

THE EVOLUTION OF PERFORMANCE

You could Experience the following improvements in only 6 Months!

1st Month

- Improved stamina and energy
- Reduced body fat
- Increased muscle mass
- Increased energy
- Decreased recovery time
- Better and sounder sleep
- More optimistic attitude

2nd Month

- Improved nail growth and skin tone
- Improved muscle tone
- Enhanced sexual function
- Better digestion
- Loss of excess weight

3rd Month

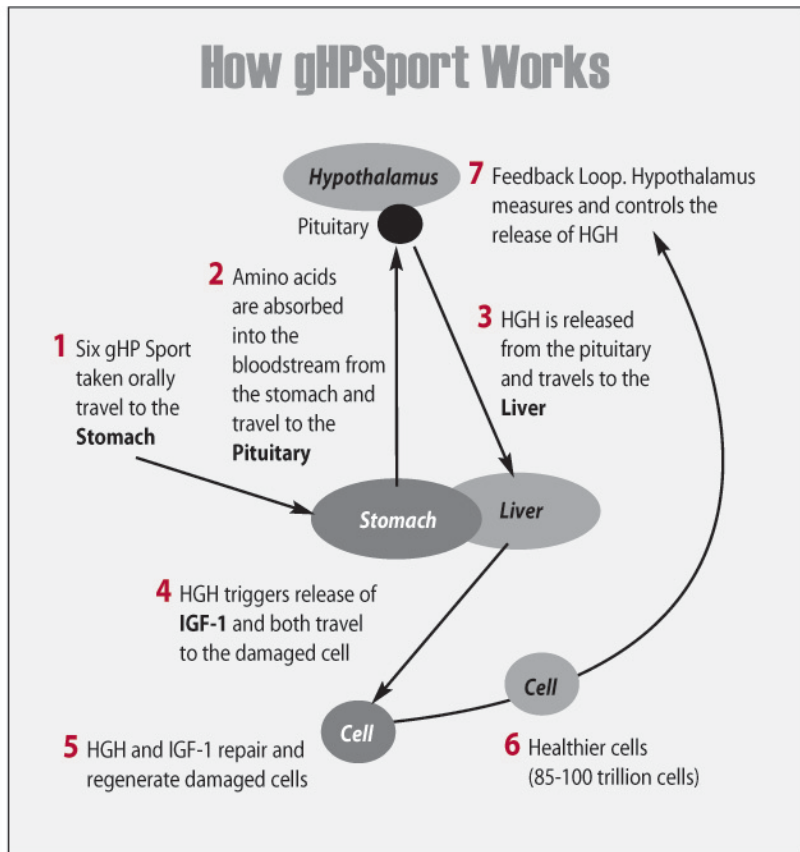
- Mental processes improve with desire to finish projects
- Muscle size improves, especially if you work out
- Hair growth
- Reduction in PMS symptoms
- Increased sexual desire
- Greater body flexibility

4th Month

- All results noted above continue to improve as you steadily feel and look younger, stronger and healthier

5th Month

- Reduction in inches and excess weight as fat is reduced and lean muscle improved
- Appearance of skin improves
- Greater elasticity and thickening of skin and diminishing wrinkles
- Thickening of hair with a shiny, healthy appearance



6th Month

- Cellulite greatly diminishes
- Body is much more contoured
- Vision has improved
- Better emotional stability
- Higher resistance to colds and flu
- Some pain and soreness disappears
- Old wounds are healed or healing
- Excellent exercise tolerance
- Hair may begin to return to its natural color
- Medical tests show reduction in cholesterol and triglycerides
- Blood pressure normalizes
- Heart rate improves
- Immune system is strengthened

SUPPLEMENT FACTS

Serving Size: 6 Capsules
Servings Per Container: 30

Amount per serving	5352 mg	% Daily Value
L-Lysine	1302 mg	*
L-Arginine	1302 mg	*
L-Ornithine	798 mg	*
L-Glutamine	250 mg	*
Glycine	500 mg	*
L- Leucine	400 mg	*
L-Iso-Leucine	400 mg	*
L-Valine	400 mg	*

* Daily Value not established

Non medicinal ingredients: Cellulose (shell), magnesium stearate.

GHP SPORT is encapsulated in a vegetable capsule and contains no artificial flavor, color, preservatives, sucrose, starch, gluten, dairy or yeast. Due to the all natural ingredients in this product, color and odor variations may occur.

Benefits of the Amino Acids in gHP Sport

Arginine

- Is synergistic with Lysine in elevating HGH (Isidori et al 1981)
- Improves exercise performance
- Improves thymus gland
- Improves immunity and healing
- Improves male fertility (nitrous oxide improves erection)
- Improves anti-angiogenesis (blood vessels not growing)
- Lowers blood pressure

Glutamine

- Elevates HGH levels (Welbourne et al 1995)
- Is a primary energy source for immune system
- Alleviates stress
- Protects against muscle breakdown in exercise
- Improves DNA synthesis
- Crosses blood/brain barrier, giving mental energy and alertness
- Improves memory and learning
- Converts in brain to Glutamic Acid (brain fuel) 1
- Converts in brain to GABA
- Forms N-Acetyl-Glucosamine, a glue for cell membranes, bone, connective tissue
- Depressed Glutamine = arthritis, diabetes, heart disease
- Elevated Glutamine = less illness, lower cholesterol, lower blood pressure, less obese

Glycine

- May induce HGH secretion (250 mg to 6 gm)
- Improves synthesis of DNA, collagen
- Promotes cellular energy and oxygen use
- Improves immunity
- Promotes healthy thymus gland and spleen
- Promotes healthy bone marrow and white cells
- Is an inhibitory neurotransmitter
- Reduces brain hyperactivity
- Reduces muscle spasms (as in MS -1gm/d. 6/12)

Iso-Leucine

- Promotes muscle tissue repair and growth
- Increases muscle energy
- Helps regulate pituitary, thymus and spleen
- Is essential for growth
- Is essential for liver production and albumin and globulin

Leucine

- Promotes muscle tissue repair and growth
- Increases muscle energy
- Improves skin and wound healing
- Improves brain function
- Improves blood development

Lysine

- Is synergistic with Arginine in elevating HGH (Isidori et al 1981)
- Is synergistic with Carnitine in fat conversion
- Precursor of Carnitine
- Is needed for Amino Acid assimilation
- Is needed for Calcium absorption
- Affects collagen and bone formation
- Affects genital function
- Alleviates chronic fatigue
- Regulates pineal gland
- Inhibits viral infections
- Reduces severity of Bell's Palsy

Ornithine

- Helps to release HGH
- Helps nitrogen transport and excretion
- Stimulates immune system
- Increases thymus weight and size
- Increases lymphocytes
- Reduces cholesterol plaque
- Helpful in arthritis

Valine

- Promotes muscle repair and growth
- Increases muscle energy
- Is essential for cell growth
- Promotes nervous system balance and mental development
- Improves sleep
- Reduces addiction patterns
- 73% of Americans may be deficient

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What people are saying about gHP Sport

"Competing at a world-class level requires world-class training and supplements. gHP Sport gives me the edge I need."

Raphael Assuncao,
Pro MMA Champion

"In my 40 years of world-class athletic endeavor, I have never had such a profound physical, mental and emotional response to any product. This is the most amazing Athletic Performance Enhancement product I've ever had the good fortune to take!"

Jack Lannom,
Walu Kung-Fu Grand Master

"gHP Sport is the ultimate supplement! I have found gHP Sport to increase energy, improve stamina, enhance training, promote fat reduction, and encourage general health. I don't go a day without it."

Max Schmidt,
Professional Auto Racer

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www.ghpSport-NSF.com