

Swanson® Condition Specific

Formulas

GHR Essentials

Growth Hormone
Releaser
Dietary Supplement



120 capsules

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take before bedtime or before exercise on an empty stomach, as indicated below. Start with one-third of your target recommended amount and gradually increase to the capsule count listed.

Under 120 lbs—take 2 capsules per day

121–180 lbs—take 4 capsules per day

181 lbs and over—take 6 capsules per day

WARNING: This product is not intended for use by pregnant or lactating women, children, diabetics or persons with herpes or forms of psychosis. Do not use if you are taking an MAO inhibitor. Consult your physician before use if you are being treated for hypertension, cardiac or pulmonary disease, or if you are taking products which contain L-dopa.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin C USP (as ascorbic acid)	100 mg 111%
Vitamin B-6 USP (as pyridoxine HCl)	16.6 mg 976%
L-Arginine Base	620 mg *
L-Ornithine Alpha-Ketoglutarate (OKG)	350 mg *
L-Ornithine HCl	230 mg *
Glycine	230 mg *
L-Lysine HCl	120 mg *
Standardized Mucuna pruriens Extract	25 mg *
AlphaSize® Alpha-Glycerol Phosphoryl Choline (alpha-GPC) (from soy lecithin)	10 mg *

*Daily Value not established.

Other ingredients: Gelatin, dicalcium phosphate dihydrate, magnesium stearate, silica, dextrin, magnesium silicate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

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