

GH LEVELS DECLINE WITH AGE

Research consistently proves that GH declines with age and boosting GH levels enhances the body's ability to do nearly everything providing benefits such as:

- Faster Muscle Growth
- Enhanced Energy
- Decreased Body Fat
- Reduce Stress
- Increase Sex Drive
- Fight the Effects of Aging
- Accelerate Recovery



DERIK FARNSWORTH
IFBB Pro Bodybuilder

"Since using the GH, I've have slept much better and have woken up feeling more rested and I have more energy throughout the day. Stacking GH with the Test2 works incredibly well. I have seen an increase in leanness and muscularity. After 20 years in the irongame, it is good to see there are products that help me continue to improve my body."



BIO-SYNCHRONIZED Growth Hormone Stimulant

Supplement Facts

Serving Size: 5 capsules
Servings per container: 21 (30 day supply)

	Amount / Serving	%DV
Vitamin C (ascorbic acid)	30mg	50%
Panthenic acid	50mg	500%
Copper (gluconate)	200mcg	10%
Zinc (chelate)	15mg	100%

Secretagogue Complex with Cortisol Suppression 3501mg *

Colostrum (30% IgG) (derived from milk), Amino Peptide Complex (derived from milk), Alpha GPC (derived from soy), Macuna Pruriens (15% L-Dopa), L-Glutamine, L-Ornithine, L-Arginine, L-Glycine, Ferulic Acid, Phosphatidylserine

Pituitary & Adrenal Support Complex

Licorice root (deglycyrrhizinated)	50mg	*
Astragalus root extract 4:1	55mg	*

Pro-Hormone & Recovery Complex

DHEA (dehydroepiandrosterone)	25mg	*
Tribulus Terrestris (40% saponins)	200mg	*

Deep Wave Sleep Enhancers

Melatonin	2mg	*
GABA (gamma aminobutyric acid)	13mg	*
Bacopa Monniera Extract (20% Bacosides)	30mg	*

* Daily Value Not Established

Suggested Use: Take one serving on an empty stomach with 8 oz. of water 30 minutes prior to bedtime.

Cycling: Cycle use of this product, 5 days on, 2 days off, for 8 weeks. Follow this cycle with a 2-week break before beginning another cycle, which supports healthy functioning of the body's natural feedback mechanisms.

Stacking Option: Add **Amino Armor** pre-workout and **Cell Drive** post-workout for a synergistic gain in cell volume, muscle growth, endurance, strength and recovery. Also using **XP** protein helps increase muscle protein synthesis.

* These statements have not been evaluated by the FDA.
The product is not intended to treat, cure or prevent disease.

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GH

Bio-Synchronized Growth Hormone Stimulant

Increase Lean Muscle

Boost Strength

Speed Recovery

Promotes Deep Wave Sleep





John Scott's
NITRO
Building A New Breed Of Champion
www.jsnitro.com 877-JSNITRO

by **John Scott, CISSN, CNS, SPN**
Developer of John Scott's Nitro

"I understand what an athlete needs because I am one."

As athletes we never want to be second best at anything because of the competitive spirit we possess. Consequently, I always look for an edge. Researching the most powerful natural compounds leads me to my answer; increasing/maximizing my natural Growth Hormone (GH) level. GH can help you be freaky big and strong, as well as lean and muscular. It is without question the body's most potent anabolic (growth) and lipolytic (fat burning) catalyst. The body's hormones dramatically impact one's health, body fat, lean muscle mass, energy, athletic performance and much more. Incredibly, GH affects, directly or indirectly, almost every metabolic function (cells, bones, muscles, organs, etc.).

During my quest, I searched specifically for natural compounds that had "real" scientific evidence that they increased GH levels significantly. I wanted measurable results through hard science, not mystical theories like homeopathic remedies or crushed pig pituitary extract. With the research I collected, I took a unified, comprehensive metabolic approach and formulated GH™. This formula is engineered to help naturally boost your hormone levels synergistically through multiple metabolic pathways. Its innovative, unified formula provides a powerful and complete 4-phase design that supports peak GH production, as well as helps maintain optimal endocrine system balance.

GH'S UNIQUE 4-PHASE DESIGN

1. Secretagogue Complex with Cortisol Suppression

Supplies your body with a potent dose of research-proven, essential secretagogue compounds that your body needs to naturally boost GH production and minimize the catabolic hormone cortisol.

2. Pituitary & Adrenal Support Complex

Optimal combination of exotic herbs, targeted vitamins and chelated minerals that help optimize pituitary and adrenal function, augmenting GH release.

3. Pro-Hormone & Recovery Complex

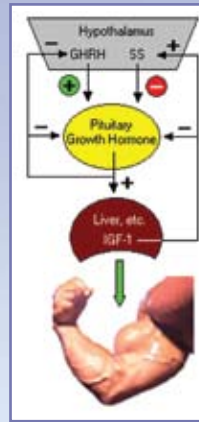
Helps your body maintain an optimal balance of all anabolic hormones for peak performance and faster recovery.

4. Deep Wave Sleep Enhancers

Provides the secretagogue compounds at just the right time to synchronize their absorption with your body's natural circadian rhythms. This maximizes the formula's effect and is accomplished via a precise dose of deep wave sleep enhancing agents.

THE SCIENCE OF GROWTH HORMONES

GH is a complex protein peptide produced by somatotroph cells in your pituitary gland. Scientific research has found that specific combinations of



Note: GHRH: Growth Hormone-Releasing Hormone SS: Somatostatin

Ph.D., "Growth hormone is the general and growth factors are the foot soldiers." IGF-1 stimulates amino acid uptake into the cells, increases protein synthesis (anabolism) and decreases muscle loss (catabolism). In addition, GH seems to help stabilize blood sugar levels, allowing energy levels to remain consistently higher and less fat to be stored. This is of particular interest to athletes because the net result is you get bigger, stronger and leaner.

Many of the hormones naturally produced by humans such as DHEA, melatonin, testosterone and growth hormone, diminish as we age. Our GH production begins to drop at about age 21. By 40, nearly everyone is deficient, and at age 60, GH levels have dropped as much as 80%. Many of the symptoms of this reduction are seen as normal "aging." Fortunately, numerous studies have shown that many of these symptoms improve dramatically with hormone replacement therapy.

To maximize GH release, timing is critical. The most intense period of growth hormone release is shortly after the onset of deep sleep. The secretagogues must be introduced at the right time if you are to capitalize on your body's own natural rhythms.

THE FORMULA

Vitamin C: a key antioxidant and immune booster. It is also essential for collagen synthesis (the main structural protein in connective tissues).

Panthenic Acid: is important in oxidizing fats and carbohydrates for energy as well as for the synthesis of hormones and amino acids.

Copper Gluconate: is needed to synthesize hormones and collagen, absorb and utilize iron, and make ATP.

Zinc Chelate: is important for hormone production, protein synthesis, immune function, healing and prostate health.

Secretagogue Complex with Cortisol Suppression

Colostrum: is an extremely effective GH enhancer because it contains significant amounts of important growth factors, including IGF-1. It has also been proven to enhance immune function and speed recovery.

nutrients (namely arginine, ornithine & glycine) called secretagogues, stimulate your pituitary to release GH. Once released, GH plays a major role in facilitating numerous physiological processes, including growth, metabolism and fat burning. For example, it directly stimulates fat cells to accelerate triglyceride (fats) breakdown and suppress their ability to absorb more. It is also beneficial for those on low carbohydrate diets because low blood sugar levels can suppress GH release, increasing the risk of muscle loss.

Once GH enters your liver it is converted into six different growth factors. The most well-known is IGF-1 (Insulin-like growth factor-1). IGF-1 is the most powerful of the growth factors and directly stimulates muscle formation. It is the "king" of bodybuilding hormones. According to researcher Eric Dupont,

Amino Peptide: a specific combination of amino acids that has been shown to naturally increase the body's production of GH much greater than individual amino acids.

Alpha GPC: a soy derived substance that, via its interaction with the neurotransmitter acetylcholine, has been shown to promote GH secretion.

Macuna Pruriens: contains L-Dopa, a peptide derived from velvet bean that also has been shown to promote GH secretion.

L-Glutamine: stimulates GH release even in small dosages, prevents muscle loss, fuels the immune system, helps DNA synthesis, and increases cell volume, cell division and muscle growth. It also crosses the brain-blood barrier, increasing energy and mental alertness.

L-Ornithine: stimulates GH release and works best when stacked with arginine and glutamine.

L-Arginine: stimulates GH release and helps block the secretion of the GH inhibitor somatostatin. Your body also uses it for protein synthesis and for removing excess ammonia.

L-Glycine: has been shown to stimulate growth hormone when stacked with other aminos. It also helps to increase exercise output, reduce spasms and brain hyperactivity.

Ferulic Acid: works synergistically with the other ingredients to help stimulate the secretion of Growth Hormone Releasing Hormone (GHRH), which drives the release of GH. It is also believed to have a positive effect on endorphins (the brain's "feel good" chemicals).

Phosphatidyl Serine Complex: has been shown to directly reduce the catabolic hormone cortisol. It also helps protect brain cells and facilitates the transport of energy-producing nutrients into cells.

Pituitary & Adrenal Support Complex

Licorice Root: helps support the adrenal glands and stimulate the excretion of hormones from the adrenal cortex.

Astralagus Root: strengthens the body's immune system and has been found to promote adrenal cortical function.

Pro-Hormone & Recovery Complex

DHEA: a precursor for all other hormones in the body, is added to help improve hormone levels and maintain hormone balance.

Tribulus Terrestris: has been shown to raise testosterone production in men by increasing Leutinizing Hormone secretion from the pituitary gland. In women, it increases Follicle Stimulating Hormone secretion and estrodial.

Deep Wave Sleep Enhancers

Melatonin: stimulates GH production, optimizes the body's biological rhythms and helps stimulate the immune system.

GABA: a neurotransmitter in the brain that helps maintain pituitary gland functioning (pituitary regulates growth hormone synthesis, sleep cycles and body temperature).

Bacopa Monniera: an herb which plays an indirect but supportive role in GH secretion by helping to build new neurons (nerve/brain cells). It is also believed to help relieve anxiety and increase serotonin levels, promoting deep sleep.