CJC-1295 (DAC)

History and Background

CJC-1295 is a synthetic analogue of growth hormone-releasing hormone (GHRH) developed by ConjuChem Biotechnologies in the early 2000s. It was designed to stimulate growth hormone release with an extended half-life through a Drug Affinity Complex (DAC) technology. There are two versions: CJC-1295 with DAC (long-acting, ~7 day half-life) and CJC-1295 no DAC (also called Mod GRF 1-29, short-acting). The DAC version underwent clinical trials but development was halted. Despite this, it remains popular for GH optimization, anti-aging, and performance enhancement.

Primary Uses

CJC-1295 is used for increased growth hormone and IGF-1 levels, enhanced muscle growth and recovery, improved body composition and fat loss, anti-aging and skin quality improvements, better sleep quality and deep sleep, increased bone density, enhanced immune function, improved cognitive function and mood, injury recovery and tissue repair, and athletic performance optimization.

How It Works

CJC-1295 works by binding to and activating growth hormone-releasing hormone receptors in the pituitary gland, stimulating the release of endogenous growth hormone. The DAC (Drug Affinity Complex) modification extends its half-life to approximately 6-8 days by binding to serum albumin, allowing for sustained GH release. This creates more physiological GH pulses compared to exogenous GH. Elevated GH increases IGF-1 production in the liver, which mediates many of the anabolic and metabolic effects.

Standard Protocol

Dosing: Standard: 1-2mg once or twice weekly. Conservative: 1mg weekly. Aggressive: 2mg twice weekly. Often combined with ipamorelin or other peptides.

Administration: Subcutaneous injection. Comes as lyophilized powder requiring reconstitution with bacteriostatic water. Inject into abdomen or thigh.

Timing: Can be injected any time of day due to long half-life. Many prefer evening dosing. With DAC, 1-2 times weekly is sufficient. Avoid food 1 hour before/after for optimal absorption.

Titration Schedule:

CJC-1295 with DAC: 1-2mg once or twice weekly

Typical Protocol: 2mg weekly (single dose) or 1mg twice weekly

Conservative Approach: 1mg once weekly

Duration: 12-16 weeks, then 4 week break

Duration: Typical cycles: 12-16 weeks on, 4 weeks off to maintain receptor sensitivity. Some use continuously at lower doses. Long-term safety data limited.

What to Expect

Positive Effects (Week 1-2)

Gradual increase in muscle mass and strength. Enhanced fat loss, particularly abdominal fat. Improved skin quality, elasticity, and reduced wrinkles. Better sleep quality and recovery. Increased energy and vitality. Enhanced mood and cognitive function. Improved joint health and recovery from injury. Elevated IGF-1 levels.

Timeline to Results

Initial effects: 2-4 weeks (better sleep, recovery). Noticeable changes: 6-8 weeks (body composition, skin). Significant results: 12-16 weeks (muscle gain, fat loss, anti-aging). Optimal effects: 4-6 months of consistent use.

Dose Response

Higher doses produce greater GH/IGF-1 elevation but with more side effects. 2mg weekly is often the sweet spot. Diminishing returns above 4mg weekly. Consistency more important than high dosing.

Pros

Long half-life allows infrequent dosing (1-2x weekly)
More physiological GH release (pulsatile pattern)
Significant anti-aging and body composition benefits
Improves sleep quality and recovery
Less expensive than HGH
Can be combined with GHRP peptides for synergy
Well-tolerated with minimal side effects
Increases natural GH production
Benefits persist between doses
No need for daily injections

Cons

Development halted in clinical trials (safety concerns)
May increase prolactin and cortisol at high doses
Individual response varies significantly
Requires cycling to maintain effectiveness
Quality varies greatly between suppliers
Not FDA-approved
Potential for desensitization with continuous use
Limited long-term human safety data
More expensive than some other peptides
Requires refrigeration after reconstitution

Who Should Consider It

Individuals seeking anti-aging benefits, athletes looking to enhance recovery and performance, those wanting GH benefits without daily injections, people focused on body composition and fat loss, individuals with declining GH/IGF-1 levels due to age, users seeking improved sleep and recovery, those willing to commit to proper cycling protocols.

Who Should Avoid It

Pregnant or breastfeeding women, individuals with active cancer or tumor history, people with uncontrolled diabetes, those with hypersensitivity to GH, individuals seeking immediate rapid results, people on tight budgets, those unwilling to cycle properly, individuals with pituitary disorders.

CJC-1295 is not FDA-approved. Clinical development was discontinued. For research purposes only. Should be used under medical supervision with IGF-1 monitoring. Individual results vary. Long-term safety unknown. This information is for educational purposes only.