

swanson.com
or call 1-800-437-4148

- Helps maintain a healthy release of growth hormone
- Delivers a combination of vitamins and amino acids that encourage the release of this hormone for health and vitality

Science-Backed Quality Since 1969

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

AlphaSize® is a registered trademark of Chemi Nutraceuticals, Inc.

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. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



GHR Formula

Anti-Aging

GROWTH HORMONE RELEASER

DIETARY SUPPLEMENT | 120 CAPSULES

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-Glyceryl 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.

Contains soy.

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