Aging Well
Innovative natural products, such as HGH SURGE, are part of the Well-ness 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 Naturals’ 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 growth hormone production and 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 growth hormone is released in response to exercise. Try to get 20-45 minutes of aerobic exercise at least 3 days a week. Treadmills are best, however any form of exercise, including resistance training, is associated with an enhanced release of growth hormone.

Deep, uninterrupted sleep is needed for optimal growth hormone release. HGH is released in response to exercise. HGH is released in response to the action of IGF-1. Human growth hormone is released in response to the action of IGF-1. HGH release in normal subjects is stimulated by a variety of stimuli including arginine, ornithine, citrulline, glycine and lysine. Studies have shown that when these amino acids are taken orally they can stimulate growth hormone release including arginine, ornithine, citrulline, glycine and lysine.

HGH SURGE™is a Bio-Aligned Formula™

Multi-System Support for Growth Hormone Enhancement

HGH SURGE™ is a Bio-Aligned Formula™ and contains innovative ingredients such as DMAE and the Chinese herb Huperzine a that go deep to support the multiple body systems involved in HGH production.

Several neurotransmitter systems are involved in HGH production. These systems include growth hormone release, glucose metabolism and amino acid metabolism.

Growth hormone release

Human growth hormone (HGH) is released in response to various stimuli including arginine, ornithine, citrulline, glycine and lysine. Studies have shown that when these amino acids are taken orally they can stimulate growth hormone release. HGH is released in response to exercise.

Glucose metabolism

Growth hormone plays a vital role in regulating glucose metabolism. HGH enhances insulin activity. Lower blood sugar levels are associated with healthy metabolism (less body fat), improved skin tone and strength, and a sense of well-being.

Fatty Acid Metabolism

Growth hormone also plays a vital role in regulating fatty acid metabolism. Acetyl-L-carnitine, DMAE, Huperzine, Ginkgo Biloba, Lysine, Glutamine, GABA, 5-HTP for serotonin, Mucuna (L-Dopa) are included in this formula. These active ingredients have been implicated in the regulation of fatty acid metabolism. These active ingredients have been implicated in the regulation of fatty acid metabolism.

Conclusion

HGH SURGE™is a Bio-Aligned Formula™

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Strategies for Wellness

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**Growth Hormone Release**

Monoamine Neurotransmitter Support:

Lifestyle Tips for Growth longer, healthier life.

Science has shown us that by making changes in your lifestyle, you can help support the release of growth hormone (HGH). This is particularly important 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. HGH is released primarily during deep sleep. Studies show that it is possible to increase HGH through lifestyle changes and supplementing with nutrients that support its release.

**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. 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**

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.

**Glucose Metabolism**

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. 5-hydroxytryptophan (5-HTP) is the immediate precursor to serotonin. HGH S URGE is 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 support.

**References:**

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- Glucose Metabolism

Glucose level can increase the release of insulin, which in turn provides energy for the body. Fatty acid metabolism, glucose and amino acids.

**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**

HGH (Human Growth Hormone) 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.
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 Chromium-Mate® GTF for glucose level support.

Cognitive Support

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Fatty Acid Metabolism

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Acetylcholine

Acetylcholine is a neurotransmitter that is involved with the production of HGH. HGH SURGE™ contains innovative ingredients such as DMAE and L-carnitine. DMAE helps to metabolize fatty acids. Inositol hexanicotinate is a slow release enhancer for dopamine.

Glucose Metabolism

Chromium is an essential trace mineral required for glucose metabolism and neurotransmitter support. Based on this scientific research, Source Naturals formulated HGH SURGE to bring bio-aligned support for growth hormone enhancement.

HGH SURGE™ is a bio-aligned formula designed to support the multiple body systems involved with human growth hormone production. HGH SURGE™ is designed to bring alignment to the multiple body systems involved with growth hormone production.

Bio-Aligned Support

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Growth Hormone Release

Neurotransmitter Support:

Glucose Metabolism

Hormone Enhancement

longer, healthier life.

products designed to help you live a gracefully. HGH SURGE is part of our diet and lifestyle we can age shown us that by making changes in science of HGH SURGE. Science has

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