

GenF20® Ingredients

The Enteric Absorption System contains 16 powerful ingredients, each playing an important role in stimulating your body to naturally increase your HGH levels, including:

L-Arginine – 130mg

Clinical studies have shown the arginine can **as much as triple your HGH levels**, even into old age. And it can also help improve your exercise performance for high-intensity, short duration work outs.

It increases fat burning, builds muscle tissue, boosts immunity, fights cancer, promotes healing, enhances male fertility, and more!

Your body doesn't naturally produce arginine; you must get it from your diet. So it's an important addition to GenF20 Plus®!

L-Glutamine – 115mg

It's the amino acid used most by your body during times of stress, and it's the key to metabolism and **maintenance of muscle, cell division, and cell growth**. It increases energy and mental alertness.

Plus studies have shown that it boosts immunity, lowers cholesterol, lowers blood pressure, mitigates risk factors of arthritis, diabetes, heart disease, and more!

L-Glycine – 100mg

It's one of the key stimulatory agents that **encourages the pituitary gland to secrete HGH!** It also has a calming effect on the brain and may play a role in the health of the prostate.

L-Lysine – 100mg

When lysine is taken in combination with arginine, **it's been shown to be ten times more effective than just taking arginine alone**. It too is reported to boost immunity and improve genital function!

L-Tyrosine – 100mg

Tyrosine is used by the thyroid gland for the production of Thyroxine, another vital hormone shown in clinical studies to help reduce fatigue and depression, as well as regulate growth and metabolism!

Astragalus Root Extract – 60mg

In western herbal medicine, Astragalus is often used to enhance metabolism and digestion, **strengthen the immune system and help wounds and injuries heal**. It is also believed to help improve the function of the lung, adrenal glands and the gastrointestinal tract, increase metabolism, sweating, and reduce fatigue.

Deer Antler Velvet – 50mg

Deer antler velvet is a natural source of glucosamine, chondroitin and collagen. The body uses glucosamine to manufacture glycosaminoglycans that are found in cartilage tissue.

Deer antler velvet also contains male and female hormones, including Insulin-like growth factor I (IGF-1) – a hormone that's produced in the liver as a response to **growth hormone stimulation**, IGF-1 (somatomedin C).

GABA – 50mg

GABA, or Gamma-Aminobutyric Acid, is a powerful amino acid that was first discovered in 1883 in Berlin. It is classified as a neurotransmitter, which means it helps nerve impulses cross the synapses (gaps) and communicate better and has a number of positive effects on the nervous system. **In addition, GABA stimulates the production of Human Growth Hormone (HGH).**

Colostrum – 50mg

Benefits include increased immunity, accelerated healing, increased bone and lean and muscle mass, and mitigation of aging factors!

Colostrum contains IGF-1 (insulin like growth factors), which are actually products of HGH. IGF-1 is used to measure HGH production levels and it's thought that IGF-1 is actually **responsible for the anti-aging effects of HGH.**

Colostrum is a form of milk produced by the mammary glands of mammals in late pregnancy and the few days after giving birth. GenF20 Plus® includes Bovine Colostrum, which is virtually identical to human colostrum and actually contains MORE of some of the most beneficial properties!

L-Valine – 40mg

L-Valine is an amino acid and a branched-chain amino acid found in high concentration in the muscles. L-Valine cannot be made by the body, and must be acquired through food or dietary supplements. It has a stimulating effect and is needed for muscle metabolism, repair and growth of tissue and maintaining the nitrogen balance in the body. Since it is a branched-chain amino acid, it can be used as an energy source in the muscles, and in doing so preserves the use of glucose.

Pituitary (Anterior) Powder* – 30mg**

It **stimulates the pituitary gland to operate more effectively** and increase the release of HGH. As well, it's believed to help improve some conditions associated with aging, including poor muscle tone.

Phosphatidyl Choline – 25mg

It's a purified extract from lecithin which acts as an excellent emulsifier, facilitating the absorption of the other nutrients included in GenF20 Plus®.

Phosphatidyl Choline also emulsifies and breaks down fat deposits in the body, making it helpful in the mitigation of risk factors for gallstones, atherosclerosis, heart disease, and liver problems, depression, memory loss, and neurological disorders.

L-Ornithine – 25mg

Studies have shown that Ornithine is about doubly effective as arginine, which as mentioned above, can as much as **triple your HGH levels!** Especially when used in combination with arginine, lysine, and glutamine, also included in GenF20 Plus®

GTF Chromium – 0.1 mg

Required to transport glucose from the blood into the cells, chromium helps maintain glucose levels by enhancing insulin activity. And lower blood glucose levels can **increase the release of HGH!**

Chromium also assists with weight control, helping you to maintain a healthy metabolism, increasing your energy, and reducing body fat!