

# WHITE PAPER

## MK-677 (Ibutamoren) 25 mg Capsules | 30 Count

Clinical Overview for Doctors & Clinics

### Product Information

Dosage Form: Oral capsule

Strength: 25 mg per capsule

Count: 30 capsules per bottle

Compound: MK-677 (Ibutamoren)

### 1) Quick Clinical Summary

MK-677 (Ibutamoren) is an orally active growth hormone secretagogue that supports natural GH and IGF-1 elevation by stimulating endogenous hormone release pathways. Published clinical research suggests MK-677 may be useful in protocols focused on:

- Lean mass support
- Improved anabolic signaling (GH/IGF-1)
- Nitrogen retention and recovery physiology
- Age-related body composition support

### 2) Why Clinics Are Interested in MK-677

MK-677 has received attention because it is:

- Orally bioavailable (no injections required)
- Designed to stimulate endogenous GH release
- Studied in controlled clinical settings, including 25 mg once daily dosing

### 3) Mechanism of Action

MK-677 acts as a non-peptide ghrelin mimetic (GHS-R agonist), promoting physiologic release of:

- Growth Hormone (GH)
- Insulin-like Growth Factor-1 (IGF-1)

This pathway is associated with improved anabolic signaling and recovery-oriented physiology.

### 4) Key Published Findings (Supportive Data)

#### A) 25 mg Daily in Older Adults (Up to 2 Years)

A two-year, double-blind, randomized, placebo-controlled clinical trial evaluated MK-677 in healthy older adults:

- Dose: 25 mg orally once daily
- Result: Significant increases in GH and IGF-1, supporting a favorable anabolic hormone profile

Clinical takeaway: MK-677 demonstrated strong potential as an oral option for supporting GH/IGF-1 biomarkers in aging populations.

## **B) Nitrogen Retention & Anti-Catabolic Support**

In a controlled clinical study, MK-677 showed the ability to reverse diet-induced catabolic changes by improving nitrogen balance.

Clinical takeaway: Nitrogen retention is commonly associated with lean tissue preservation and recovery support.

## **C) Bone Turnover Support (Elderly Adults)**

Clinical research also reported MK-677 increased markers of bone turnover in elderly adults.

Clinical takeaway: This suggests supportive activity in systems involved in musculoskeletal health.

## **5) Clinical Positioning**

Based on published literature, MK-677 may be considered in wellness and longevity-focused settings where providers are supporting:

- Age-associated decline in anabolic hormones
- Lean mass maintenance strategies
- Recovery optimization and catabolic-stress support

## **6) Product Details**

### **MK-677 (Ibutamoren) Capsules**

- 25 mg per capsule
- 30 capsules per bottle
- Oral administration
- Suitable for clinics seeking a simple once-daily oral format consistent with published dosing models.

## **7) Conclusion**

MK-677 is a well-documented oral GH secretagogue with clinical evidence supporting increased GH and IGF-1, and additional findings suggesting benefits related to nitrogen retention, lean mass support, and aging physiology. Its oral delivery format and research-backed dosing make it a strong candidate for

further clinical interest and structured wellness applications.

## **References**

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