



Do you want your  
**Physiological Clock**  
**TURNS BACK**  
**20 years?**

FOR AGENT USE

There are more than **28,000** clinical studies worldwide, proven that HGH can reverse your biological clock by 10-20 years

Refer page 36  
**Grow Young with HGH**  
 Dr. Ronald Klatz

**Grow Young with HGH**  
 THE AMAZINGLY MEDICALLY PROVEN PLAN TO  
 10 WAYS TO BENEFIT FROM HGH:  
 • Strengthen the Immune System  
 • Improve Sexual Performance  
 • Lower Blood Pressure and Cholesterol

Dr. Ronald Klatz  
 President, American College of Anti-Aging Medicine  
 WITH GAILLE SAND

Study	Year	Sample Size	Findings
1	1999	100	Increased muscle mass
2	2000	100	Improved bone density
3	2001	100	Enhanced cognitive function
4	2002	100	Reduced body fat
5	2003	100	Improved skin tone
6	2004	100	Enhanced energy levels
7	2005	100	Improved vision
8	2006	100	Reduced wrinkles
9	2007	100	Improved blood pressure
10	2008	100	Enhanced sexual function



**88%**  
**Muscle Mass**



**61%**  
**Wound Healing**

**61%**  
**Body Fat**



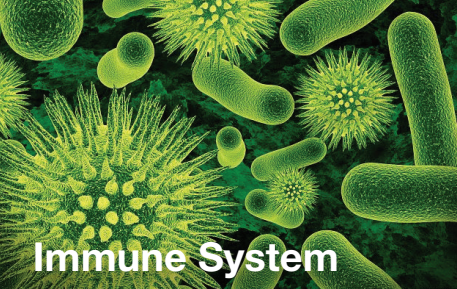
**38%**  
**Hair Lost**



**Bones**



**84%**  
**Energy**



**Immune System**



**Restore Organs**



**62%**  
**Cardiac Output**

**Vision** ▶

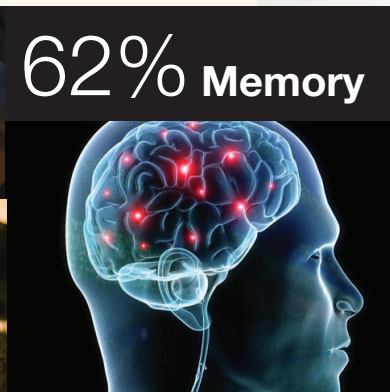


**Wrinkles**  
**71%**  
**Skin Tone**



**Blood Pressure**

**75%**  
**Sexual Function**



**62%**  
**Memory**



**Cholesterol Level**

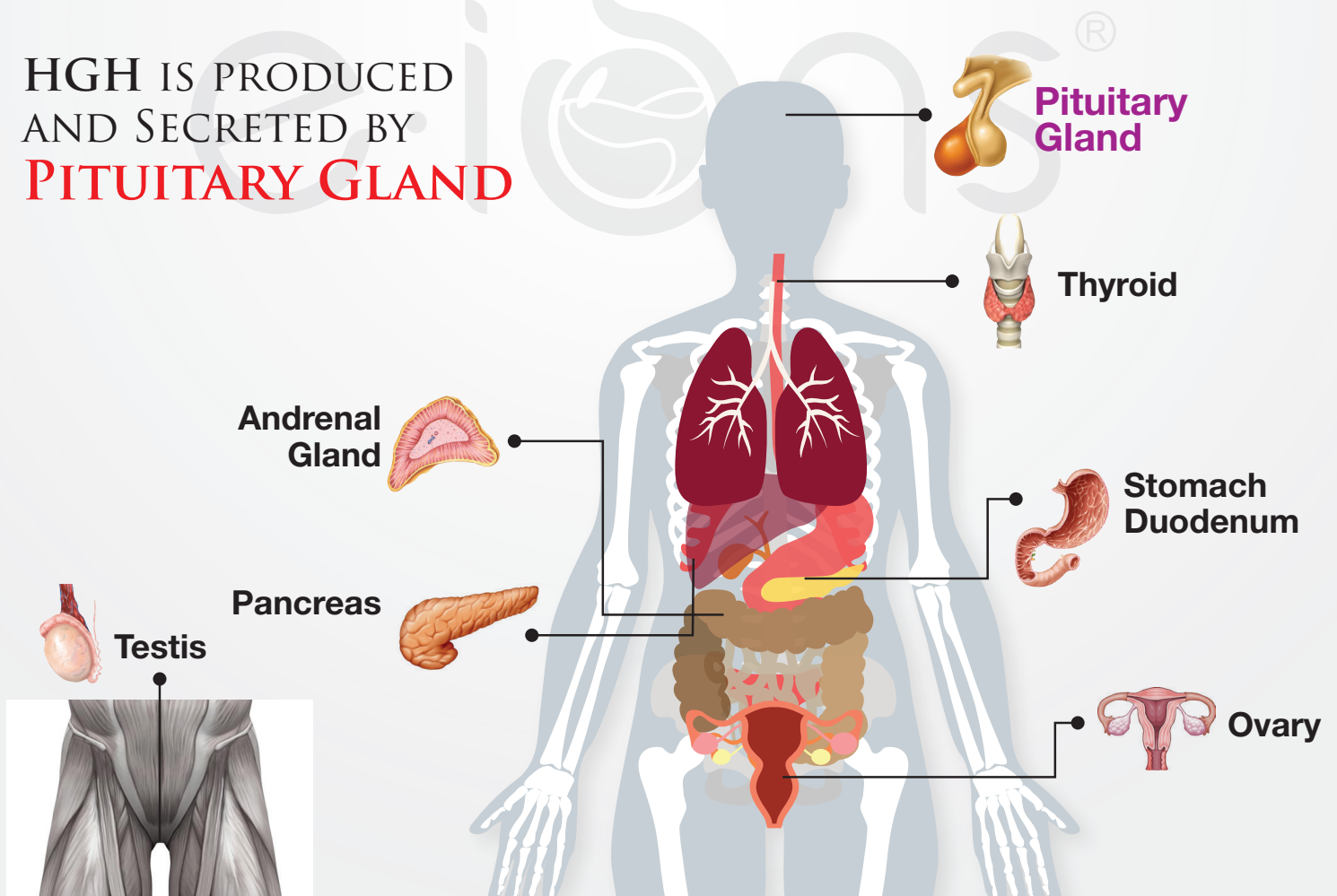
# WHY DOES IT HAPPEN?

THE MAIN CAUSES OF AGING

- (i) The decrease of **HORMONE SECRETION**
- (ii) The **AGING** and **DEGENERATION OF CELLS**  
# Free radicals cause degeneration



## HGH IS PRODUCED AND SECRETED BY PITUITARY GLAND



# TYPES OF HGH REPLACEMENTS

## A HORMONE REPLACEMENT THERAPY (HRT)

- Injection
- Homoeopathic Eg. Oral spray
- Medicine
- Expensive
- Synthetic, non-natural
- Pituitary gland becomes dependant on HGH replacement
- Possible risk of side-effects when over dosed

not raise the levels of IGF-1 sufficiently to have age-reversing effects. In this chapter we will discuss growth hormone replacement with recombinant HGH injections, which should also be combined with the dietary measures and GH-releasing exercises to get the

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“growth hormone replacement with **HGH injections**”

Growth hormone remains one of the most expensive frugs, costing anywhere from \$800 a month to up to \$18,000 a year for adult use. In its 1995 annual report, Genentech lists its sales as \$219.4 million.

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“one of the **most expensive drug**, up to USD 18,000 a year for adult use”

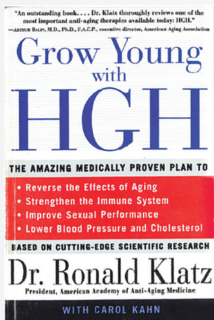
### 4. Growth hormone and cancer risk

The possibility of cancer is serious concern for researchers and physicians involved with hormone replacement therapy.



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“the **possibility of cancer** is a serious concern with hormone replacement therapy”



Grow Young with HGH  
Dr. Ronald Klatz



## B NUTRITIONAL SUPPLEMENTS

A safe and effective method

Combination of nutrients → Influence pituitary gland → Increase secretion of HGH

### A Note on Stacking the Amino Acids

There is reason to believe combining **glutamine, arginine, ornithine, and lysine** will have a synergistic effect. Giampapa, who is medical director of the Longevity Institute International in Mont



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“combining **glutamine, arginine, ornithine and lysine** will have a synergistic effect”

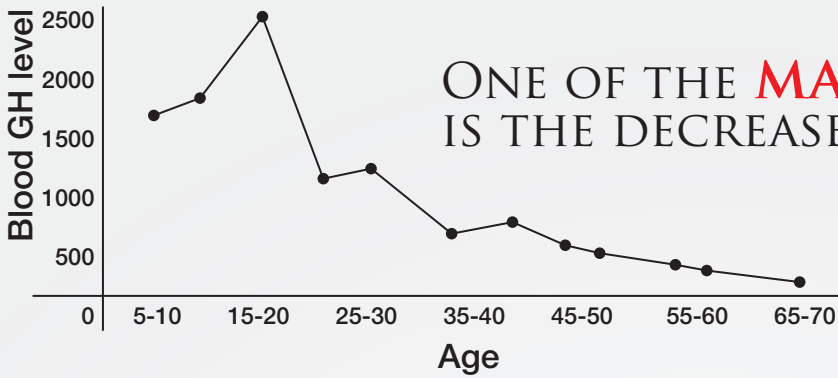
### DOSAGE OF GROWTH HORMONE

We suggest that you should first try raising your own endogenous levels using growth hormone releasers (see Chapter16). These are **safe, nontoxic supplements that will not interfere** with your pituitary functions, and there have the added benefits of being about one-tenth the cost and not requiring injection.



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“scientists suggest using amino acids as natural HGH releasers because they are **safe, non-toxic, and will not interfere with pituitary function**. Besides, they are much more affordable and do not require injection”

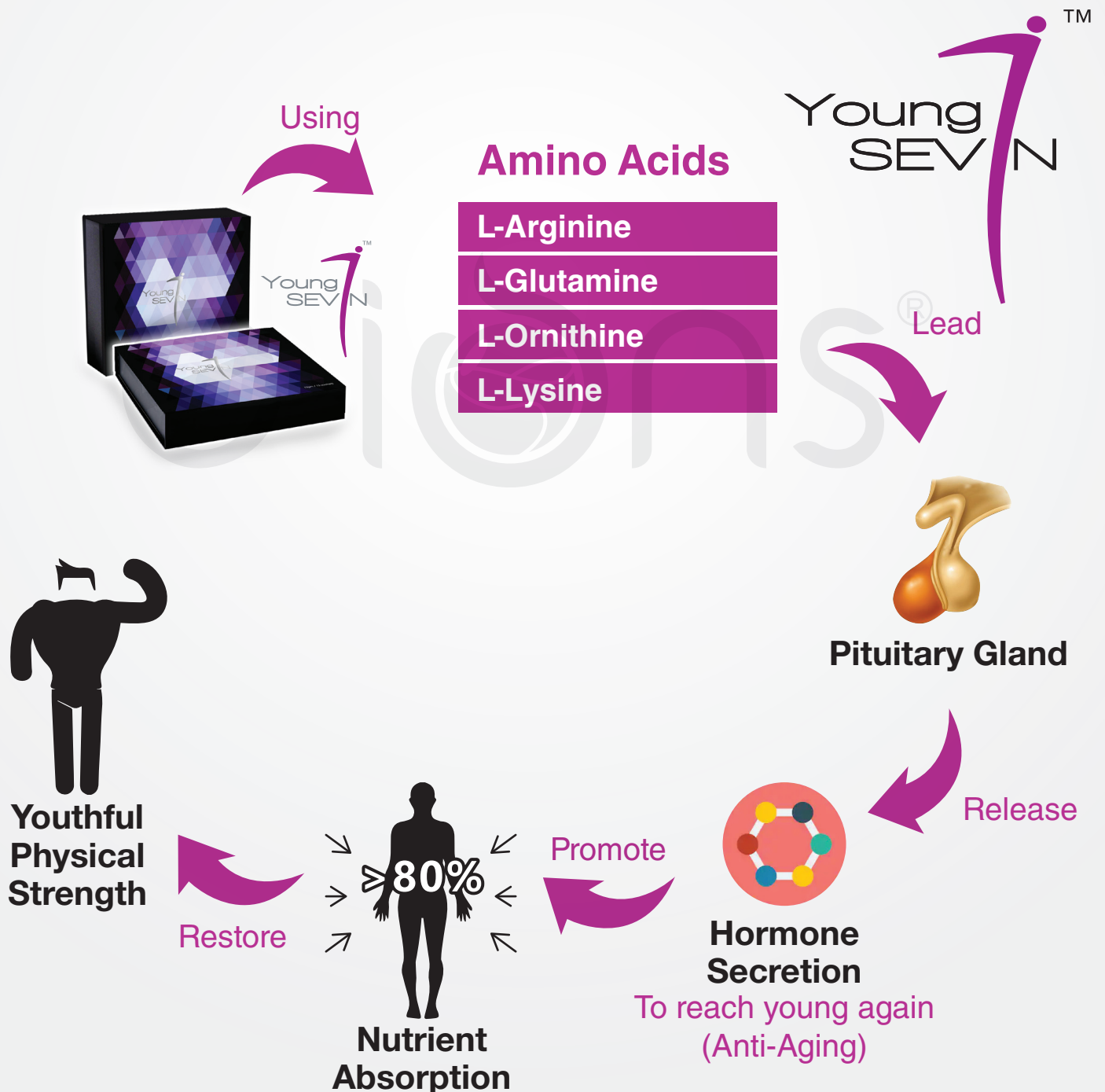


ONE OF THE **MAIN CAUSE OF AGING** IS THE DECREASE OF HGH PRODUCTION

Scientists have found that HGH secretion declines with age **20-60**, **HGH (Human Growth Hormone) secretion declines about 80%**

## THE 4 IMPORTANT **AMINO ACIDS**

Amino acids are the most important elements in the human body. It is also an important ingredient of enzyme and hormone system. Scientists had discovered that **the four amino acids below play an important role in stimulating the pituitary gland to secrete hormones:**



# FOOD CATEGORY STANDARD

Certified by **AUTHORIZED ORGANIZATIONS (KKM)**, does not contain heavy metals and steroids

## 7 BENEFITS



**USA**  
FORMULA

# SECRETS OF BEAUTY



- 1 Anti-aging**
  - 2 Phosphatidylserine:**  
Improve Memory
  - 3 Marigold Extract:**  
Improve Quality of Vision
  - 4 Contain 8 Essential Amino Acids**
  - 5 Contain Vitamin Complex**
  - 6 Colostrum:**  
Rich In Calcium
  - 7 Beauty & Whitening**
-  **Increases HGH**  
(Human Growth Hormone)



**After 28,000 medical clinical trials proved about HGH...**

**DR. RONALD KLATZ**

*the President of the American Academy of Anti-Aging Medicine*

**AFTER THE CERTIFICATION OF 20,000 MEDICAL PRACTITIONERS, WITH THE INCREASE OF HORMONES IN OUR BODIES, WE ARE ABLE TO TURN BACK OUR BIOLOGICAL CLOCK.** With the right combination of nutrition, it will activate our pituitary gland and stimulate our anti-aging hormones which can go back up to 20 years, leaving you looking young and high-spirited.

The **Young 7** amino acid is natural health supplement derived from an American formula, it contains 20 types of Amino Acid, 12 types of Vitamins and 12 types of other minerals; providing you with a high nutritional value and effectively stimulates the pituitary gland releasing the anti-aging hormones that allow one to **regain their youth and vitality.**

## L-AMINO ACIDS

Amino acids play a crucial roles in building protein blocks and as intermediates in metabolism. Amino acids can be divided as **essential amino acids and non-essential amino acids**. Among the 8 amino acids that present in this product, **Arginine, Lysine, Isoleucine, Leucine and Valine** are the essential amino acids where human are unable to produce and must be supplied through diet.

**L-Leucine** is one of the essential amino acid which has been frequently used for treatment of numerous muscle wasting condition and muscle protein synthesis. **L-Isoleucine** is an essential amino acid that known to **boost energy** and aids in recovering from strenuous physical activity. Besides, it also **promotes healing, repair of muscle tissue** and encourage clotting at injury site. **L-Valine** on the other hand helps **stimulate the central nervous system** and supply muscles with extra glucose to **prevent the muscle breakdown** during physical activity.

As a combination, **Leucine, Isoleucine and Valine** are the common branched-chain amino acid (BCAA) that proven to improve the performance and promote the recovery of muscle after exercise. In addition, as BCAAs go directly into the blood stream and bypass the liver and gut, they are commonly used as an immediate energy source during workouts. Moreover, valine and isoleucine is also able to convert into glucose and provide more energy to fight off fatigue during workouts.

**Arginine** has crucial roles in nutrition and metabolism. Besides, arginine is also a major building block for protein. Arginine have been shown to enhance the production of collagen in the body by expedite wounds healing process. Similarly, **Ornithine** is an amino acid that used in the cells as the building blocks for proteins, which are essential for repair and build new muscle tissues and have also been found to repair and build skin tissues. In addition, arginine and ornithine also show to **stimulate the secretion of growth hormone and insulin**, thereby playing an important role in regulating protein synthesis and degradation.

**Glutamine** is non-essential amino acid that build and maintain the muscle of body. It also helps to maintain a healthy central nervous system. On the other hand, **L-Carnitine** is also a non-essential amino acid that help to carry fatty acids into the mitochondria and **convert it to energy**. Studies have shown that **L-Carnitine** is able to help the **heart to perform more effectively**. Similarly, **Taurine** also helps in **regulating the nervous system** and plays a part in **maintaining healthy heart** and **brain**.



1

L-AMINO ACID

L-ORNITHINE

## WHAT IS THE ROLE OF ORNITHINE?

### 1. Bodybuilding and muscle nutrition supplements

Ornithine is responsible for *raising our body hormone level* as it is needed for *anti-aging*. It helps to maintain the nutritional needs of muscles and body tissues.

### 2. Mitigate body to quickly recover from trauma, burns, infections and even cancer

Effective for the patient who suffer abnormal function in brain (hepatic encephalopathy) caused by treatment of cirrhosis. Clinical trials show that burn patients who consume 10-30 grams of Ornithine-ketoglutarate daily can heal faster; cancer and trauma patients can heal faster and reduce the needs of admitting hospitals.

### 3. Increase insulin and hormone levels

Establishing and maintaining muscle during physical training, helps reduce muscle loss during aging, speed up muscle tissue production and delay the effects of aging.

### 4 Uric acid cycle

Nitrogen compounds produced in the decomposition of proteins and other substances in our body, body toxic will formed if these compounds does not remove. During the urea cycle, the liver cells convert ammonia to urea and are eliminated by the kidneys as garbage, and ornithine is at the center of the process and therefore it is also known as The Cycle of Ornithine.

### 5 Anti-fatigue effect

It is recommended to use as an anti-fatigue health product because it can stimulate cells to utilize energy more effectively.

### 6. Promote wound healing

Ornithine accelerates collagen secretion, a compound that is important for the formation of new connective tissue.

## Ornithine food source

Hepatocytes produce ornithine from arginine. Ornithine dietary sources include meat, eggs and dairy products, especially turkey, peanuts, soy, egg whites and sesame content of the highest.





## WHAT ARE THE RECOMMENDED EXPERIMENTAL EFFICACY?

### 1. Glucosamine acid and oral or esophageal mucositis (due to chemical or radiation therapy)

Intake of bran acid helps reduce chemoradiation-induced mucositis, diarrhea, neuropathy as well as improving postoperative nitrogen balance, the immune system and wound healing. Behind the mechanism is provided with the energy of bran acid to protect the intestinal mucosa, enhance the immune system. Stimulate collagen synthesis and antioxidant effects.

### 2. Improve Leaky Gut Syndrome

Studies have shown that L-Glutamine is the main source of energy for intestinal cell differentiation and maintenance of integrity. In the absence of L-Glutamine, intestinal leakage can be elicited, and L-Glutamine supplementation can increase intestinal mucosal integrity and improve leaky gut syndrome.

### 3. L-Glucuronide can enhance metabolism and speed up fat burning efficiency after exercise.

The study found that supplementation of glucuronide can stimulate the secretion of human growth hormone (HGH) (up to 400%), can improve the rest of the new metabolism and post-exercise fat burning efficiency which equal to assisting in weight loss as well as build up muscle.

### 4. Enhance muscle protein synthesis efficiency?

L-Glutamine increase protein synthesis efficiency, especially in animal and test tube studies, where large doses of L-Glutamine able to stimulate the synthesis of muscle protein.

### 5. To prevent over-training syndrome and immune - suppression

In a clinical study, it was found that marathon runners can reduce immunosuppression-induced infections if L-Glutamine is replenished after heavy training. Therefore, based on the importance of L-Glutamine to the immune system, L-Glutamine supplementation is very important for athletes as to allowing them to stay healthy and to meet the next challenge.

### 6. To enhance glycogen synthesis, to enhance efficiency in exercise.

L-Glutamine can be used as a precursor of glycogen to promote the synthesis of glycogen in muscles, and also to improve the efficiency of gluconeogenesis. However, it is yet to be confirmed by more studies on whether L-Glutamine is more effective than carbohydrates.

### 7. Fast recover from major diseases

Due to the large amounts of L-Glutamine are required for repairing cells, Nutrition Journal has published a study of acute physiology and chronic health evaluations (common disease severity indicators at home and abroad are used ) are more than 10 patients were found to be able to recover more rapidly with the addition of L-Glutamine, a substantial increase in survival and a reduction in the cost of related medical care.



## WHAT ARE THE BENEFITS OF ARGININE?

### 1. Male sexual dysfunction

In a double-blinded controlled study (for 50 patients with organic erectile dysfunction), arginine (consume 5g daily for 6 weeks) helped to improve the patient's sexual function and increase the metabolism of Nitric Oxide Substance concentrations (31% of amino acids intake improved, compared with 11% of placebo intake).

Another recent study also pointed out that the targeted 47 patients with oligoasthenoteratozoospermia and mild erectile dysfunction patients who taking arginine formula, has improved the sperm concentration and International Index of Erectile Function

### 2. Athletic performance

A double-blinded controlled study (45-day course for 56 men soccer players) shows that oral consumption of arginine helps to increase performance (by increasing VO2Max), but body mass index BMI, body fat mass, lean body mass did not change significantly.

### 3. Hypertension

It is estimated that about 70 million people in the adult population of the United States have high blood pressure, with almost one out of every three people, resulting in about 360,000 deaths from related complications (heart disease, stroke, nephropathy, etc.).

A controlled study (54 mild Hypertension patients) found that taking arginine (4g daily for 4 weeks) had a hypotensive effect. Another study (80 mild-to-long-term hypertensive women) also pointed out that arginine, although not effective in lowering blood pressure it also can reduce the use of anti-hypertensive drugs and reduce the incidence of pregnancy-induced hypertension and neonatal complications (compared with Placebo group).

### 4. Diabetes

A controlled study (38 individuals with arterial disease of the lower extremities with diabetes) found that arginine, they having no effect on fasting plasma glucose and glycosylated hemoglobin. However, they had a significant increase in antioxidant capacity and nitric oxide levels in the blood, have an indirect protective effect in vascular endothelial cells

### 5. Cardiovascular health

A meta-analysis (double-blinded controlled study of 13 subjects / 492 total samples) shows that short-term administration of arginine (less than 6 months at doses ranging from 3-24 g) to arterial flow-mediated dilation has had an improved effect (beneficial to endothelial function) among poor patients.

### 6. Good for pressure ulcers

One study (for patients undergoing percutaneous endoscopic gastrostomy for percutaneous endoscopic gastrostomy) shows consumption of arginine can significantly improve the clinical symptoms of pressure ulcers as well as help increase blood levels

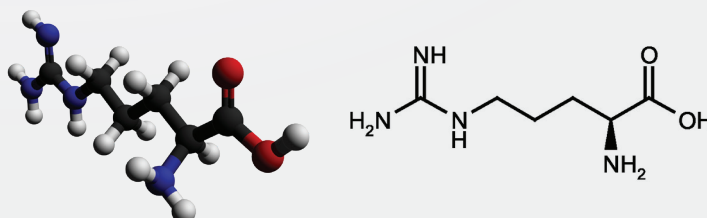
Arginine can be a precursor to the synthesis of nitric oxide

Carbon monoxide is an important bio-signal in the body. Unlike nitrous oxide, carbon monoxide does not immediately excite but determines your health

Nitric oxide can act on a variety of tissues and plays a neurotransmitter role in the brain, it is also an important regulator of the immune system. In addition, cardiovascular system is vasodilator and anti-atherosclerotic factors.

### Arginine food source

Exist in a variety of animal foods (meat, poultry and fish)



## THE BODY'S FIRST ESSENTIAL AMINO ACIDS

L-Lysine is the most important amino acid, with the exception of other amino acids are limited or not be used.

### Function

- Promote **human development, enhance immune function**, improve the function of central nervous system.
- **Prevent bone loss (can cause osteoporosis)**: to help body tissues **absorb calcium**, combined with other amino acids can **promote bone vitality**.
- Treatment of **migraine** and **abdominal cramps associated with premenstrual and menarche**.
- The most important and necessary component of Somatotrophic acid, an important substance that controls human growth, plays an important role in human central nervous system and peripheral nervous system.
- **Improve intelligence**, promote growth, **enhance physical fitness**.
- Increase appetite, **improve malnutrition**.
- **Improve insomnia**, improve memory.
- **Help produce antibodies**, hormones and enzymes, improve immunity. **Increase hemoglobin**
- Help calcium absorption, treatment to **prevent osteoporosis**
- **Reduce blood triglyceride levels** and prevent the development of vascular disease.

### Lack of symptoms

Fatigue, weakness, nausea, vomiting, dizziness, loss of appetite, stunting, anemia

e·i·o·n<sup>®</sup>



5

L-AMINO ACID

L-VALINE

## Lack of symptoms

Fatigue, weakness, nausea, vomiting, dizziness, loss of appetite, stunting, anemia

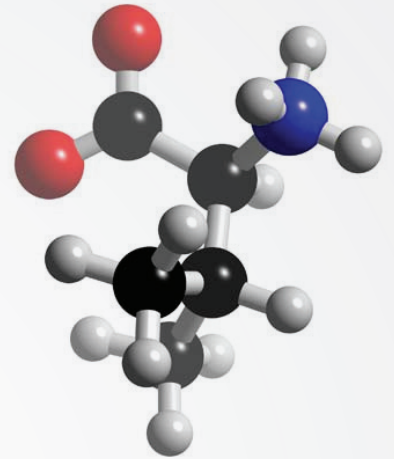
Promotes normal body growth, repairs tissue, **regulates blood sugar**, and provides the energy needed. When participating in intense physical activity, valine can provide muscle with extra energy to produce glucose to prevent muscle weakness. It also helps to **remove excess nitrogen (potential toxins) from the liver** and transport the body's needed nitrogen to various parts.

## Suitable for

People with heavy physical activities, people who eating low protein diet, and bodybuilder

## Valine food source

Cereal, dairy products, mushrooms, peanuts, soy protein and meat, actinomycin



6&amp;7

L-AMINO ACID

L-LEUCINE, L-ISOLEUCINE



**Repair muscle, control blood sugar**, tissue **provides body energy**. Leucine, isoleucine and valine are all branched-chain amino acids. They help to promote post-training muscle recovery and prevent muscle loss because it breaks down faster into glucose.

**Improve hormone production and help burn visceral fat.**

Leucine: **Nutritional supplements**, flavoring agents, **regulate blood sugar levels**

## Leucine food source

Beans, meat, nuts, soy flour, whole grains

## Function

Currently L-carnitine has been used in medicine. Health care and foodstuffs. It has also been approved by Switzerland, France, the United States and the World Health Organization as a statutory multipurpose nutrient.

### 1. Enhance endurance, improve performance

Can promote the oxidation of fatty acids through the mitochondrial membrane for energy, so during exercise can promote the body's fat burning to provide energy, while L-carnitine can also promote the oxidation of branched-chain amino acids, can change mitochondrial respiratory enzyme activity, thereby enhancing the body's ability to aerobic oxidation.

### 2. To promote fatigue recovery

Promote intracellular pyruvate dehydrogenase activity, thereby promoting the oxidative utilization of glucose, is conducive to delay the fatigue of exercise.

### 3. Anti-aging process

L-carnitine supplement not only provides enough energy, but also to maintain the strong immune system, thus avoiding the invasion of some diseases.

### 4. Benefits for baby's health

The metabolism of energy sources play an important role, but also in the maintenance of infant life and to promote certain physiological processes in infants and young children. At present, 22 countries in the world have added L-R to their infant formula.

### 5. Conducive to the heart and blood vessels

L-carnitine is consume enough to prevent and treat many conditions of the heart, such as to improve the heart function of people with congestive heart problems, can reduce their damage after a heart attack, can reduce angina pain, can improve heart rate without affecting blood pressure.

### 6. Elimination of fatty liver

Can regulate fat metabolism and promote the oxidation of fat and fundamentally eliminate the excess body or internal organs or stored fat.

## L-carnitine food source

Mainly from animals, as plants content is very little.

**Animal sources:** lean meat, liver, heart, yeast, lamb, chicken, rabbit, milk and whey.

**Plant sources:** avocado, kiwi, raisin, papaya, lemon, aloe vera, lotus leaf, puer tea casein and malt and other small amounts of Taiwan alpine fruits.

## Suitable for people who

- Need to lose weight
- Want to lose weight, but afraid of the side effects
- Do not like a lot of exercise
- Have belly



# PHOSPHATIDYLSERINE

**Phosphatidylserine** is a phospholipid essential to the functionality of all the body's cells. It is a nutrient that support membrane proteins which is important for **homeostasis, maintenance of cell function**. In general, phosphatidylserine is found most concentrated in the brain, it facilitates membrane-to-membrane fusion, a **central process in nerve transmitter release and by activating cell surface receptors support signal transduction**, the process through which the cell responds to chemical signaling substances.

**More than 35 clinical trials and human studies have been conducted in United States and Europe. These studies have shown that phosphatidylserine can alleviate, ameliorate and sometimes reverse, age-related declines in memory, leaning, concentration and mood.** A study conducted on 57 subjects with average age of 64.3 showed that dietary supplementation with phosphatidylserine is able to improve the cognitive function such as facial recognition, telephone number recall, ability to concentrate, misplaced objects recall and etc. They calculated that for the older, more affected subgroup, phosphatidylserine had "rolled back the clock" by roughly 12 years, restored on average to a cognitive age of 52.

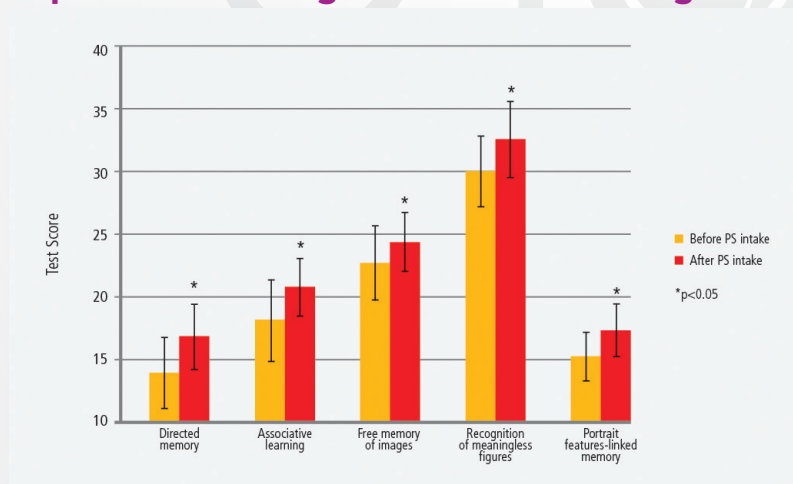
In addition to elderly, clinical studies also shown that phosphatidylserine is able to **improve memory, leaning and attention as well as the reduction of stress among children**. Thus, increase in phosphatidylserine intake have proven influence on children's learning abilities as well as their behavior. Besides, phosphatidylserine also shown to reduce cortisol levels induced by stress as it may counteract stress-induced activation of the hypothalamic-pituitary-adrenal axis in humans.

## What Is Phosphatidylserine, what it made from?

Phosphatidylserine in Young Seven is a ingredient called sharp-PS.

It is derived from **soybean lecithin** containing 50% phosphatidylserine for **improving cognitive and mental performance**.

## Improvement in cognitive functions of high school children following 40 days



supplementation with 100 mg/day PS in milk. The figure presents mean test scores  $\pm$  SEM. \*p<0.05, PS-group, difference between baseline and endpoint (Yong 201135)

References : SharpKidz Scientific Summary



# MARIGOLD EXTRACT

**Visual health may decline naturally with aging.** Various eye conditions occur due to family history or poor lifestyle choices. One of the main culprits that lead to eye health problem is **blue light**, a colour in the visible light spectrum that can be seen by the human eye. With the increase usage of digital screens such as **TVs, computers, laptops, tablets and smart phones**, people are **overexposure to these harmful blue light** and this negatively impact eye health.

**Lutein and zeaxanthin** are naturally found in **marigold extract**. These two ingredients are essential nutrients that bodies use to **protect eyes and keep our eyes in their optimal and performing at their best**. These nutrients is able to create a protective layer in our eyes and **defense against harmful blue light**.

In short, supplement with **lutein** help to **protect eyes against oxidation, aids to filter blue light and improve quality of vision**.

## BENEFITS

Lowers inflammation & free radical damage

Reduces eye inflammation & conjunctivitis

Has natural antiseptic properties

Helps reduce hemorrhoid pain

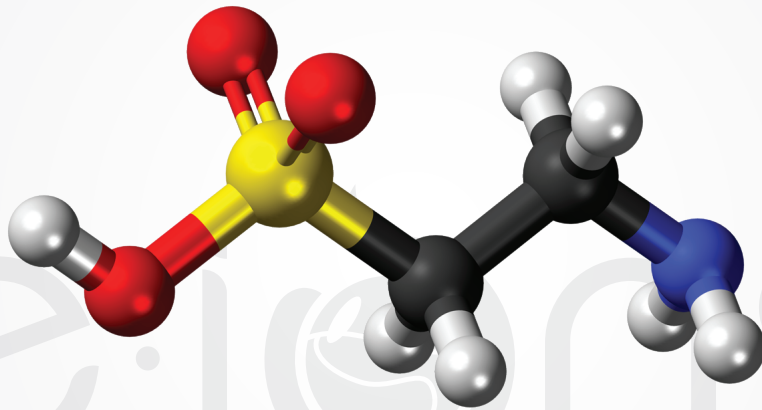


## TAURINE

**Taurine** is an **amino sulfonic acid**, but it is often referred to as an amino acid, a chemical that is a required building block of protein. Taurine is found in large amounts in the brain, retina, heart, and blood cells called platelets. The best food sources are meat and fish.

You may see taurine referred to as “a conditional amino acid,” to distinguish it from “an essential amino acid.” A “conditional amino acid” can be manufactured by the body, but an “essential amino acid” cannot be made by the body and must be provided by the diet. People who, for one reason or another, cannot make taurine, must get all the taurine they need from their diet or supplements. People who are being tube-fed often need taurine as well, so it is added to the nutritional products that they use. Excess taurine is excreted by the kidneys.

Some people take taurine supplements as medicine to treat **congestive heart failure (CHF), high blood pressure, liver disease (hepatitis), high cholesterol (hypercholesterolemia), and cystic fibrosis**. Other uses include **seizure disorders (epilepsy), autism, attention deficit-hyperactivity disorder (ADHD), eye problems (disorders of the retina), diabetes, and alcoholism**. It is also used to improve mental performance and as an antioxidant. Antioxidants protect cells of the body from damage that results from certain chemical reactions involving oxygen (oxidation).



## SOY MILK POWDER (SOY)

Soy Milk Powder is perfect alternative for lactose intolerant individuals or persons allergic to cow's milk. Soy Milk Powder is also a good source of high-quality vegetable protein. Soy Milk can be substituted for cow's milk in almost any application or enjoyed alone as a delicious and refreshing beverage.

Soy is naturally high in essential fatty acids, proteins, fiber, vitamins and minerals. These nutrients provide energy and keep your body functioning at its optimum level.



1. **Improve Lipid Profile**
2. **Strengthen Blood Vessel Integrity**
3. **Promote Weight Loss**
4. **Prevent Prostate Cancer**
5. **Prevent Postmenopausal Syndromes**
6. **Prevent Osteoporosis**



## WHEY PROTEIN POWDER (MILK)



Whey protein is a mixture of proteins isolated from whey. Whey is the liquid part of milk that separates during cheese production.

Milk actually contains two main types of protein: casein (80%) and whey (20%).

Whey is found in the watery portion of milk. When cheese is produced, the fatty parts of the milk coagulate and the whey is separated from it as a by product.

Taking whey protein is a convenient way to add 25-50 grams of protein on top of your daily intake. This can be **important for bodybuilders and gym enthusiasts, as well as people who need to lose weight or are simply lacking protein in their diet.**

## ISOMALTULOSE



A disaccharide **carbohydrate composing glucose and fructose**, similar to sucrose, linked via a different bond changing its enzymatic structure. It has been **used and approved as a sugar substitute**, and even **identified as having health benefits in place of sugar.**

Isomaltulose does not promote tooth decay.

May be suitable for individuals with metabolic related disorders as a **sweetening supplement**, instead of other sugars. (Diabetes Mellitus)  
**Slow release energy, metabolised via the small intestine**, however owing to its different structure the process of absorption into the blood is significantly longer.  
**Improvements in metabolism** as a result of using isomaltulose compared to other sugars, owing to a **reduction in insulin response.**

## GUAR GUM



Guar gum is a **fiber from the seed of the guar plant.**

Guar gum is used as a laxative. It is also used for **treating diarrhea, irritable bowel syndrome (IBS), obesity, and diabetes; for reducing cholesterol; and for preventing "hardening of the arteries" (atherosclerosis).**

In foods and beverages, guar gum is used as a thickening, stabilizing, suspending, and binding agent.

In manufacturing, guar gum is used as a binding agent in tablets, and as a thickening agent in lotions and creams.

# VITAMIN B COMPLEX

Vitamin B complex usually delivers eight of the B vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid), and B12 (cobalamin). Found naturally in meat, leafy greens, dairy, beans, peas, and whole or fortified grains, Vitamin B complex help your body make energy from the food you eat and form red blood cells.

Each B vitamin is essential to certain bodily functions:

**B1 (Thiamine):** Vitamin B1 helps the body *make new cells*.

**B2 (Riboflavin):** This B vitamin is important for *red blood cell production* and fighting free radicals.

**B3 (Niacin):** Helps *regulate the nervous and digestive systems* and aids in the conversion of food into energy.

**B5 (Pantothenic acid):** Breaks down fats and carbohydrates for energy and is responsible for the *production of hormones*.

**B6 (Pyridoxine):** Helps the body *turn food into energy*. Vitamin B6 also helps the body *fight infection*.

**B7 (Biotin):** Involved in the *production of hormones*.

**B9 (Folic acid):** This B vitamin helps cells make and maintain *DNA* and promotes the *growth of red blood cells*. It also helps to *reduce the risk of birth defects*.

**B12 (Cobalamin):** Vitamin B12 helps regulate the nervous system and plays a role in *red blood cell formation*.



# DIRECTION FOR USE

## FOR TRIAL PACKAGE (1 MONTH)

Dissolve the powder with 100ml of warm water and stir well before use.  
 Drink 1 sachet / day, an hour before bed

After 1 weeks

Drink 2 sachets / day, an hour before bed

After 3 weeks

Drink 1 sachet / day, an hour before bed



## FOR BUSINESS PACKAGE (6 MONTHS)

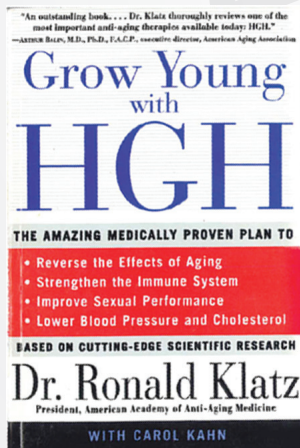
( to turn back your psysiological clock at least 10 -20 years )

Dissolve the powder with 100ml of warm water and stir well before use.

Drink 2 sachet / day, an hour before bed

To Maintain

Drink 1 sachet / day or 2 days 1 sachet, an hour before bed



36 GROW YOUNG WITH HGH

**ASSESSMENT**  
 Effects of Human Growth Hormone Administration (High-Frequency, Low Dose) in 202 Patients\*

L. Cass Terry, M.D., Ph.D., and Edmund Chin, M.D., Medical College of Wisconsin and Falls Springs Life Extension Institute

Strength, Exercise, and Body Fat	Improvement*
Muscle Strength	88 percent
Muscle Size	81 percent
Body Fat Loss	72 percent
Exercise Tolerance	81 percent

Skin and Hair	Improvement*
Skin Texture	71 percent
Skin Thickness	68 percent
Skin Elasticity	71 percent
Wrinkle Disappearance	61 percent
New Hair Growth	38 percent

Healing, Flexibility, and Resistance	Improvement*
Healing of Old Injuries	55 percent
Healing of New Injuries	61 percent
Healing Capacity	71 percent
Back Flexibility	83 percent
Resistance to Common Illness	73 percent

Sexual Function	Improvement*
Sexual Potency/Frequency	75 percent
Duration of Penile Erection	62 percent
Frequency of Nighttime Urination	57 percent
Hot Flashes	58 percent
Menstrual Cycle Regulation	39 percent

Energy, Endurance, and Memory	Improvement*
Energy Level	84 percent
Emotional Stability	67 percent
Attitude Toward Life	78 percent
Memory	62 percent

\* Mean self-assessment time was 180 days after HGH therapy initiation; range = 15-729 days.  
 \*Based upon 50% responses; calling improvement as slight to definite.

Chen and Terry strongly believe as we do that HGH replacement therapy should be combined with other hormone replacement regimens as well as aerobic and resistance training, dietary evaluation.

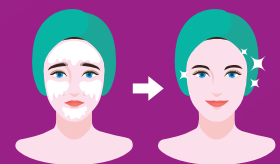
**Refer pg1**

...if you are already suffering ill effects of aging, you could turn back the clock 20 years...

**Refer pg36**

Mean self-assessment time was 180 days after HGH therapy initiation

The fine residue left after consume can use on facial which effective in skin whitening



- \* suitable for children above 10 y/o
- \* suitable for vegetarian



KEEPING YOU **YOUNG** IS NOT A DREAM



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