



# Growth Hormone Support

INTRODUCED 2000

## What Is It?

Growth Hormone Support contains the amino acids arginine and ornithine. These amino acids may synergistically support healthy growth hormone production. Growth hormone is naturally released by the pituitary gland in response to sleep and exercise in order to help replenish tissues. It supports muscle protein synthesis, moderates the breakdown of muscle tissue and promotes fat utilization for energy.\*

## Uses For Growth Hormone Support

**Supports Growth Hormone Production And Protein Synthesis:** Arginine supports healthy growth hormone synthesis and is also a precursor for protein synthesis. Ornithine alpha-ketoglutarate (OKG) is composed of two molecules of ornithine and one molecule of alpha-ketoglutarate. OKG has demonstrated the ability to support healthy nitrogen balance, important for healthy muscle function. OKG also promotes healthy polyamine, arginine and glutamine levels, important metabolites for muscle protein support. One study demonstrated the potential for arginine and ornithine in combination to support lean muscle mass when combined with physical training. A second study also suggests a possible role of arginine and ornithine in supporting lean muscle mass and strength training when combined with a high intensity exercise program.\*

## What Is The Source?

L-Arginine HCl is derived from the fermentation of soy and other vegetable sources and is ultra-filtered and highly purified. Ornithine alpha-ketoglutarate is synthetically produced.

## Recommendations

Pure Encapsulations recommends 2–4 capsules per day, on an empty stomach, with juice or water, before bedtime or 1 hour before a workout, or as directed by your physician.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Because of its effect on nitric oxide production, L-arginine is theoretically best avoided by individuals with migraines, depression, autoimmune disorders, and kidney or liver disease. Arginine is contraindicated for individuals with the herpes virus.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### Growth Hormone Support

each vegetable capsule contains  v 00

L-arginine HCl.....	500 mg
ornithine alpha-ketoglutarate.....	250 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	16 mg

**2-4 capsules per day, on an empty stomach, with juice or water, before bedtime or 1 hour before a workout, or as directed by your physician.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

