



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.