

Journal of HEALTH & LONGEVITY



Introducing the Latest Health Breakthroughs in Longevity Science

Volume 1, Issue 2

Editor's Note:

What if I told you that it may be possible for you to live to age 100 or even longer, in better health than you are in right now? And, if you are already experiencing the ill effects of aging, what if I told you that it may be possible for you to look and feel 20 years younger and stay that way beyond the age of 100?

Aside from the fact that you'd probably call me crazy, I have to tell you that we have never been as close as we are today to actually being able to extend human life!

In fact, the chances are that this crucial information may allow you to live long enough to take advantage of scientific breakthroughs yet to come. It may even let you extend your life span to 120 years or more, because as you will soon find out, aging is no longer inevitable.

FOUNTAIN OF YOUTH DISCOVERED! Fact or Fairytale?

Has medical science discovered the magic bullet that can reverse the aging process and let you slice twenty years off your current age?

It all began in the late fifties with a Russian doctor named Dillman, who described what he believed to be an internal mechanism (or a body clock), which was running down. The center of this body clock was in the area of the brain called the hypothalamus, more specifically, the pituitary gland. Dr. Dillman felt that it was a change in hormone balance, which brought about the aging of the body. He concluded that if he could improve this balance, he could slow down, and possibly even reverse, the aging process.

Bringing this to our modern day, what has since been discovered, is that

the most important of these hormones is human growth hormone, depletion of which causes the degeneration of the body, more commonly known as aging.

Human Growth Hormone (or hGH) affects every cell in our body. All of us tend to have plenty of growth hormone in the pituitary gland, which is where the hormone is produced. The difficult thing is getting the pituitary to release it. When we were young, we released it easily, but as we get older, the pituitary gland just doesn't release it as easily as it used to.

Originally, it was thought that

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*Feel Young! Look Young!
Grow Young as you Age!*

YOUR NEWSLETTER ENCLOSED.

human growth hormone was needed only while the body grows, and once maturity is reached, the hormone is no longer necessary. However, studies and research have documented that hGH is vital in virtually all functions of the body, even into old age. The problem is that once the body reaches maturity, the levels of the released hGH start to diminish to the point where the average person's hGH levels reduce as much as 80% from age 21 to 61. Therefore, as the levels of hGH diminish, so do the proper functions of the organs...and thus, we age.

In short, this report will unveil many of the vital new discoveries researchers have made in regard to the health-enhancing aspects of human growth hormone operating within the human body. More importantly, we will reveal for you precisely how you can use this inside information to dramatically boost your own personal health and well-being. You can achieve and maintain an extraordinary new vigor and vitality far into the future, regardless of your current age!

"The overall deterioration of the body that comes with growing old is not inevitable."

--Daniel Rudman, M.D.

How many times have you heard it said, "Old age is not for sissies." Meaning that life can be terribly hard to bear up to under the threat of sickness and disease associated with old age. But now, due to the miracles of modern medicine, you can take a very different road.

As you are about to learn, the latest research on longevity has proven you can throw out the medical book on aging, turn your back on the nursing home and take your front porch steps two at a time. You may also be able to say "so long" to almost every old-age ailment and join thousands of people from 35 to 85 who have left behind that gray, stooped stranger in the mirror to greet a vibrant, youthful person who looks and feels like a million bucks every day. ***This new scientific break-***

through lets you unlock the secrets of maximum life extension, regardless of your current age.

Medical researchers have discovered how you can increase muscle mass, bolster endurance, supercharge sexual response, melt off fat, restore hair growth, fortify your immune system and improve skin tone. You may also slice 20 years off your age without:

- **Drugs**
- **Synthetic hormones**
- **Side effects**
- **Injections**
- **Diets, or**
- **Ironman exercises**

If you would like to join thousands of people over forty who feel and look like people in their twenties and enjoy better cardiac output, higher energy levels, lower blood pressure, faster wound healing, greater resistance to health problems, then you owe it to yourself to keep reading.

Let's face it, youthful energy, youthful skin, youthful sex drive and youthful vitality never gets old. Frankly, it's fun to feel young, look young, and act young. So, how do you *stay* young? You don't need to set sail to search for the fountain of youth because it lies within the cells of each of us.

hGH Holds the Key to the Aging Process

Human Growth Hormone (hGH) is perhaps the most important discovery in the history of longevity medicine, a discovery that you absolutely must know about, particularly if you're over thirty-five. In fact, according to Richard Marsh, M.D., "*Studies indicate hGH deficiency is relevant to health and responsible for early onset of degenerative disease, or even premature death.*"

Human Growth Hormone (hGH),

also known as somatotropin, is produced in the pituitary gland on command from the hypothalamus gland. hGH works much of its antiaging magic at night while you sleep. The pituitary gland secretes hGH in small bursts during the first few hours of deep sleep.

Unlike any other hormone the body produces, hGH presents the thrilling prospect of arresting the aging process while achieving maximum health, while at the same time building lean muscle and eliminating excess body fat.

Why? Because while you sleep, it stimulates the growth and maintenance of bone tissue and muscle mass and helps the body repair itself, replacing old cells with fresh ones by using amino acids (the building blocks of protein) to synthesize new molecules and tissues. When sufficient quantities of hGH are released to ensure this nightly repair, the effects of aging are put on hold.

Why hGH is the Ultimate Antiaging Medicine?

hGH is one of the many endocrine hormones, like estrogen, progesterone, testosterone, melatonin and DHEA that all decline in production with age. While all hormones are important, hGH reaches far beyond the scope of any other hormone. Not only can it prevent biological aging, it can also reverse a broad range of signs and symptoms associated with the aging process. hGH affects every cell in the body and washes away the "disease" of aging. With a steady release of hGH in the body:

- ***The immune system is revitalized.***
- ***Heart attack and stroke risk factors are diminished.***
- ***Emphysema patients find their oxygen intake improves.***
- ***Osteoporosis is prevented.***

- ***Wrinkled skin is restored to youthfulness.***
- ***Sexual vitality is restored.***
- ***Hair color is restored.***
- ***Brain shrinkage is stopped, and that's just for starters because, there is more...***

Are You Ready to Melt Off Years of Fat?

No problem. According to recent medical research, hGH revs up the metabolism to former highs, reducing the abdomen, hips, waist and thighs while at the same time increasing muscle mass. In 1989, Dr. Franco Salamon in London, England found that hGH dispensed to adults with deficient levels showed an increase in lean body mass by a remarkable 10% and a 7% reduction of body fat.

As a powerful aphrodisiac, hGH restores sexual potency and sexuality in older men by 75%... according to a study conducted by Dr. Chein at *Palm Springs Life Extension Institute*.

As a mood elevator, hGH restores a youthful sense of well-being and a zest for life along with the deepest levels of sleep.

hGH Restores Youthful Skin and Hair and Helps Remove Cellulite

Referred to as "Cosmetic Surgery in a Bottle," hGH helps remove facial wrinkles. Your skin regains thickness and youthful contours, as it becomes more elastic and hydrated. Medical scientists and doctors also report dramatic results in cellulite removal, and hair and nail growth improvement.

hGH and Osteoporosis

Adults who are hGH deficient are known to have low bone density. hGH therapy has been shown to have a remarkable effect on the formation of new bone. According to Dr. Dorman,

co-author of *Growth Hormone: Reversing Human Aging Naturally*, published by Longevity News Network, "*With standard therapy as it exists, most medical doctors would not expect to see any measurable increase in bone density in one year, yet increases of 3% to 5% per year are standard of many patients receiving hGH therapy.*"

There is no other substance known to medical science that has such a far-reaching ability to prevent, and even reverse, the aging process. According to Dr. Richard Marsh, M.D., one of the world's foremost longevity experts, "*Increasing levels of hGH in an older person is equivalent to giving water to someone who's dying of thirst.*"

hGH Signals a "Paradigm Shift" in Orthodox Medical Diagnosis

Dr. Marsh reports, "*The connection between hGH (Human Growth Hormone) deficiency, aging and disease is now very well established. This knowledge is now leading to a paradigm shift in orthodox medical diagnosis and treatment.*"

Longevity medicine promises to provide major breakthroughs in the management of not just body shape and function, but also many difficult disease states — including cardiovascular disease, diabetes and autoimmune illnesses.

Antiaging is no longer a specialty reserved for the wealthy. It is rapidly becoming central to mainstream medicine. Experienced medical practitioners are using sophisticated hormonal and age parameter screening before tackling treatment regimens.

Central to this new thinking is elevating hGH levels to stimulate unprecedented healing and rejuvenation. But before we discuss the most exciting new development in antiaging science, let's take a look at how the amazing hGH story unfolded in just the last decade.

hGH Breakthrough First Reported in the New England Journal of Medicine

In 1990, Dr. Daniel Rudman, Director of Geriatric Medicine at the *Chicago Medical School University of Health Science*, stunned the world by reporting the results of his experiments with Human Growth Hormone in the *The New England Journal of Medicine*. Over 6 months, he injected hGH into a study group of 12 men (aged 61 to 81) and managed ***to reverse their biological age by 10 to 20 years.***

During that period, Dr. Rudman recorded a reduction of their body fat by an average of 14%. Lean muscle mass increased by almost 9%. Their skin grew measurably thicker and more youthful looking. The men reported more energy and increased sex drive.

A Second Famous hGH Study Reveals Equally Impressive Findings

Since Dr. Rudman's landmark study, thousands more additional studies have been conducted worldwide. Researchers have documented over and over again that ***hGH cannot only retard aging but actually reverse the entire aging process from head to toe.***

One of the impressive hGH follow-up studies took place at the *Palm Springs Life Extension Institute* under the direction of Dr. Edmund Chein, M.D. Dr. Chein followed a growth hormone protocol that involved restoring hGH levels with low dose, highly frequent injections.

Using this protocol, Dr. Chein developed a program which has been 100% effective for all of his patients. He guarantees that his patients will experience an increase in bone density of 1.5 to 2.5% every 6 months as well as a loss of 10% body fat and an increase in muscle mass. These processes may continue until the patient attains the body composition of a twenty-five-year-old.

The test results that follow were derived from 208 randomly selected questionnaires that were completed by Dr. Chein's patients during the term of their therapy between 1994 and 1996.

Assessment Effects of Growth Hormone Administration

Edmund Chein, M.D.
Palm Springs Life Extension Institute:

Strength, Exercise & Body Fat Percent Improvement

Muscle Strength...88%
Muscle Size...81%
Body Fat Loss...72%
Exercise Tolerance...81%
Exercise Endurance...83%

Skin & Hair Percent Improvement

Skin Texture...71%
Skin Thickness...68%
Skin Elasticity...71%
Wrinkle Disappearance...51%
New Hair Growth...38%

Healing, Flexibility & Resistance Percent Improvement

Healing of Old Injuries...55%
Healing of Other Injuries...61%
Healing Capacity...71%
Back Flexibility...53%
Resistance to Common Illness...73%

Sexual Function % Improvement

Sexual Potency/Frequency...75%
Duration of Penile Erection...62%
Frequency of Nighttime Urination...57%
Hot Flashes...58%
Menstrual Cycle Regulation...38%

Energy, Emotions & Memory % Improvement

Energy Level...84%
Emotional Stability...67%
Attitude Toward Life...78%
Memory...62%

Despite these remarkable results, there was one colossal drawback to hGH injections: they cost about \$1000 per month and were out of reach to all except the wealthy. But then a second discovery in 1997 ushered in the start of what is being referred to as, "the amazing ageless society."

There is a Better, Faster, Easier, Cheaper Way to Gain the Benefits of hGH Therapy!

In 1997, Dr. L. E. Dorman made a startling presentation before the *American College for the Advancement of Medicine*. His findings revealed that hGH production most certainly declines after 30, but there's an even more rapid decline, which speeds up aging — the body's ability to release and use the hGH it produces.

His groundbreaking research concluded there was no need to inject hGH into the body. Rather, what was needed was a natural method to release the body's own natural hGH.

A Secreta What?

"Secretagogue compounds, which when taken orally act as precursors or stimulants to the production and release of the body's own hGH."

—Richard Marsh, M.D.

Doctors Dorman and Marsh, as well as other medical researchers, have identified growth hormone releasers called secretagogues. These remarkable compounds could very well put an end to aging, as we know it. These natural compounds (consisting of specific amino acids, proteins and botanical extracts) enhance the body's production, release and utilization of hGH.

So, how do these special releasing compounds work? These incredible

supernutrients, which consist mainly of a stacked amino acid complex (SAAC), stimulate receptors in the pituitary and hypothalamus glands and *help release the body's own hidden stores of growth hormone — regardless of age!*

In fact, according to the latest medical research, these natural hGH releasers may have the ability to mimic the body's youthful hGH secretion patterns more effectively than any other hGH therapy previously available.

NOT a Hormone, but a Natural Substance with the Potential for Better Results!

It's important to mention that a growth hormone releaser (or a secretagogue) does not contain the actual growth hormone itself. The definition of a secretagogue is really a catalyst, which stimulates the body to secrete its own hormone. In other words, when you use it, you're not taking the actual growth hormone. You're taking a natural nutrient that can help the body release its own growth hormone.

These secretagogues are the new miracle workers of longevity medicine. They are powerful, safe, and inexpensive. Secretagogues help release hGH and may even be a better choice than painful injections of hGH — without the side effects or the \$1,000-a-month price tag.

"Natural secretagogues may be our best hope for raising hGH in an entirely physiologic manner because of the ability to stimulate the endocrine system to release its own hGH."

—Dr. L. E. Dorman

"In many situations, secretagogues are not only as effective as hGH injection, but also have distinct advantages."

—Richard Marsh, M.D.

Most Advanced Secretagogue Formula Now Available!

During the course of our research

on hGH, we reviewed and analyzed many "secretagogue" products. We narrowed down the pack to what we feel is the best-quality hGH releaser on the market today. Secretagogue hGH manufactured by the **Institute for Vibrant Living™**, a company based in Arizona, gets our vote hands down.

Why do we feel their product to be superior to all the rest? For starters, this company had been around the longest and had the most dramatic track record with users of their product. Their product called **Secretagogue hGH Plus™** had been scientifically backed, medically proven, people-tested and performed like no other hGH formula we found. Just consider a few of the "success" stories we came across from people using **Secretagogue hGH Plus™**, in some cases, for just a few days.

Notes From Users

"I have been taking Secretagogue hGH for 4 months now. I am 61 years old and have noticed the following results. There is less gray in my hair, I have lost 27 lbs and 2 inches off my waist. I also have more sexual drive (according to my lady.) Thank you for introducing me to a great product."

—H. Anderson, Jacksonville, FL

"I think it is about time I am writing to you to let you know just how wonderful this Secretagogue hGH is making me feel. Some five months ago I received your newsletter. Most times I throw this type of literature into the trash can without giving it a second thought, but for some reason I started to read this one and couldn't stop reading until I had read the entire journal. My good impression of this journal prompted me to order the product (Secretagogue hGH) immediately. My reward for this effort, some three weeks later, I no longer had those agonizing arthritis pains in the legs and arms. I notice a healthy enhancement throughout my entire body, and when I tell people that I will be seventy-years-old the month of February, they tell me I don't

look that old. I tell them that I owe my young looks to the wonderful Secretagogue hGH. Now they want to know how to get this wonderful product. I am telling them how!"

—J.A. McCullough, PA

"I have been taking Secretagogue hGH for nine months and have already had more energy and am sleeping much better. Each morning I feel more vibrant in my movements. My body is firmer with less flabbiness. After taking this product I feel just great; I call it "food from the Gods." I intend to take it for the duration."

—Grace H. Martins, GA

"Since taking Secretagogue hGH, I rarely have to get up at night for something to eat. Also, there is no longer any pain in my right hand. Another noticeable change that I may not have thought of had it not happened just a short while ago is the cracking noises when I move my head. This no longer happens. And finally, the last time I went to the credit union I still held on to the railing, but, instead of the usual right foot to first step, left foot to first step, I put my right foot to the first step, then left foot to second step all the way to the top, and then, grinning thought, "look what I just did!" I will be 80 years young as of March 14, 2002."

—E. J. Salt Lake City, UT

"With the help of Secretagogue hGH, I feel confident that I'll live to be 120 - happy, healthy, and useful. My energy level is high. This allows me to climb on the roof to prune my many trees. I also attend college classes two days a week! At 84, I drive everywhere, care for all my own needs, enjoy an active social life and at last my memory is improving!"

—E. S. California

"Secretagogue hGH has caused new hair growth, as well as a firming up of my face. People cannot believe I am 66-years-old. I look more like 50. I am thrilled with the results of this great product and I plan on continuing."

It is a great age reversing product for me. My memory is better too!"

—A. M. R. Meridian, ID

"I'm almost 80 and have only used Secretagogue hGH for one month. I keep thinking that it's a coincidence, but I have been relieved of sharp pains in my arthritic wrist and also pain in my hip."

—E. F. Jetmair, MD

"In 3 weeks I have noticed a more positive attitude and more energy. The attitude change in itself is worth the price because it just makes life more enjoyable. I walk a lot of stairs for my job and hGH seems to have improved the pain in my knees after only three weeks!"

—Greg Hamm, OH

"I am 62 years old and have been diagnosed with hyperactive thyroid, congestive heart failure, greatly reduced heart output down to 23%, and liver problems, as well as nightly trips to the bathroom three to four times a night, also high blood pressure. I really didn't expect much from Secretagogue hGH but I thought I would try it and get my money back if it didn't work. I got a six months supply because I know natural products take time. My high blood pressure is down 15 points, my energy is up, my skin is thicker and does not tear, scars and age spots are leaving, muscle tone is getting better, hair is healthier. Trips to the bathroom now are one per night. I have not had tests yet to find out about technical improvements, but I know I feel better and am looking forward to the next 3 months. THANK YOU FOR A GREAT PRODUCT!"

—D. B. Edwards, FL

"I have been told that I look younger than my years. My hair retains its natural brown color, I have higher energy levels, skin has improved with less wrinkles. My triglycerides have reduced to normal. The best product I have ever used for the body!"

—C. J. Surprise, AZ

"I really like **Secretagogue hGH**, the flavor is pleasant. I think it has given me great energy. I can get a lot more done than I used to without sagging. I am 89 1/2-years-young, only getting a little tired when vacuuming and scrubbing. I think **Secretagogue hGH** has helped my sleep pattern. I can sleep longer during the night between bathroom trips, which were every two hours, and now sometimes 3-1/2 hours."

—E.B. Canon City, CO

"After using **Secretagogue hGH** for just a few weeks, I noticed my energy level had increased along with my mental clarity. In 1996, I had back surgery and was off for a year. I had started to wonder if I could keep going. That's when along came the information on your product. God bless who created **Secretagogue hGH** and put a price on it that people can afford. I am 60-years-old doing what I love best, even though I was told I would never be able to work with animals again. Fooled them, dear hearts. Thanks."

—J.C.T. Cottonwood, AZ

"I have been taking the **Secretagogue hGH** for almost three months and I am very satisfied with the results. I have always been a little fat especially in my waist, but now I am no longer fat. I notice a tremendous amount of sexual energy. I am 67 and I feel great. A lot of people say that I look younger. I was almost always depressed, but it is disappearing. My wife is taking the product and she tells me that her waist is returning to her youngerform."

—J. Hernandez, San Juan, PR

"My experience with **Secretagogue hGH** is extremely positive. I was getting very concerned about feeling old and decrepit. I was having stiffness and hip pain which I tried to ignore but it got my attention when I jumped out of the chair and screamed from the sudden sharp pain in both hips and almost fell. This was the motivation for trying **Secretagogue hGH**. I am overjoyed with the results. The pain

relief was gradual. I could still feel twinges at 3 months. In 5 months time of taking **Secretagogue hGH**, I have forgotten the pain and can move freely with no stiffness anywhere. I have total hip pain relief, which I attribute to adding **Secretagogue hGH** to my supplements."

—C. S. registered nurse age 59

Frequently Asked Questions About **SECRETAGOGUE hGH Plus™**

Since we first published news of Human Growth Hormone (hGH) — the all-natural, antiaging substance that's been clinically proven to reverse aging by as much as 20 years — we've received hundreds of questions about hGH precursors and the product we recommend called **Secretagogue hGH Plus™**. We'd like to summarize those questions here to help clarify our views of this remarkable longevity breakthrough...

WHAT IS **SECRETAGOGUE hGH**?

Secretagogue hGH Plus™ is a human growth hormone releaser. It's an all natural base of amino acids, protein fragments, peptides and complex polysaccharides that, when taken orally, stimulates the release of the body's own remarkable antiaging hormone—hGH.

WHAT BENEFITS MAY ONE EXPECT? We have gathered firsthand reports and the benefits include: weight and body-fat reduction, increased muscle mass, improved skin texture, increased energy, improved sleep, reduced stress, improved sexual function, lower levels of blood pressure and cholesterol, and improved immune response.

AT WHAT AGE SHOULD A PERSON TAKE AN hGH RELEASER? Anytime after 35. Ideally, you want to maintain your appearance and current biological age for as long as possible.

HOW LONG BEFORE RESULTS CAN BE SEEN? Most people report in 2 to 3 weeks that they experience higher levels of energy, increased concentration, better sleep patterns and reduced appetite. In 3 months, you may notice enhanced skin condition, fat loss and improved muscle tone. In 6 months, we see the most remarkable changes including increased sexual response, improved memory, new hair growth, improved skin texture, improved muscle mass and better resistance to common illness.

WHAT OTHER LIFESTYLE CHANGES ARE REQUIRED? The more natural and unprocessed foods you eat, the better the results will be with **Secretagogue hGH Plus™**. Refined, processed foods, excess sugar, alcohol and smoking can inhibit the amount of growth hormone that's released.

WHAT IS THE BEST TIME TO TAKE **SECRETAGOGUE hGH PLUS™?** **Secretagogue hGH Plus™** is most effective when taken before bedtime to enhance and mimic the circadian growth hormone release and fat burning potential. Second best, in the morning. Many athletes take it an hour before working out. Growth hormone enhances exercise and exercise enhances growth hormone.

Just 6 Months to SEE a Completely New YOU!

By age 60, more than half of our hGH reserves are already exhausted and so most of us show the signs of the "flab and drag" associated with aging. By age 60, our get-up-and-go has just about got-up-and-gone.

But it doesn't have to be that way. Millions will continue to hobble down that dreary, aging road, complaining about wear and tear, rising medical bills, always fearful of the next illness poised to strike, but not you. You could have a very different youthful future ahead of you.

Bear in mind, you can't reverse the ravages of time overnight. But, if you do use **Secretagogue hGH Plus™** releaser, you can count on some remarkable benefits. And you'd better buckle up for the amazing youthful energy coming your way over the next two to six months.

- **SLEEP** better and gain more energy.
- **ENJOY** better sexual performance, decrease body fat without dieting.
- **INCREASE** your strength, muscle tone and flexibility and sexual stamina.
- **BOOST** your memory, improve skin tone, and help lower cholesterol.

And reports from users indicate that over the next six months as the amount of hGH in your bloodstream increases, all of the above changes will become increasingly more dramatic and evident to you and your loved ones. Finally, after 6 months, the person you see in the mirror could very well look and feel 20 years younger than you do now.

Why **SECRETAGOGUE hGH Plus™** Formula is the Most Advanced in the World

"The extraordinary capacity and functionality of this product comes as a result of the highest quality standards from formulation to finish."

Kathy Nasic
Analytical Science MS

Secretagogue hGH Plus™ is the world's exclusive proprietary blend of amino acids and precursors, nutrients designed to enhance the body's natural production of Human Growth Hormone (hGH) and Insulin-like Growth Factor 1 (IGF-1).

Bear in mind that hGH is secreted in very brief pulses during the early hours of sleep and remains in circulation for only a few minutes. hGH is quickly absorbed by the liver and converted to its powerful growth promot-

ing metabolite, Insulin-like Growth Factor 1 (IGF-1). In this unique "dynamic duo" combination, increased hGH and increased IGF-1 levels have been shown to:

- **INCREASE** muscle mass.
- **DECREASE** body fat.
- **SPEED** recovery from injury and training.
- **INCREASE** immune functions throughout the body.

The **Secretagogue hGH Plus™** proprietary formula contains a blend of amino acids clinically proven to raise hGH levels. Ingredients include Citrulline, L-glutamine, Glycine, L-lysine, L-tyrosine, Glutamic Acid, L-arginine, GABA (gamma amino butyric acid) and Broad Bean, a natural source of the amino acid L-dopa which helps increase plasma growth factors.

Secretagogue hGH Plus™ is the only hGH formula that contains ZMA™, a totally unique, anabolic mineral support combination containing zinc monomethionine aspartate, magnesium aspartate and vitamin B₆ in the exact ratios needed to help the body produce its own hGH. ZMA™ has been clinically proven to boost the levels of both Insulin-like Growth Factor 1 (IGF-1) and free testosterone, plus enhance muscle strength. ZMA™ is designed to fortify the release of the body's own hGH repair of tissues, anabolic hormone production and muscle growth during peak times when these functions occur.

Another totally unique ingredient to **Secretagogue hGH Plus™** is Citrulline. Researchers on the cutting edge of antiaging medicine have identified this compound as the newest, most exciting and powerful hGH releaser...only available in our **Secretagogue hGH Plus™** formula. Generated from L-glutamine, citrulline is an important nonessential amino acid that works to detoxify the liver of ammonia. Citrulline production in the

liver drops as we age causing a dangerous buildup of ammonia surrounding the tissues. This results in fatigue, inflammation and a weakened immune system. Citrulline is key in increasing the body's production of nitric oxide. This helps to lower blood pressure and increase blood flow.

In the course of our research, we discovered that **Secretagogue hGH Plus™** uses a unique, proprietary "effervescence" formulation. Its carbonation leads to a much faster assimilation in the body. According to Dr. Dorman, "the study on L-glutamine that produced the most significant elevation in hGH, administered the amino acid in a carbonated drink solution." Moreover, **Secretagogue hGH Plus™** is not just another supplement in a capsule that your body must first break down before it can be absorbed and utilized. Instead, it's a pleasant tasting fizzy drink you take once a day mixed in 4 ounces of water on an empty stomach for five days. Skip two days and repeat the cycle.

It truly is the one drink you'll look forward to most because of how you'll begin to feel within a few days or weeks. (But it's important to remember that the most startling changes and youthful results should occur over 6 months!)

By delivering its nutrients in this easy-to-absorb effervescent fashion, **Secretagogue hGH Plus™** helps your body maximize the benefits of those nutrients immediately and completely. (However, it's extremely important that one follow the directions to the letter. This will help ensure that you give yourself every chance for receiving the optimum benefits!)

Available at a Tiny Fraction of Injection Cost!

Best of all, **Secretagogue hGH Plus™** costs a tiny fraction of hGH injections — and thousands of people, from age 35 to 90, have experienced a vital new lease on life which they never dreamt possible before using the product.

For just \$69 — *a lot less than a tune-up for your car* — you can give your body the tune-up of a lifetime that'll keep it running at peak performance. You can search the world over and not find a "secretagogue" formula that offers you so much clinically tested, medically proven rejuvenation for so very little.

Still Not Convinced?

We were also skeptical, but after taking a close look at the supporting evidence, we tested and actually used the product ourselves. This product's unique ability to make profound changes in the human body made believers out of us. So, now it's your turn.

Just think back to a time in your life when nothing slowed you down. Your energy was at its peak. You looked and felt great. Chances are it was in your twenties when your hGH levels were at their peak.

Think You Can't Have Those High Energy Days Back?

Think again because, according to Dr. Richard Marsh, *"it's really possible to regain youthful energy when your body is able to release and use the hGH it already has."*

Because of increased pollution levels, increased stress levels, poor diet and sedentary lifestyles, fatigue is the #1 health complaint in America today, but don't let that curse become your future health story. Turn another page. Take another road. Put a new, youthful spring in your step that can't be stopped with the latest breakthrough in longevity medicine.

Where to Buy Secretagogue hGH Plus™

We give Secretagogue hGH Plus™ our highest recommendation. It's 100% natural, quick acting, super-effective, pleasant tasting, affordable and 100% risk FREE! It's available only from the **Institute For Vibrant Living™**. A one-month supply of Secretagogue hGH Plus™ is only \$69, plus \$7.95* shipping and handling. Be sure to ask for **Item #SC1**. Please refer to your savings code when ordering.

For Maximum Results

The repair and rejuvenation of damaged tissue does not occur overnight — which is why we believe the most dramatic health changes from Secretagogue hGH Plus™ will appear over a sustained period of time. **That is also why we highly recommend you take advantage of the large savings you get if you order a 6-month supply of this remarkable, health boosting product. You will save \$115 off the regular price when you order the 6-month supply, plus get 2 months of Secretagogue hGH Plus™ absolutely FREE (that's 8 months in all) and get FREE* shipping and handling to boot. (The savings is over \$300.) You pay only a total of \$299, a modest price for a chance to live the best days of your life all over again. Be sure to ask for Item #SC4 and don't forget to give your operator your savings code so that you can receive this generous discount.**

Call toll-free, **(800) 218-1379**. You may charge your order to your credit card or send a personal check or money order to: **Institute for Vibrant Living™, P.O. Box 3840, Camp Verde, AZ 86322-3840.** (AZ residents add 8.35% sales tax.) **Please refer to your savings code when ordering. You can also order online 24 hours a day at www.ivlhgh.com**

100% Money-Back Guarantee

For anyone over the age of 35, the prospect of taking a medically tested natural substance which offers so much promise for longevity is a health opportunity we don't want you to miss out on. If Secretagogue hGH Plus™ is not everything we say it is — and a whole lot more — you can expect a 100% refund of your purchase price within 60 days of receiving your order. At the **Institute For Vibrant Living™**, we want your satisfaction with this remarkable product to be **100% GUARANTEED!**

One Final Note...

Right now, for the first time in medical history, you have the option of trading the nursing home for the golf course. You can make your life truly rich in antiaging gold, through the use of Secretagogue hGH Plus™.

If you'd like to beat chronic fatigue, restore muscle mass, melt years of harmful fat, restore vitality and color to your hair, pump up your libido, improve the strength of your heart, regain eagle-eye vision, help normalize blood pressure, and fortify your immune system, Then, we believe you and your loved ones will benefit from Secretagogue hGH Plus™.

There's never been another 100% natural substance that will help you age-proof your body. Using Secretagogue hGH Plus™ could very well be the single most important thing you'll ever do for your body's health, vitality and longevity. With so much to gain and nothing to lose, we highly recommend that you take advantage of the remarkable opportunity presented in this report.

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This product is not recommended for use by pregnant or nursing women or by women trying to conceive. You should always seek the advice of a healthcare professional before beginning the use of any treatment. Persons taking pharmaceutical medications and those with medical conditions should consult with a healthcare professional before using this product. KEEP OUT OF REACH OF CHILDREN. The information contained within the pages of this newsletter is meant to be used to educate the reader and is in no way intended to be providing medical advice. Medical advice must only be obtained from a qualified healthcare practitioner. The information is received from sources believed to be accurate, but no guarantee can be made. It is not intended to replace a physician's care or prescribed medication. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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