TESAMORELIN

GHRH ANALOGUE WITH A SPECIFIC FDA-APPROVED USE

Benefits, research claims, evidence boundaries, and safety context—in one page.

GHRH ANALOGUE

FDA-APPROVED RX

WHAT THE EVIDENCE IS STUDYING

Tesamorelin is a growth hormone–releasing hormone analogue. It increases endogenous GH signaling and has a specific indication—not a general weight-loss or anti-aging approval.

RESEARCH PROFILE

- **Brand**
  Egrifta SV
- **Approved use**
  HIV lipodystrophy
- **Not indicated**
  Weight-loss management

EVIDENCE REALITY CHECK

Clinical trials support reduction of excess visceral abdominal fat in adults with HIV and lipodystrophy. The label states that tesamorelin is not indicated for weight-loss management and is weight neutral overall.

BEST WAY TO DESCRIBE IT

A prescription treatment for a defined HIV-related condition—not a cosmetic fat-loss drug.

SCAN FOR THE LIVE GUIDE

Opens the current printable PDF at rippedtidebiolabs.com.

Permanent Education Center resource link.

1 VISCERAL FAT

Tesamorelin reduces excess abdominal visceral adipose tissue in adults with HIV and lipodystrophy. The clinical significance beyond that indication is not established.

2 GH / IGF-1 AXIS

As a GHRH analogue, tesamorelin stimulates pituitary GH release and can raise IGF-1. That mechanism also explains important monitoring needs.

3 LIVER-FAT RESEARCH

Studies have explored liver-fat and metabolic effects in people with HIV. Research findings outside the approved indication require careful population-specific interpretation.

4 LIMITS OF USE

It is not approved for general obesity, bodybuilding, anti-aging, or spot reduction. Effects on visceral fat can reverse after discontinuation.

IMPORTANT SAFETY + REGULATORY NOTE

Contraindications include pregnancy, active malignancy, and disruption of the hypothalamic-pituitary axis. Risks include elevated IGF-1, fluid retention, joint symptoms, glucose intolerance/diabetes, hypersensitivity, and injection-site reactions. Use only under prescription monitoring consistent with the current label.

Sources: FDA Egrifta SV Prescribing Information (current label, accessed Sep. 2026); Stanley et al., JAMA. 2014;312:380-389, liver-fat research in HIV.