

# CJC-1295 No DAC

## History and Background

CJC-1295 (also known as DAC:GRF or Drug Affinity Complex: Growth Hormone Releasing Factor) was developed in the early 2000s as a long-acting analog of growth hormone-releasing hormone (GHRH). The "No DAC" version removes the Drug Affinity Complex, creating a shorter-acting compound that more closely mimics natural GH pulses. It was designed to stimulate natural growth hormone production without the supraphysiological spikes of direct HGH injection. CJC-1295 has become popular in anti-aging, recovery, and performance optimization protocols.

## Primary Uses

CJC-1295 No DAC is investigated for increased endogenous growth hormone production, muscle growth and recovery, fat loss and improved body composition, enhanced sleep quality, anti-aging and longevity, improved skin quality, stronger bones and connective tissue, and enhanced immune function. It's commonly combined with Ipamorelin for synergistic effects.

## How It Works

CJC-1295 No DAC is a GHRH analog that binds to GHRH receptors on the pituitary gland, stimulating natural growth hormone release. Unlike the DAC version which provides constant elevation, the No DAC version creates pulsatile GH release that mimics natural patterns. This reduces the risk of receptor desensitization and maintains more physiological GH rhythms. The pulsatile release is important for metabolic benefits and avoiding negative feedback that can occur with constant stimulation.

## Standard Protocol

**Dosing:** Standard: 100-200mcg 1-3 times daily. Most common: 100mcg 2x daily (morning and bedtime). Often combined with Ipamorelin at same injection times.

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

**Timing:** Best results when dosed before meals (on empty stomach) and before bed. Most users dose morning (fasted) and nighttime. Can add midday dose for enhanced effects.

### Titration Schedule:

**Standard Dose:** 100-200mcg 1-3 times daily subcutaneous

**With Ipamorelin:** 100mcg CJC-1295 + 200-300mcg Ipamorelin per dose

**Timing:** Before meals (especially breakfast) and before bed

**Frequency:** 1-3 doses daily, most common is 2x daily (morning and bedtime)

**Duration:** 8-12 weeks minimum to assess effects

**Duration:** Minimum 8-12 weeks to assess benefits. Can be run for extended periods (3-6 months) with periodic breaks. Common cycle: 12-16 weeks on, 4 weeks off.

## What to Expect

### Positive Effects (Week 1-2)

Improved sleep quality and deeper sleep within 1-2 weeks. Enhanced recovery from training. Gradual improvements in body composition (increased lean mass, decreased fat). Better skin quality and reduced fine lines over time. Improved sense of well-being and energy. Enhanced immune function. Stronger nails and hair. Improved joint health and connective tissue.

### Timeline to Results

Sleep improvements: 1-2 weeks. Recovery benefits: 2-4 weeks. Body composition changes: 6-12 weeks. Skin and anti-aging effects: 8-16 weeks. Optimal effects: 3-6 months of consistent use. Results cumulative and progressive.

### Dose Response

Dosing 2-3 times daily more effective than once daily. Higher total daily dose (300-600mcg) produces better results but with diminishing returns. Combination with Ipamorelin significantly enhances effects. Individual response varies; some see dramatic benefits, others subtle changes.

## Pros

Stimulates natural GH production (more physiological than direct HGH)  
Pulsatile release mimics natural GH patterns  
Well-tolerated with minimal side effects  
Improves sleep quality significantly for most users  
Synergizes exceptionally well with Ipamorelin  
No DAC version safer than DAC version (no constant elevation)  
Cost-effective compared to HGH  
Can be used long-term with proper cycling  
Multiple dosing per day allows customization  
Supports multiple anti-aging and performance goals simultaneously

## Cons

Requires 2-3 daily injections for optimal results  
Effects are gradual and cumulative (not immediate)  
Individual response varies significantly  
Requires consistent dosing schedule  
Must be properly reconstituted and stored  
Short half-life means effects don't last between doses  
Quality varies significantly between suppliers  
More complex to use than single daily injection peptides  
Results take weeks to months to become apparent

May cause water retention in some users

Can increase hunger in some individuals

## Who Should Consider It

Individuals seeking natural GH optimization without direct HGH use, those focused on anti-aging and longevity, athletes and fitness enthusiasts for recovery and body composition, people with poor sleep quality, individuals willing to commit to multiple daily injections, users who want physiological rather than supraphysiological hormone levels.

## Who Should Avoid It

People with active cancer or history of malignancy, those with diabetic retinopathy or uncontrolled diabetes, individuals with acute critical illness, pregnant or breastfeeding women, people unable to commit to consistent injection schedule, those seeking immediate dramatic results, individuals with severe carpal tunnel syndrome.

***CJC-1295 No DAC is not FDA-approved for human use outside research contexts. It should be used under medical supervision with proper monitoring. Individual results vary significantly. This is for educational purposes only and does not constitute medical advice.***

