

# HGH Boost

## *Growth Hormone Support*

**Code:** 129  
**Package Size:** 200 grams  
**Suggested Use:** One scoop at least twice daily between meals on an empty stomach.

### Human Growth Hormone: The Master Hormone

Human Growth Hormone, or **HGH** for short, is now considered to be the key to preventing, stopping, or even reversing much of the aging process.

**HGH** is produced in the anterior lobe of the Pituitary, a pea sized gland near the center of the brain. Peak levels of this hormone were found to occur during the growth stage, drop off significantly after the age of 12; and by the age of 35 to 40 remain relatively constant into old age.

In 1985, Dr. Keith Kelley pondered the decline in growth hormone levels and the shrinking of the Thymus Gland, which produces the hormone that controls our immune system. By age 12, it begins to shrink and loses function.

Dr. Kelley began experimenting with growth hormone and found that the Thymus in old rats grew back to their youthful size when given **HGH** therapy. Thymus activity returned as well, hence immune function was also greatly improved. Since then, many studies report growth hormone greatly improving immune function, and Thymus growth.

**HGH** controls and regulates all other naturally produced hormones, including IGF-1 (Insulin-like growth factor-1), a liver hormone responsible for albumin production. IGF is a significant factor in muscle strength, but not only muscle strength is improved, all lean tissue improves, including vital organs and glands.

### *HGH is:*

The primary hormone responsible for stimulating tissue repair, cell replacement, brain function and enzyme development.

The premier anti-aging therapy rejuvenating the skin, bones, heart, lungs, and kidneys, returning tissue and organ function to youth-like levels.

**HGH** works by stimulating the liver which produces IGF-1. IGF-1 in turn triggers the liver to produce Albumin. Albumin is the "life factor" and one of the critical measurements of our well being and longevity. Albumin is the primary protein of many blood proteins **HGH** controls, whose primary function is to regulate our physiological balance (homeostasis).

### HGH Boost Clinical Study

Completed 21APR98

The studies took HGH Boost 2 times daily in a 2 gram dose for a six week period.

	*IGF-1 Levels at Start of Study	*IGF-1 Levels at Finish of Study	% CHANGE
<b>Men</b>			
1	106	241	+ 127.4
2	120	200	+ 66.7
3	146	276	+ 89.0
4	124	165	+ 33.1
5	162	225	+ 38.9
6	108	196	+ 81.5
<b>Women</b>			
1	182	241	+ 32.4
2	350	283	- 19.1
3	125	275	+ 120.0
4	90	120	+ 33.3
5	124	208	+ 67.7
6	116	128	+ 10.3

*\*Insulin Like Growth Factor:*

*In all cases, the IGF -1 levels were raised which indicates there was HGH released.*

*NOTE: Female subject #2 initial value of 350 questionable due to extensive exercise before blood draw.*

### **AVERAGE CHANGE:**

**+ 56.8%**

**Average change without  
questionable female subject:**

**+ 63.7%**

*Clinical Study carried out by  
Dr. Timothy Bassett and Dr. Steven Smith  
at the LIFExtention Institute  
2841 Hartland Road  
Falls Church, VA 22043-3500*

### **Ingredients:**

*Pure free-form amino acids -- L-Aminoglutaramic Acid with Niacin and Forskolin Extract.*

## Questions about HGH Boost

1. **What health benefits can I expect by boosting my growth hormone production with HGH Boost, and how long before I see results?**

*Increasing Human Growth Hormone to youthful levels has many benefits. Among these are:* Tighter, sleeker, smoother skin; Stronger bones; Enhanced energy levels; Improved exercise capacity; Decreases in body fat without exercise; Higher threshold in coping with stress; Increase in lean body mass; Improved heart and kidney function; Strengthened immune system; Reduced appetite; Deeper and sounder sleep; Youthful feeling of joy in living; Sharper memory and concentration; Decrease in LDL (bad) cholesterol; Lowered blood pressure; Increase in HDL (good) cholesterol.

Within two to three weeks you should have feelings of improved well being, reduced appetite, higher levels of energy and concentration and better sleep patterns. Soon, you should notice enhanced skin condition, fat loss, and continuing improvement in muscle tone. Age related decline took years to show up, so it's only natural for your body to take time to repair itself.

4. **What are the warning signs that signal possible deficiencies in my production of growth hormone?**

Although everyone's production of HGH decreases with the years, a deficiency might show up as skin that has lost its tone and looks thin from lowered water levels in the tissues, reduced muscle size, increased body fat and generally reduced vitality in all areas including energy levels, mood, sex drive and poor general health.

5. **How does HGH act in my body and how is it measured?**

Following the release of a burst of HGH from the pituitary at night or during a between-meal period, the hormone is rapidly taken up by the liver which is thus informed chemically to make a myriad of growth factors. These are chemical messengers that instruct the various cells of the body, be they nerve, bone, skin, or muscle, to rebuild and repair themselves to their unique specifications. If the growth factors are lowered, less rebuilding is done. The factor that is measured in the blood to determine an average of a person's daily HGH secretion is called IGF-1 (Insulin-like Growth Factor-1). It is this lab test for IGF-1 that tells you the result of your HGH secretion.

7. **When are the best times and why to take HGH Boost?**

One to four times per day on an empty stomach between meals. Think of it when you first feel hungry. Some people find it desirable to leave some by their bathroom sink and consume it first upon immediately awakening. Carrying some with you is handy for coffee break mid-morning, and then that afternoon slow period around 4 p.m. If you wanted to consume a fourth dose, it would be at night late evening before retiring, about 3 hours after dinner. The most important are mid-morning and mid-afternoon.

8. **Are there any side effects?**

No. These are food products, not drugs. The only discomfort you might notice is a slight ache in the wrist, knee, or shoulder, although most do not experience this. This is a consequence of the tissues rehydrating themselves in response to higher HGH levels. It is mild and passes soon.

9. **What else can I do to increase my HGH levels beside using HGH Boost?**

Exercise hard to the point of exhaustion. Try to space your meals at least four hours apart. Make sure to eat plenty of protein and keep fat intake moderate. Don't eat late at night before retiring. Try to avoid too much sugars and other simple carbohydrates that boost your blood sugar quickly. Stay with complex carbs, fats and proteins that are digested slowly.

10. **Why are multiple dosages important for boosting HGH production?**

The pituitary can only produce a small amount of HGH at each episode. The multiple dosages recreate the youthful pattern of HGH release between and before meals. IGF-1 blood levels are thereby restored, and HGH benefits realized.

11. **What are the source and purity of the amino acids in FM-HGH Boost?**

For•Mor procures its raw amino acid stocks directly from the manufacturers. They are of vegetable origin, Kosher, cruelty-free, and of the highest purity. We guarantee these facts.

12. **Will these products help seniors over 65 as well as younger people?**

Yes, HGH Boost is recommended for these persons. It contains the amino acid L-arginine which helps defeat the braking mechanism of the pituitary (somatostatin) that is enhanced in older persons. HGH Boost provides nearly six grams of muscle building amino acids which are often in short supply in the elderly. It also has sugars, citric acid and natural flavor and mixes into a glass of water.

13. **Why is it recommended to cycle these products?**

The amino acids in HGH Boost stimulate the pituitary above its baseline state to produce more HGH. If it is taken continuously it is no longer a stimulus, but becomes the baseline. By taking a break of approximately six weeks after 4 - 4 1/2 months, you insure that the product will continue its HGH stimulus.

15. **Boosting your HGH sounds too good to be true. Is it the fountain of youth?**

No, but it's the next best thing. To use an analogy, a classic car maintained in perfect condition can drive any day of the week across the entire United States. If it is not maintained and allowed to deteriorate, it may not make it to the corner store. Keep your entire body built up to spec with HGH Boost.

### *Special Notice*

*"For•Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label."*

*If you are not fully satisfied with the results after using HGH Boost, your full purchase price will be refunded by the distributor you purchased it from.*

*"This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."*