEM 2006, healthy adults; PMID 16352683): Sustained increases in growth hormone (GH) and insulin-like growth factor 1 (IGF-1) were reported. No serious adverse reactions in the short-term study. A follow-up study reported that GH was still released in pulses (PMID 17018654).

Ipamorelin phase 2 randomized controlled trial (RCT) in postoperative ileus (114 patients; PMID 25331030): No significant difference from placebo on the primary endpoint.

Animal studies (~31 records, including Danish groups 1998–1999; several are horse or doping-detection method papers rather than biology studies):

• Glucocorticoid (steroid) models: In adult rats given glucocorticoids, ipamorelin co-administration was reported to counteract decreases in muscle strength and bone formation (PMID 11735244). Other rat studies examined bone growth (PMID 10373343).

• Postoperative ileus models: Animals showed changes in gastrointestinal motility measures in the models tested.

No studies of the combination are identified. A CJC-1295 phase 2 trial in HIV and obesity was terminated (NCT00267527).

What the Research Suggests

Early human data for CJC-1295 reported increases in GH and IGF-1. The ipamorelin ileus trial did not meet its primary endpoint.

In animal models, ipamorelin was associated with muscle-strength, bone and gastrointestinal motility observations under the conditions tested. No combination data exist.

Mechanism and Signaling Pathways (as described in the literature)

CJC-1295 is described as a long-acting growth hormone-releasing hormone (GHRH) analog stimulating GH release. Ipamorelin is described as a selective ghrelin receptor agonist (it acts on the receptor for the hunger hormone ghrelin). Descriptions come from early-phase and animal work.

Research Landscape

Catalog: 78 records — 6 human randomized controlled trials (RCTs, including registry entries), 2 other human, 31 animal, 3 in-vitro, 12 reviews, 0 systematic reviews/meta-analyses, 24 other. Many of the remaining records are anti-doping detection methods.

Key Studies

• Teichman SL et al. 2006 (JCEM): phase 1 study of CJC-1295 in healthy adults (PMID 16352683).

• Ionescu M et al. 2006 (JCEM): follow-up study of GH pulse patterns with CJC-1295 (PMID 17018654).

• Beck DE et al. 2014 (Int J Colorectal Dis): phase 2 randomized, placebo-controlled trial of ipamorelin in postoperative ileus; 114 patients (PMID 25331030; NCT00672074).

• Andersen NB et al. 2001: animal study (rats), glucocorticoid model (PMID 11735244).

• Raun K et al. 1998: animal pharmacology (rats, pigs) (PMID 9849822).

• Registered trials: NCT00267527 (CJC-1295 phase 2, terminated), NCT01280344 (ipamorelin phase 2, completed, no results posted).

Safety Findings Reported in the Studies

Phase 1 CJC-1295 reported no serious adverse reactions in the short term. In the ipamorelin ileus trial, adverse-event rates were similar in the ipamorelin and placebo groups (PMID 25331030).

Limitations and Evidence Gaps

No studies of the combination. Both programs stopped at phase 2.

Regulatory Status

Neither is approved. Both prohibited by the World Anti-Doping Agency (WADA).

References

Teichman SL et al. 2006 (PMID 16352683). Ionescu M et al. 2006 (PMID 17018654). Beck DE et al. 2014 (PMID 25331030). Andersen NB et al. 2001 (PMID 11735244). Johansen PB et al. 1999 (PMID 10373343). Raun K et al. 1998 (PMID 9849822). Registered trials NCT00672074, NCT01280344, NCT00267527. Animal studies in the catalog.

Evidence reviewed through November 2026 (PHX research catalog snapshot of PubMed, ClinicalTrials.gov and Europe PMC).

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