

AOD-9604 (15 mg Pen)

AOD-9604 is a synthetic peptide fragment of human growth hormone (hGH), specifically the 176-191 amino-acid segment. It is used off-label as an adjunct to support fat metabolism and body composition when combined with nutrition, training, and sleep.

Important: Peptide therapy is doctor-prescribed and supervised. Evidence for many peptide uses is still emerging, and results vary from person to person.

What it may help with

- Supporting fat metabolism and body composition goals (as part of a structured lifestyle plan).
- Helping some patients reduce stubborn fat areas (variable response).
- A non-stimulant, non-androgen option often used in body composition programmes.

Who should NOT use it (or should use with caution)

- Pregnancy or breastfeeding.
- Under 18 years of age.
- Active cancer or poorly controlled diabetes/endocrine disease (needs clinician oversight).

Typical dosing guidance

Common clinic protocols (your doctor may adjust):

Protocol	Dose	Timing	Duration
Standard	300 mcg once daily	Fasted AM OR pre-bed	8-12 weeks
Higher intensity	500 mcg once daily or BD*	Fasted or pre-bed	8-12 weeks

*BD = twice daily (morning and evening).

Pen clicks guide (standard clinic pen)

For the standard AOD-9604 15 mg pen used in our clinic:

Target dose	Approx. clicks
300 mcg	5 clicks
400 mcg	6 clicks
500 mcg	8 clicks

If your pen label lists a different click conversion, follow the label and contact the practice if you are unsure.

Storage and pricing

- Store in the refrigerator (2-8°C). Do not freeze.
- Keep away from direct sunlight and heat.
- Do not share pens. Dispose of needles safely in a sharps container.

Price: AOD-9604 15 mg pen: **R2 995** (cash price). Prices may change based on supplier updates.

Side effects and what to watch for

- Most common: mild redness, itching, or discomfort at the injection site.
- Occasional: headache, nausea, light-headedness, flushing, fatigue, or sleep changes.
- Stop and seek help urgently if you develop swelling of the face/lips, breathing difficulty, widespread rash, or severe dizziness.

Tips to improve results

- Use a consistent calorie and protein plan aligned to your goal.
- Prioritise resistance training 2-4 times per week where possible.
- Aim for high-quality sleep (a peptide can't outwork a 3-hour night).

Frequently asked questions

Question	Answer
Will it build muscle?	No - AOD-9604 is primarily used for fat metabolism support.
How quickly will I see results?	Some people notice changes within 2-4 weeks; others need a full 8-12 week cycle.
Can I combine it with other peptides?	Sometimes, yes - combinations should be prescribed and monitored by your doctor.

Abbreviations

AOD-9604 = 'Anti-Obesity Drug 9604' (hGH 176-191 fragment). hGH = Human Growth Hormone. mcg/ug = microgram. mg = milligram. BD = twice daily.