

GH Pituitary Support Day Formula

120 vegetarian tablets

Item Catalog Number: 01301

Diminishing pituitary gland function can have far-reaching effects on the secretion of growth hormone. You might not realize it, but growth hormone is not only essential for children's growth – adults also need it for healthy metabolism and bone mineral density, maintaining a good ratio of lean tissue to body fat, and for healthy skin. Growth hormone provides anabolic (tissue-building) effects, but by the time we reach our forties, levels can fall by as much as 50% from those present in childhood. Suboptimal pituitary function can therefore lead to a state of catabolism (tissue breakdown) that often manifests as:

- Decreasing lean muscle mass
- Increasing body fat
- Increasing waist size
- Rising levels of dangerous fats such as low-density lipoprotein.

Aging may affect a number of important *stimuli* for growth hormone release such as optimum levels of sleep and exercise, low blood sugar levels, and levels of tissue-building amino acids such as arginine. Meanwhile, *inhibitors* of growth hormone secretion can become *more* prominent – such as a growth hormone blocker called *somatostatin* as well as rising blood levels of sugars and free fatty acids.

Fortunately, there are a number of ways to naturally slow down the rate at which growth hormone secretion declines. Firstly, *somatostatin* can itself be inhibited with cholinergic agonists such as choline.¹ Secondly, human studies show that amino acids such as arginine and ornithine can help preserve and maximize lean tissue mass² as well as supporting efforts to exercise more effectively – a key factor in increasing growth hormone production. Thirdly, these anabolic effects can be complemented with the amino acids glutamine and glycine, which help to stimulate the release of endogenous growth hormone.³

Growth hormone is secreted in cycles during the day, with the greatest spurts occurring during exercise and shortly after falling asleep. Life Extension now offers two new formulas to help support maintenance of body composition and pituitary function. GH Pituitary Support Day Formula, which should ideally be taken before exercise, contains choline plus arginine and ornithine in the alpha-ketoglutarate form.

References

Supplement Facts

Serving Size 4 vegetarian tablets

Servings Per Container 30

Amount Per Serving

L-Arginine (as alpha-ketoglutarate)	800 mg
L-Ornithine (as alpha-ketoglutarate)	800 mg
Cognizin® CDP Choline (Cytidine-5'-diphosphate choline)	250 mg

Other ingredients: calcium carbonate, microcrystalline cellulose, croscarmellose sodium, stearic acid, silica, magnesium stearate, hydroxypropyl methylcellulose, propylene glycol, triacetin.

Contains corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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Dosage and Use

- Take four tablets daily in the morning or before exercise, preferably on an empty stomach, or as recommended by a healthcare practitioner.
- May be used in addition to GH Pituitary Support Night Formula.

Caution

If you have diabetes and/or significant kidney or liver disease, please consult with your healthcare practitioner before using this product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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