

# MK-677 (Ibutamoren) Overview

## Why We Need It

MK-677, also known as Ibutamoren, is a growth hormone secretagogue originally developed for treating growth hormone deficiency, muscle wasting, and age-related frailty. It is not a SARM, but is often marketed alongside them due to its ability to increase growth hormone (GH) and insulin-like growth factor 1 (IGF-1) levels. MK-677 remains investigational, with no FDA-approved medical uses outside of controlled research.

## Mechanism of Action

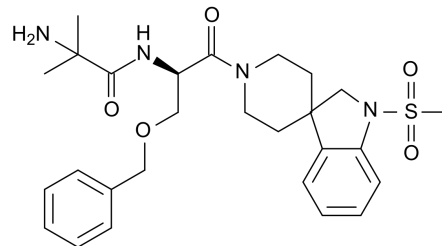
MK-677 works by mimicking ghrelin, the "hunger hormone," and binding to ghrelin receptors (GHS-R1a) in the brain. This stimulates the pituitary gland to secrete growth hormone, which in turn increases IGF-1 levels.

## Key actions include:

- Stimulating natural GH and IGF-1 production
- Promoting tissue repair, fat metabolism, and muscle preservation
- Enhancing sleep quality via GH-related recovery processes
- Improving skin, hair, and joint health through increased collagen production

## Functions and Benefits

- Increases growth hormone and IGF-1 levels
- Supports lean muscle preservation and fat loss
- Improves recovery, sleep quality, and tissue repair
- May enhance skin, hair, and joint health
- Non-hormonal suppression, no testosterone shutdown
- Potential cognitive and mood support through better sleep and recovery



## Medical-Grade Dosing

Dose: 10–25 mg per day (based on clinical research)

Frequency: Once daily (half-life ~24 hours)

Cycle Duration: 8–16 weeks or longer (used in some trials for up to a year)

Post-Cycle Therapy (PCT): Not required, as it does not suppress testosterone

Liver Support: Not required, generally well-tolerated

## Pharmacology and Bioavailability

- Orally bioavailable, long half-life supports once-daily dosing
- Increases GH and IGF-1 naturally without exogenous hormone injection
- Minimal side effects, but may increase appetite, water retention, or blood sugar
- Research-use only, not FDA-approved for treatment

## Administration Guidelines

- Take once daily, preferably in the evening to capitalize on GH pulse during sleep
- Monitor blood sugar and insulin sensitivity in long-term use
- Track changes in appetite, water retention, and body composition
- Use consistently for several weeks to notice full effects

## Conclusion

MK-677 (Ibutamoren) is a powerful growth hormone secretagogue that promotes natural GH and IGF-1 production, supporting muscle preservation, fat metabolism, and overall recovery. Its non-suppressive, non-hormonal profile makes it ideal for long-term wellness and performance research, though professional oversight and monitoring are recommended for extended use.