Growth hormone releasing factor (GHRF or GHRH) is an endogenous peptide hormone that binds the GHRH receptor in the anterior pituitary, inducing the release of growth hormone. GHRF promotes non-REM slow wave sleep in animal models. Additionally, GHRF decreases fat synthesis in adipose tissue in vivo, and increases locomotor activity in other animal models. In granulosa cells, GHRF stimulates activity of plasminogen activator, playing a role in follicular development.

References


