



HGH (HUMAN GROWTH HORMONE)

HGH (Human Growth Hormone) is a naturally occurring peptide hormone, responsible for skeletal muscle growth and cell production. It also affects the metabolism of adipose tissue, causing a significant subcutaneous fat loss in individuals with high levels of this hormone. Naturally occurring HGH levels are often determined by various factors, including genetics, sleep, age, exercise and overall health. Adults experience a 15% drop in growth hormone every 10 years, contributing to weight gain, wrinkles, muscle loss and decreased energy.

Benefits of HGH:

Muscle Building: HGH is not an anabolic steroid; however, it does have muscle-building properties, albeit weaker than anabolic steroids. In medicine, HGH has been prescribed in the treatment of cachexia (muscle-wasting). HGH helps the body shift from a catabolic environment, by increasing nitrogen retention and protein synthesis in the muscle cells and thus promoting weight gain in the form of lean mass.

Fat Loss: HGH can also induce accelerated lipolysis. One of HGH's most prominent effects in terms of body composition is subcutaneous and visceral fat loss. Generally, HGH's results, in terms of decreased adipose tissue, outweigh the anabolic effects of HGH, significantly leaning a person out and increasing muscle definition.

Anti-aging: HGH stimulates collagen synthesis, causing anti-aging effects. Collagen is a protein that plumps out the skin, increasing elasticity, decreasing wrinkles and preventing sagging. Collagen is also critical for hair and nail health, with it thickening hair follicles, inhibiting gray hairs and reducing nail breakage. These benefits are contrary to many anabolic steroids which reduce collagen production and accelerate aging. Users may not only look visibly younger, but also feel it on HGH, displaying higher energy levels due to its effect on carbohydrate metabolism and spiking of blood glucose. HGH also increases cognitive ability, due to HGH receptors being expressed in brain regions including the cerebral cortex, choroid plexus and hippocampus.

