

# HGH SURGE™



## Growth Hormone Enhancer for Youthful Vitality

Since the days of Ponce de Leon we've been looking for the Fountain of Youth. We all want to maintain our youthful vitality as we grow older but can we turn back the clock? Because of the recent breakthroughs in nutritional science it is possible to gain some control over the aging process. Human growth hormone or HGH plays a vital role in nearly every bodily function. Optimal levels of this hormone are associated with healthy metabolism (less body fat), improved skin tone and strong, dense bones. HGH declines as we age but research shows that it is possible to stimulate the body's production and release of HGH with nutritional support. Based on this scientific research, Source Naturals formulated HGH SURGE™. This bio-aligned, vegetarian formula contains innovative ingredients such as DMAE and the Chinese herb *Huperzia serrata* that go deep to support the multiple body systems involved in HGH production.



## Glucose Metabolism

Chromium is a crucial component required to transport glucose from the blood into the cells. The glucose tolerance factor or GTF (an organic complex containing chromium and niacin) helps maintain glucose levels by enhancing insulin activity. Lower blood glucose level can increase the release of HGH. HGH SURGE contains both chromium picolinate and Chrome-Mate® GTF for glucose level support.

## Cognitive Support

Several neurotransmitter systems have been implicated in the regulation of HGH release. These active neurotransmitters include acetylcholine, dopamine, serotonin and GABA. HGH SURGE contains several ingredients that supplement acetylcholine levels. DMAE and acetyl-L-carnitine are precursors for acetylcholine. In addition to the acetylcholine precursors, huperzine from the Chinese herb *Huperzia serrata* is included in this formula. Huperzine is associated with increasing acetylcholine, which in turn increases HGH secretion.

Serotonin and dopamine are monoamine neurotransmitters that are involved with the production of HGH. The Ayurvedic herb *Mucuna pruriens* is a botanical source of L-Dopa that acts as a dopamine precursor. This dopamine pathway stimulates GHRH to increase HGH



release. 5-hydroxytryptophan (5-HTP) is the immediate precursor to serotonin and has been shown to increase HGH release in humans. GABA works in two ways; it directly stimulates the anterior pituitary and increases HGH release. It is also beneficial for restful sleep, which is when the body naturally produces the highest levels of HGH.

## Bio-Aligned Support

HGH SURGE™ is designed to bring alignment to the multiple body systems involved with human growth hormone production. These systems include growth hormone release, fatty acid metabolism, glucose metabolism and neurotransmitter support.

## Human Growth Hormone

Human Growth Hormone (also called somatotropin) is a hormone produced by the brain's pituitary gland. It is the primary hormone responsible for growth in humans and it helps regulate metabolism. Growth hormone releasing hormone (GHRH) and ghrelin (a hormone produced by the stomach) stimulate HGH release. Insulin-like growth factor (IGF-1) is produced by the liver in response to HGH. Most of the growth promoting effects of growth hormone are due to the action of IGF-1. Human Growth Hormone is released primarily during slow wave sleep and in response to exercise. Many factors lead to variations in the amount of growth hormone released including levels of glucose, fatty acids level, levels of various neurotransmitters, hormones and amino acids.

## Growth Hormone Release

Various amino acids have been tested for stimulating growth hormone

release including arginine, ornithine, citrulline, glycine and lysine. Studies have shown that when these amino acids are taken orally they can stimulate secretion and release of HGH. HGH SURGE includes a combination of these amino acids because research has shown that there is a synergy between many of them that maximizes their effect.

## Fatty Acid Metabolism

Reducing fatty acid levels in the blood is associated with increased release of HGH. Acetyl L-carnitine and niacin are potent nutrients that help to metabolize fatty acids. Inositol hexanicotinate is a slow release form of niacin that does not produce a flushing response, and has been demonstrated to produce a significant reduction in fatty acid levels over the course of the entire night.



## Aging Well

Innovative natural products, such as HGH SURGE, are part of the Wellness Revolution. Taking personal responsibility for your health is at the heart of this revolution. Your local health food outlet is your source for nutritional education and quality products. Source Naturals is pleased to partner with these outlets to bring you the groundbreaking nutritional science of HGH SURGE. Science has shown us that by making changes in our diet and lifestyle we can age gracefully. HGH SURGE is part of Source Natural's extensive line of products designed to help you live a longer, healthier life.

## Lifestyle Tips for Growth Hormone Enhancement

### Strategies for Wellness

*Get plenty of sleep:* Deep, uninterrupted sleep is needed for optimal HGH

release. Also, try not to eat within 2 hours of bedtime so the body isn't digesting during sleep time.

*Exercise Regularly:* Studies show that HGH is released in response to exercise. Try to get 20-45 minutes of aerobic exercise at least 3 days a week.

### References:

Isidori, A. A. Lo Monaco, M. Cappa. 1981. A study of growth hormone release in man after oral administration of amino acids. *Current Medical Research and Opinion* 7(7) pp 475-481.

Rudman, D. Growth hormone, body composition and aging. 1985. *Journal of the American Geriatrics Society* 33 pp 800-807.

Hanew, K. and A. Utsumi. 2002. The Role of endogenous GHRH in arginine-, insulin-, clonidine- and L-dopa-induced GH release in normal subjects. 2002. *European Journal of Endocrinology* 146 pp197-202.

## HGH SURGE™ is a Bio-Aligned Formula™ Multi-System Support for Growth Hormone Enhancement

<b>Growth Hormone Release</b>	Arginine, Ornithine, Citrulline, Glycine, Lysine, Glutamine, GABA
<b>Fatty Acid Metabolism</b>	Acetyl-L-Carnitine, Inositol hexanicotinate
<b>Glucose Metabolism</b>	Chromium Picolinate, ChromeMate® GTF
<b>Neurotransmitter support: Acetylcholine</b>	Acetyl-L-Carnitine, DMAE, Huperzine, Ginkgo
<b>Neurotransmitter Support: Monoamine</b>	5-HTP for serotonin, Mucuna (L-DOPA) for dopamine



Strategies for Wellness™

[www.sourcenaturals.com](http://www.sourcenaturals.com)

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

© 2004 Source Naturals, Inc., P.O. Box 2118, Santa Cruz, CA 95063



REVA0408 LC3307