

# Youngevity Capsules & Tablets



Item# 50223 - 180 Capsules

## H.G.H. YOUTH COMPLEX™

Human Growth Hormone naturally decreases with age, beginning usually when we are about 35-40 years old. Youngevity's® Premium 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.