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You know why you want to be your best and Find your Limitless.



Your why + our how.

You know why you want to be your best and Find your Limitless

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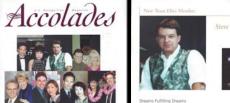


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"That's what I love about this business if you're willing to grow personally you will have success."

"We're locky we found the right place—a stable company we can count on and believe in."











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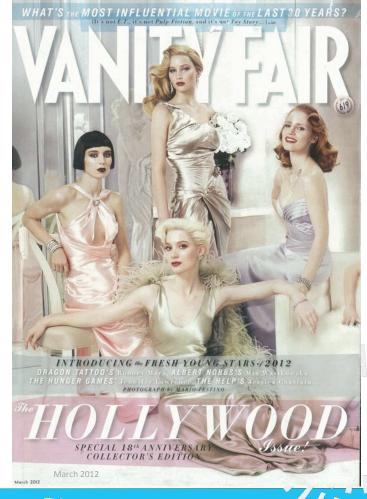






Hollywood is often on the leading edge of youthful strategies. Good genes? Or, what is their secret? We would all like to know, but we can only speculate...







"ANY ACTOR OVER 50 YOU'RE STILL SEEING WITH A RIPPED STOMACH AND VEINS IN HIS FOREARMS IS PROBABLY TAKING H.G.H."

"I HAD STARTED NOTICING

A FEW GRAY HAIRS COMING IN. BUT I NOTICED THAT WHEN I WAS TAKING [H.G.H.]—NO GRAY HAIRS."



TOOD'S

13 years of Research and Development

- -15 patents
- -Protovale™, amino acid complex that naturally increases hGH

... Get Results.





Scientific Symposium Poster Presentations

Obesity – Endurance – Sleep – Thyroid



Elevated Growth Hormone 120 Minutes Following a Single Low-Dose of Amino Acids in Healthy Subjects

Pennington Biomedical Research Center, LSU System, Baton Rouge, LA

Background: The use of amino acid supplements to provoke growth hormone (GH) secretion in athletes and entertainers now extends to the has rejuverating properties. general public. Not only do they have a goal of building lean tissue and METHODS reducine fat, but also in improving skin quality and other reinvenating ities that they believe GH can provide. Despite increasing mainstream use evidence for whether and amino acids stimulate GH is not clear. Methods: This was a cross-over, placebo-controlled randomized study, 16 (12 males; 32:14 years; 26.445.0 kg/m2) healthy subjects had serum GH
the Inpatient Unit on two occasions one week apart. After an overnight. ared at baseline and 15, 30, 60, 90 and 120 minutes after taking a fast, subjects had an IV line placed and baseline bloods samples were

[0.17 to 1.33ng/ml] and were significantly higher than placebo (P=0.01). con-proline, N-acetyl-l-cysteine, l-glutamine, and schiromepeta (aerial In addition, a significantly higher mean AUC was observed after taking parts) powder. Blood was drawn at 15, 30, 60 and 90 and 120 minutes for the supplement [20.4 (95% CI: 19.9-21.0ng/ml) vs. 19.7 (95% CI: 18.7- assar, Human GH was measured at each time point using the Siemens

Conclusion: Our results show that a single real dose of these arring acids—and the detection limit for GH was 0.05mg/ml. can significantly increase GH levels after 120 minutes in healthy men and women. Whether these GH changes persist over a longer duration or have RESULTS other positive effects is being further examined.

acids can stimulate GH secretion, since athletes, entertainers and even FIGURE 1: THE GROWTH HORMONE AXIS DISCUSSION and CONCLUSIONS the general public commonly take these supplements and believe GH

healthy subjects [12 males, 4 females; 9 Caucusian, 6 African American,

1 other; mean age= 32±14 years; body mass index=26.4 ± 5.0 ranging from 19.1 to 36.8kg/m2] (IRB Number 10043). Each subject reported

measures at oscure and to the second supplement blend (Protovale") or drawn at -50, -15, and 0 minutes. Subjects were then asked to swallow the capsules of supplement (Protovule") or an ident Results: After 120 minutes, GH levels had increased 8-fold from baseline Protocale" is a novel 2-9g/dose blend of 1-lysine HCl, 1-arginine HCl, Immulite 2000 (intra-assay CV was 3.72%, inter-assay CV was 5.70%,

Mean growth hormone increased 8-fold over baseline after the supplement from 0.17 at baseline to 1.33 ng/ml at 120 minutes compared to a mean decrease of 52% after placebo from 0.93 to 0.45ne/ml (Figure TGH-deficient adults have marked reductions in lean body mass, and 2). The mean change in GH levels from baseline to 120 minutes (GH within months of GH treatment exists in lean hady mass skin thickness and at 120 minutes minus. GH at 0 minutes), was 1.15 (95% CF 0.17. muscle mass were observed. It is well-established that intravenous (IV) 2.14) ng/ml after the supplement versus -0.48 (-1.47, 0.50) ng/ml ninistration of some amino acids results in significant GH secretion after the placebo, demonstrating a statistically significant differential recognible via inhibition of sometostatin (SS). Figure 1, (also known as reflect (Pail 01). After the supplement, the mean AUC for GH across wth Hormone Inhibiting Hormone). Such studies prompted testing of 120 minutes was 20.43 (95% CI: 19.90, 20.95) ng/ml/min which was oral amino acids supplements (mainly arginine, lysine and orthinine) to significantly higher (P=0.04) than placebo at 19.67 (18.74, 20.59) ng/ stimulate GH secretion,1-11 albeit with mixed results and limitations in the ml/min. Overall, 120 minutes after taking the supplement, GH levels study's designs. Our aim was to rigorously determine whether oral amino - were significantly higher in both absolute levels and by AUC.

The absolute marnitudes of these results are somewhat difficult to directly 108.77 compare among past studies, as commercial GH assays use different antibodies

(% FROM BASELINE) BY TIME

to target specific GH epitopes resulting in differential sensitivities towards specific isoforms and fragments of the GH molecule. This results in variability of the normal range of the GH measurements in different assays. Indeed, the come GH comple measured using different success can yarr 2,3 fold \$12 Vet mean evels of GH reached after the subcutaneous injection of 0.06 IU of HGH in the treatment of GH deficient subjects was 0.4no/ml, a value that was clearly in the range of values seen in our study with oral amino acids 13 Furthermore, our normalized percentage increase matches the magnitude increase of previous

Overall, we report an 8-fold increase, equivalent to 682%, in GH levels 120 minutes after a single oral supplement of Protovale." Our study had a broad range of ages and BMI's and included both genders. An additional advantage of our study over previous GH evaluations is that it contained a placebo control group and was randomized and double-blinded. Future studies will examine whether regular increases in GH with oral amino acids increase strength and vitality

This indeed may be the case, since elderly subjects adoral GH secretotgogues for 6 and 12 months have sustained increases in lean body mass and improved physical function."

positive study results on GH secretion, 4-10,103

Improvement in Physical Endurance by an Amino Acid Based hGH-Secretagogue: A Pilot Study

Heaton, AL, Kelly, C, and Greenway, FL Pennington Biomedical Research Center, LSU System, Baton Rouge, LA

Background: The ability of an optimized amino acid supplement ter oral administration in both men and scomen has now been demonstrated, but evidence bridging repeated daily administration of the supplement to known benefits of hGH injections has not yet been established.

Methods: This pilot study included 12 |7 male, 5 female; age = 31±6 years; BMI= 25.7±3.8] healthy subjects. The supplement, a 2.9g/dose blend of l-lysine HCl, l-arginine HCl, oxo-proline, N-acetyl-l-cysteine, l-glutamine, and schizonepeta (aerial parts) night for two weeks with no other lifestyle changes. Before and er the two-week period, a standard maximal aerobic fitness test of graded exercise using a metabolic cart was performed during morning hours in a post-absorptive state. Before and after study

VO,max values were compared with a paired t-test. Results: After two weeks of supplementation, mean VO.ma increased by 6% from 44.9 + 8.1 at baseline to 47.7 + 9.7ml /kg. significant improvement from baseline (P=0.02).

Conclusion: Increased measures of endurance are a wellestablished outcome of synthetic recombinant human growth hormone (rhGH) injections in adults'. Here we show that two weeks of daily supplementation with the amino-acid based hGH-secretagogue significantly increased VO,max compared to baseline with no other lifestyle changes. A larger multi-center study is being planned

shown to significantly raise endogenous hGH in healthy men and Subjects were then provided a two-week supply of the low-dose

supplement over a two-week period on metabolic and endurance with a popular study that found position must halic outcomes with every night for the turn week study duration

This clinical study comprised a cohort of 12 healthy subjects [males, 5 females; mean age = 31 ± 6 years; body mass index = 25.7 ± 3.8 ranging from 20.3 to 32.2 kg/m²]. Each subject reported to the Fitness Testing Facility (PEAK, University of Utah College Health) after an overnight fast. Upon arrival, each subject underwent standard measurements of weight beight body fat nercen (Rod Pad) and resting metabolic rate (RMR indirect calorimetry) by the university personnel. Daily calorie expenditure was estimated Lifestyle and Activity (defined as the number of calories burned performing daily activities including working, playing, eating, etc.), and estimated exercise (defined as an estimate of the number of calories burned during exercise based on daily

a standard breakfast (Egg McMuffin, 300 Calories; 12g fat; 29g Protovale" (taken on an empty stornach, two hours after eating carbohydrates; 18g protein). Subjects rested for a further 45 minutes to reach a post-absorptive state and then underwent a Maximal Aerobic Fitness Test of graded exercise, completed on a treadmill. Subjects' oxygen uptake was measured using a metabolic cart, and VO,max quantified.

somen of a wide are range, and its mechanism of action has amino acid based supplement Protovale, (2.9s/dose blend or pilot study investigated the benefits of continued daily use of the l-glutamine, and schizonepeta (aerial parts) powder). Subjects were instructed to consume one dose of the supplement on an

use of recombinant human growth hormone (rhGH) injections Following the final dose, each subject returned to the PEAK Fitness Testing Facility University of Utah College of Health after an overnight fast (without having consumed the last dose of the supplement since the previous night). Upon arrival each subject underwent the identical test protocols as the baseline test day. The data from the two measurement days were then analyzed.

Statistical significance was set at p-0.05. RESULTS

Results showed that mean VO2max increased by 6% after the two week period of supplementation with Protovale" from 44.9 ± 8.1 at at two weeks, demonstrating a statistically significant differential effect compared to baseline (p=0.02). And while the present pilot study was not sufficiently powered to detect a significant change in mean RMR and estimated daily calorie expenditure, these parameters showed increased values over baseline following the

Overall, we find that after two weeks of supplementation with prior to bedtime, every night), endurance as measured by VO, max 6% increase, p=0.02, and both RMR and estimated daily calorie expenditure numerically increased, however not sufficiently powered to achieve significance, evidencing the potential of the supplement to impart long-term fat burning effects.

The influence of growth hormone administration on metaboliparameters and overall energy expenditure has been documented Subsequent to the primary study showing that hGH is increased 8 fold, equivalent to 682%, after oral administration of Protovale" p=0.01 vs. placebo*, we sought to understand the ability of the amino acid based hGH secretagogue to impart consequential effects. Our study looked at the effects of daily consumption over a two-week neriod on metabolic and endurance parameters as consistent with a recent study using rhGH injections.1

After two seeds of supplementation with Protovale" we find that endurance as measured by VO,max in the post-absorptive state ignificantly improved with a measured 6% increase over baseline, and that numeric increases in both RMR and estimated daily calorie expenditure were seen, despite this pilot study not being sufficiently powered to achieve significance in these measurements. Further esearch in this area may provide insight to potential effects on hady composition and weight regulation by the amino acid based

hGH secretagogue. A larger multi-center study is being planned. The authors would like to thank the PEAK Fitness Testing Facility

at the University of Utah College of Health for performing all standard test procedures

Improvement in Sleep Efficiency by an Amino Acid Based hGH-Secretagogue: A Pilot Study Heaton, AL, Kelly, C, and Greenway, FL, Pennington Biomedical Research Center, LSU System, Baton Rouge, LA

dose. While therapeutic interest in hGH physiology has there is a paucity of data related to the effects of hGH on steep efficiency. Given the known connection between

Methods: Fitteen healthy subjects [10 males, 5 females; cept effects (to account for the repeated measures on each

Results: Both time to fall salesp and time availes in the night decreased according to the exponential model Ae-82. For sleep latency, the average intercept was A=18.8 and the common slope was B=-0.012.e0.005. For time availes in the night, the average intercept was Au3.25 and the common slope was Bu-0.032+0.013. Both slopes were significantly Ifferent from zero. (pu0.015 and pu0.012, respectively). Conclusion: These results suggest progressively greater

relationship between reduced hGH peaks and reduced (PTSD): Importantly, poor alsep quality is also associated with obesity. In the present work, we investigated the impact of Protovale" consumption, an oral amino acid based functional compound, on parameters of alsep.

parameters within a normal range (Epworth Sleepiness Scale) consumed the amino acid based supplement

time effect. This model allows the intercepts (A) to var study with a different expected time to fall asleep, but the

transformed sleep latency data for each subject and the estimated population-level regression model. Figure than a fixed-effect model.

The estimated slope was statistically different from zero

FIGURE 1: LOG-TRANSFORMED SLEEP LATENCY (SL) IN MINUTES PREDICTED REGRESSION LINE (BLACK LINES)

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33			

FIGURE 2: LOG-TRANSFORMED TIME AWAKE DURING SLEEP (TA) IN MINUTES FOR EACH SUBJECT (BLUE POINTS) WITH THE POPULATION-LEVEL PREDICTED REGRESSION LINE (BLACK LINES)

quality, despite the known correlation. Our present findings improvements in sleep quality may have beneficial effects on obesity associated with short sleep cycles. A larger multi-center study is being planned.

### Effects of an Amino Acid-Based hGH Secretagogue on Triiodothyronine

over dinical trial, serum growth hormone thGHI increased. 8-fold above baseline 120 minutes after oral administration of ghrdin, an endogenous ligand secreted by the stornach

administration of the amino acid-based supplement. overnight fast, T3 concentrations were measured at baseline and 120 minutes after consuming the placebo or the amino

Results After placebo administration. To concentrations gs After placebo administration. ) a concentiname unity dropped by 6.128.5eg/dL (meant5D) (160mg/dl findings to ghrdin-based hGH secretagogues. significantly drapped by 6.118. (eggl. (mean535)) (100 g/d. interpol to (100 g/d. 1.18 minutes. p. 100). This decrease was expected due to the mercal circular drap of 17.5 drap for mercing boars, the owner, their abstitutation of the aution and supplement, the magnitude of the 71.7 drap was blasted by marty 9.53, 235-236, 246, (Clough Lit. street Manadoly pearly 9.54, 235-236, (Clough Lit. street Manadoly pearly 9.54, (Clough Lit. street Manadoly 9.54, (Clough Lit. street Manadoly 9.54, (Clough Lit. street Manadoly 0 to 97.6ng/dL at 120 minutes, NSI, whereas the final T3 ns not significantly reduced from baseline.

plement and placebo conditions, 2.8±11.8ng/dL (p=NS) Concludes: Maintenance of triodoforceine levels by ands support to the typothese that somatestatan ministem may be responsible for the observed increase in IsGH by Protocole" in buildy men and women. This mechanism is in centract to ghrelin minestics for increasing bGH, which are associated with increased hanger. The direct support of T3

may provide additional metabolic advantages, an outcome to

secretion of human growth humane (hGH) include 1)

HCL oso-proline, N-acetyl-1-cysteine, 1-glutamine, and

Two molecular targets that regulate the sy-

this hypothesis by assuring threeid function, a secondary inhibition target of somatostatio. We further compare on RESULTS

Mean T3 levels at baseline for the Protovale" and placeby groups were measured at 100.9±19.4 and 106.2±17.0mg/d1. he placebo group significantly decreased to 100.1±15.9 mg/ df., mod dd yn hoseline). Table 1. These was no significant difference between crosses, 2.8+11.8neidl. (nuNS). As dolor circulars levels of T3 naturally decrease during the

trial was conducted with a cross-over placebo controlled. NSI, supports the hypothesis that suppostation inhibition. HIGURE 2: Hypotheliamic-Pitatiser-Thyroid (HPT) axis depth-blind design with a one-week washout period. On test plays days, the 18 healthy subjects [12 males, 4 females; mean ages 192:14 years, body mass index-26.425.0 kg/m2] arrived at TAB (lb'gn) (lb'gn) (lb'gn) Protovale* 100.9±19.4* 97.6±18.4 -3.3±10.3 NS Hacebo 106.2±17.0 100.1±15.9 -6.1±8.5 =0.01

DISCUSSION reaking it conductive to accurate reasonment. Total circulating TS in the serum was measured on the Stemens. Medical Solutions Diamourics Immulie 2000. mechanistic categories, acting either by ahrdin pathway

and often causes subjects to min weight and even body fat (2.5-7) While such gains may be useful in cases of surcopeni

the facility after an overnight fast and had an IV line placed

and blood samples drawn at baseline and incrementally one

advantages separate from those of hGH through the direct

the same time course, 3.3±10.3ng/dL (10) to 97.6 ng/dL. hGH levels by a mean of 8-fold, equivalent to 682%, in





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> > really are.*

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