

SurGH

Supports Healthy Growth Hormone and IGF-1 Levels†

Max Muscle Sports Nutrition (MMSN) is proud to introduce **SurGH**, a scientifically-based formula to provide the body with precursors to support healthy levels of Growth Hormone (GH) and Insulin-Like Growth Factor-1 (IGF-1).

Growth Hormone (GH) is an anabolic protein hormone secreted by the pituitary gland in the brain and is responsible for the overall growth of the body (e.g., muscles and bones), fat breakdown and other metabolic effects and maintaining the immune system. After the age of 20 years, GH levels decline progressively and have been linked to many age-related changes including decreases in lean body mass, increases in abdominal body fat and thinning of the skin. GH stimulates the release of the hormone Insulin-Like Growth Factor-1 (IGF-1) by the liver. Secreted IGF-1 then travels to tissues and is a key player in muscle growth.

SurGH contains a Proprietary GH Support Complex containing L-Glycine, L-Lysine, L-Arginine, L-Ornithine, L-Glutamine and L-Taurine. This powerful combination of ingredients is supported by published scientific studies to significantly increase GH levels especially when combined with exercise.

SurGH also contains Arginine Alpha-Ketoglutarate (A-AKG) and Ornithine Alpha-Ketoglutarate (OKG). A-AKG has been shown to enhance the production of GH and nitric oxide. OKG, formed of two molecules of ornithine and one molecule of alpha-ketoglutarate, supports protein synthesis along with GH and IGF-1 secretion.

Alpha-Glycerolphosphorylcholine (Alpha-GPC) - is a naturally occurring phospholipids precursor and metabolite derived from soy lecithin. Published research has shown that Alpha-GPC enhances the effects of GHRH (Growth Hormone Releasing Hormone) on the release of GH. The potentiating effect of Alpha-GPC on GH secretion has been shown to be more pronounced in older subjects.

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Size: Net Wt. 430 gm (0.948 lb) / Container
Serving Size: One (1) Level Scoop (Approx. 21.5 g)
Servings Per Container: Twenty (20)
Flavor: Refreshing Orange Flavor

KEY FEATURES

- Proprietary Blend of precursors to support healthy Growth Hormone and IGF-1 (Insulin-Like Growth Factor-1)†
- Helps Maintain Optimal Energy Levels†
- Supports Healthy Lean Body Mass†
- Supports Muscle Growth†
- Promotes Rapid Recovery†
- Anti-Aging Benefits†

KEY MESSAGES

- Science-based formula using precursors to support healthy levels of Growth Hormone and IGF-1†
- Growth Hormone levels peak at 30 years of age and then decline steadily with age and is associated with many age-related physiological and metabolic changes†
- Contains a Proprietary GH Support Complex containing the amino acids L-Glycine, L-Lysine, L-Arginine, L-Ornithine, L-Glutamine and L-Taurine especially effective when combined with exercise†
- Literature supported ratios of L-Arginine/L-Ornithine and L-Arginine/L-Lysine†
- Ornithine Alpha-Ketoglutarate significantly increases levels GH and IGF-1 and also support the synthesis of L-Glutamine†
- Contains Alpha-Glycerolphosphorylcholine (Alpha-GPC) that potentiates the release of Growth Hormone especially in older subjects†
- Contains Colostrum which is a protein-rich (3 to 4 times more protein than regular milk), high concentration of antibodies, growth factors and nutrients. Colostrum significantly increases IGF-1 levels†

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Your assurance of quality®

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Supplement Facts

Serving Size: One (1) Level Scoop (Approx. 21.5g)
 Servings Per Container: Twenty (20)

	Amount Per Serving	%DV*
Calories Per Serving:	20	
Total Carbohydrates (Sugars)	5gm	
Colostrum (Bovine)	2,000mg	†
Alpha-glycerolphosphorylcholine (Alpha-GPC)	250mg	†
GABA (Gamma Aminobutyric Acid)	1,000mg	†
Proprietary GH Support Complex:	11g	†
L-Lysine, L-Arginine, L-Glutamine, L-Glycine, L-Ornithine, L-Taurine		
Proprietary Amino Acid AKG Complex:	1g	†
Arginine Alpha-Ketoglutarate (A-AKG) and Ornithine Alpha-Ketoglutarate (O-AKG)		

*Percent Daily Values are based on a 2,000 calorie diet.
 †Daily value not established.

Directions: As a dietary supplement mix One (1) level scoop (approximately 21.5 gm) with 8-12 ounces of pure cold water or juice of choice. Best taken on an empty stomach or, at least, 3 hours after meals. It is recommended to take 30 minutes before workout or as directed by your healthcare professional. Stir briskly or shake in a closed container until mixed. Add sweetener, increase water or juice content for taste.

Other Ingredients: Dextrose, Citric Acid, Tricalcium Phosphate, Sucralose Sweetener, Acesulfame Potassium, Natural and Artificial Flavors (FD & C Yellow No. 6).

ALLERGY INFORMATION: Contains Alpha-GPC (derived from soy lecithin) and Colostrum (derived from milk). Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

WARNING: Consult a Physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. This product is not recommended for pregnant or nursing women. If taking prescription medications, consult a licensed healthcare practitioner prior to use.

This product contains GABA. Some individuals may experience a minor tingling of the skin and/or a slight shortness of breath shortly after taking GABA. This is a characteristic of this amino acid and quickly subsides.

KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

To report a serious adverse event, contact:
 Max Muscle Sports Nutrition
 1641 South Sinclair St.
 Anaheim, CA 92806
 www.maxmuscle.com

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Colostrum (Bovine) is derived from cows and is produced in the mammary glands at birth. Highly concentrated in proteins (whey), Colostrum is also rich in antibodies for immunity, growth factors and nutrients. Animal studies have shown that Colostrum significantly increase circulating IGF-1 levels compared to controls.

GABA (Gamma Aminobutyric Acid) is a naturally occurring amino acid and one of the most important and widespread neurotransmitters in the brain. GABA has been shown to stimulate the release of GH from the pituitary gland in the brain.

SurGH is the most advanced formula available to support your health Growth Hormone and IGF-1 levels.

Please read all warnings and directions before taking this product. Consult a physician before starting any diet or exercise program.

Key References:

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10. Cynober L. Ornithine alpha-ketoglutarate as a potent precursor of arginine and nitric oxide: a new job for an old friend. *J Nutr* 2004;134(10 Suppl):2858S-2862S.
11. Collier SR, Collins E, Kanaley JA. Oral arginine attenuates the growth hormone response to resistance exercise. *J Appl Physiol* 2006;101:848-52.
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KEY FEATURES *(Continued from Page 1)*

- GABA, a brain neurotransmitter, has been shown in numerous human studies to significantly increase plasma levels of GH compared to controls[†]
- Supports strength and lean body mass along with anti-aging benefits[†]
- Formulated for maximum results and efficiency

TARGET MARKET

Primary: Adult athletes and non-athletes seeking a scientifically-based formula to support healthy GH and IGF-1 level.

Secondary: Adults wanting support for lean body mass, energy, recovery, vitality and those age-related changes due to declining GH levels.

RECOMMENDED STACK

- Max Anabol
- Max Tribustak
- Max Nitro
- Max ZMA



[†] These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.