

GH Pituitary Support Night Formula

120 vegetarian capsules

Item Catalog Number: 01302

Diminishing pituitary gland function can have far-reaching effects on the secretion of growth hormone. Growth hormone is essential for children's growth, but 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. However, research shows that in aging men, the amplitude of pulsatile growth hormone release (the magnitude of the growth hormone pulse) declines by 50% every seven years after 18–25 years of age.⁸² 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 blood components such as low-density lipoprotein (LDL)

Aging may affect a number of important stimuli needed for growth hormone release such as getting enough sleep and exercise. 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 free fatty acids and glucose.

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.⁸³ Secondly, human studies show that amino acids such as arginine and ornithine can help preserve and maximize lean tissue mass⁸⁴ 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.⁸⁵ Growth hormone is secreted in cycles during the day, with the greatest spurts occurring during exercise and shortly after falling asleep. Life Extension® offers two 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. The Night Formula, to be taken before bedtime, contains glutamine and glycine to help support optimal pituitary function.

References

Supplement Facts

Serving Size 4 vegetarian capsules

Servings Per Container 30

Amount Per Serving

Vitamin B3 (from flush-free inositol hexanicotinate) 20 mg

L-Glutamine (as glutamine alpha-ketoglutarate) 1000 mg

Glycine 1000 mg

Other ingredients: vegetable cellulose (capsule), micro-crystalline cellulose, stearic acid, magnesium stearate, silica.

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

Dosage and Use

- Adults take four capsules on an empty stomach before bedtime, or as recommended by a healthcare practitioner.
- May be used in addition to GH Pituitary Support Day Formula.

Caution

If you have significant kidney or liver disease, please consult 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.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.