

SUGGESTED USAGE: As a dietary supplement, mix 1 level scoop (18 g) with 4 to 6 fl. oz. of water or juice. For best results take on an empty stomach 20 minutes before bed or exercise - 5 days on/2 days off. Consider taking this product in combination with NOW® L-Citrulline, L-Norvaline and AAKG.

NOW® Pro-GH™ is an amino acid supplement that has been designed to support optimal sports performance. Pro-GH™ contains Arginine, Ornithine, and Glutamine which are necessary for maintenance of nitrogen balance and help to rid the body of excess ammonia. Lysine, an essential amino acid, is an essential component of proteins and muscle tissue and is needed for the body's production of hormones, enzymes, and collagen. Glycine, known for its role in glycogen synthesis, helps to support muscular energy output. Finally, Glutamine and Glycine help to support healthy immune responses, especially during times of physical stress and intense exercise.*

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

CODE 0207B [V2]



Pro-GH™

- Clinically Researched†
- Supports Healthy Hormone Balance
- With Amino Acid Constituents of GH and IGF-1*



Net Wt. 612 g (21.6 oz.)



Supplement Facts

Serving Size 1 Level Scoop (18 g)
Servings Per Container 34

	Amount Per Serving	% Daily Value
Calories	35	
Total Carbohydrate	9 g	3%*
Sugars	8 g	†
L-Arginine	1.5 g	†
L-Ornithine (from L-Ornithine HCl)	1.5 g	†
L-Lysine (from L-Lysine HCl)	500 mg	†
L-Glutamine	2.0 g	†
Glycine	2.0 g	†
GABA (Gamma Aminobutyric Acid)	500 mg	†
Organic Stevia Extract (<i>Stevia rebaudiana</i>) (Leaf)	75 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Fructose, Citric Acid, Silica, Malic Acid, Natural Flavors and Natural Beet Powder.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108
Made in the U.S.A. www.nowfoods.com

Contains no salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

† Formulated and tested by Dr. Matt French in his clinic (www.ItHelpedMe.com).

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

A Dietary Supplement