



Item# 50223 - 180 Capsules

## H.G.H. YOUTH COMPLEX™

The Human Growth Hormone naturally decreases with age, usually beginning when we are about 35-40 years old. Youngevity's® H.G.H. Youth Complex™ product has a proprietary blend of amino acids, minerals, and sea kelp, which make a truly unique product that cannot be found elsewhere in the market!

This product was truly formulated to help you "Live Younger—Longer"!

- Promotes healthy blood sugar levels
- Promotes a healthy immune system
- Promotes healthy cardiovascular function
- Promotes healthy skin
- Promotes sexual health
- Promotes healthy muscles
- Promotes healthy vision
- Promotes healthy brain function
- Supports healthful exercise\*

## Supplement Facts

Serving Size: 6 Capsules

Servings Per Container: 30

| Amount per Serving                             | % Daily Value† |
|--|----------------|
| Vitamin B6 (as pyridoxine hydrochloride)       | 6 mg 300%      |
| Vitamin B-12 (as cyanocobalamin)               | 60 mcg 1000%   |
| Calcium (from calcium glycinate)               | 4.2 mg <2%     |
| Iron (from ferrous bis-glycinate)              | 60 mcg <2%     |
| Iodine (from potassium iodide)                 | 0.12 mcg <2%   |
| Magnesium (from magnesium glycinate)           | 3.3 mg <2%     |
| Zinc (from zinc glycinate)                     | 27 mcg <2%     |
| Selenium (from selenium glycinate)             | 3 mcg 4%       |
| Copper (from copper glycinate)                 | 2.4 mcg <2%    |
| Manganese (from manganese glycinate)           | 1.6 mg 80%     |
| Chromium (from chromium glycinate)             | 102 mcg 85%    |
| Molybdenum (from molybdenum glycinate)         | 0.9 mcg <2%    |
| Potassium (from potassium iodide)              | 128.4 mg 4%    |
| Arginine (as L-arginine hydrochloride)         | 300 mg **      |
| Glutamine (as L-glutamine)                     | 300 mg **      |
| Glycine (as L-glycine)                         | 300 mg **      |
| Lysine (as L-lysine monohydrate hydrochloride) | 300 mg **      |
| Ornithine (as L-ornithine)                     | 300 mg **      |
| Tyrosine (as L-tyrosine)                       | 300 mg **      |
| GABA (gamma-aminobutyric acid)                 | 150 mg **      |
| Kelp (Laminaria spp.)                          | 150 mg **      |
| Cobalt (from cyanocobalamin)                   | 2.1 mcg **     |
| Vanadium (from vanadyl sulfate)                | 1.2 mcg **     |

† % Daily Value based on a 2,000 calorie diet for adults and children over four

\*\* Daily Value not established



Other Ingredients: Gelatin Capsule (gelatin and water), Gelatin, Rice Flour, Magnesium Stearate (vegetable source) and Silicon Dioxide.