TRH

Established biology · indication-specific medicine.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

Thyrotropin-releasing hormone, or TRH, is a tiny chemical message from the brain that prompts the pituitary to release thyroid-stimulating hormone. It also influences prolactin release. Its importance lies in explaining how the brain directs other hormone-producing organs. [1]

02 Potential benefits

Stimulates pituitary release of thyroid-stimulating hormone. Also stimulates prolactin release. Its discovery demonstrated that the brain controls pituitary hormones through chemical messengers. [1]

03 Evidence & its limits

A foundational hormone discovery does not establish broad neurological treatment claims. For example, the FDA record for protirelin in amyotrophic lateral sclerosis lists an orphan designation that was withdrawn or revoked and states that the orphan indication was not approved. Designation is not evidence of therapeutic success. [1]

04 Risks & unknowns

TRH is not an approved consumer wellness treatment. Historical diagnostic administration could cause nausea, flushing, urinary urgency, or transient cardiovascular effects. Research compounds may have uncertain identity and safety. [1]

05 Status & scope

TRH is not an approved consumer wellness treatment. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] FDA: protirelin ALS orphan-designation record
[3] Salk Institute history
[4] 1977 Nobel announcement

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.