

InnerPower™

1 lb 3.5 oz. (555 g) powder

Item Catalog Number: 01004

The decline of human growth hormone with age has been linked to decreased lean body mass and skin tone, and increased adipose tissue. Men and women who have consumed the right combination of the amino acid L-arginine and cofactors notice the effects of increased growth hormone activity¹⁴⁻¹⁷, however, the unpalatable taste of L-arginine has kept many people from following an effective GH-releasing program. InnerPower™ is a pleasant-tasting formula which combines L-arginine and the nutritional cofactors necessary to enhance the body's own growth hormone release. Used before a workout, Inner Power stimulates the release of growth hormone to maximize results. Inner Power can also be used before bedtime to enhance the growth hormone production that naturally occurs during sleep in young, healthy individuals.

References

Supplement Facts

Serving Size 1 tablespoon (18.5 grams)

Servings Per Container approximately 30

Amount Per Serving

Vitamin A (as beta-carotene)	800 mcg
Vitamin C (as ascorbic acid)	500 mg
Vitamin E (as <i>d,l</i> -alpha tocopherol acetate)	120 IU
Vitamin B6 (as pyridoxine hydrochloride)	12 mg
Folic Acid	700 mcg
Vitamin B12 (cyanocobalamin)	200 mcg
Pantothenic acid (as calcium pantothenate)	500 mg
Calcium (as calcium pantothenate and calcium borate)	47 mg
Magnesium (as magnesium aspartate)	133 mg
Zinc (as zinc gluconate)	3.1 mg
Copper (as copper gluconate)	420 mcg
Chromium (as chromium aspartate)	25 mcg
L-arginine	6 g
Malic acid	2 g
Glycine	1 g
Betaine (trimethylglycine free base)	1 g
Citric acid	700 mg
Choline (as choline dihydrogen citrate)	670 mg
L-Citrulline	500 mg
Taurine	200 mg
Fumaric acid	100 mg
Stevia	30 mg
Boron (as calcium borate)	2 mg

Other ingredients: silicon dioxide, acesulfame-K, and natural flavors.

Dosage and Use

- Place one tablespoon of mix in 4 ounces (1/2 cup) of cold water.
- Stir briskly and drink. Consume as desired 1 to 3 servings per day.
- For best results, drink all your servings at one time each day on an empty stomach, about one hour before exercise or athletics, or at bedtime.
- For adults only.

Caution

Keep out of reach of children. Use only as directed. Not for use by diabetics, borderline diabetics, pregnant or lactating women, cancer patients, men with an enlarged prostate or high PSA levels, persons with ocular or brain herpes, or those with Wilson's

disease (a rare genetic copper metabolic disorder), Parkinson's Disease patients, or those taking anticholinergic drugs. There have been a few reports that high dietary levels of arginine may cause reactivation of latent herpes viruses in a few susceptible individuals. If this occurs, discontinue use. Those who have recently had heart attacks should not take an L-arginine-containing supplement.

Excessive consumption of choline can cause excessive muscle tone which may produce symptoms such as stiff neck, muscle tension headaches, or gastric cramps. A few persons may develop a fishy smell when using a supplement containing choline due to the bacterial degradation of choline in their gut. Persons with ulcers or a history of ulcers should consult their physician before using a supplement containing choline since choline may increase stomach acid production.

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