

## HGH Supplement - the Safest and Most Effective Way to Boost Your Natural HGH Levels

Human Growth Hormone Supplement remains to be the cheapest form of HGH product and becoming widely accepted because of its effective results. Unlike injection and sprays, human growth hormone supplement contains natural herbal ingredients and not synthetic ones. In fact, these supplements offer virtually the same benefits one would derive from a costly HGH injection. This product claims to be the safest and most effective way to boost or replenish your natural HGH levels. The human growth hormone supplements fall into two categories: releasers and secretagogues. Releasers are the least expensive human growth hormone supplement available today. It provides the building blocks of the 191 amino acid HGH which includes mostly of L-group amino acids such as L-valine and L-arginine. There are several chemical conversion steps away from actually being a true HGH while these are all components of true HGH. The herbal supplements are combined and ingested in tablet or capsule form. The pills should be taken before bedtime for best result because HGH production in the pituitary gland is more active during sleep. The other category from where Human Growth Hormone supplements fall under is called secretagogues. It contains minute amounts of HGH substance usually measured in nanograms, or hundredths of a gram. Secretagogues are a form of homeopathic medicine and it promotes the use of tiny amounts of a natural body chemical taken to stimulate the body to produce more. Absorbing little amounts of a synthetic hormone can cause the pituitary gland to produce more of its own natural human growth hormone into the bloodstream. Secretagogues can contain real human growth hormone. They can still be available without a prescription but only if they do so in very small quantity. Other supplements can be misleading especially when they claim to have any significant amount of true human growth hormone and are available without a prescription. This is definitely a direct violation of the Federal Law.

### About the Author

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