



# Product Usage Guide



**Youth Formula™** supports natural human growth hormone release to optimize cell regeneration and repair.

For maximum benefit it is best to take Youth Formula on an empty stomach. If you have food in your stomach it is still preferable to take Youth Formula than not, however the less food in your stomach the better.

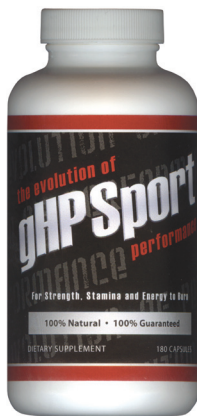
Men release most of their HGH in the first 90 minutes of sleep. For best results all 6 capsules should be taken before going to sleep.

Women release HGH throughout the day as well as at night. As a result women may take 6 capsules in the morning, before breakfast.

Individual users will soon recognize the optimal method for their own use.

Individuals who are on a protein restricted diet should consult their health care professional before taking this product.

Those who are undergoing active cancer treatment, we do not recommend taking gHP until they have completed their full course of therapy and are fully in remission, or "cured".



**gHP Sport™** is an all natural athletic performance enhancer for strength, stamina and energy to burn. Directions and dosage same as above.

For optimal athletic performance enhancement take 6 additional capsules with a glass of water, approximately 30 minutes before working out.



**Now with Omega-3**

**ProVit Xcell+™** is an elite antioxidant, multivitamin and Omega-3 fish oil supplement for peak performance and protection at any age. ProVit Xcell+ contains a full month's supply of SomaVit Plus, Super X and Omega-3 combined in individual packets for your convenience. To maximize healthy cell protection take 1 packet, twice daily before meals with a glass of water. To ensure maximum results stay properly hydrated.

**SomaVit Plus**, the ultimate natural vitamin/mineral free-ranging scavenger antioxidant system designed to seek and destroy free radicals throughout the body and work in conjunction with Super X for maximum protection as well as provide optimal vitamin and trace element needs. Refer to the book *Doctors' Secrets - The Road to Longevity*.

**Super X**, an optimized combination of powerful plant based antioxidants with Co-Q10, specifically designed to scavenge for free radicals and protect inside the cell and support enhanced cellular energy. Refer to the book *Doctors' Secrets - The Miracle of Antioxidants*.

**Omega-3** fish oil has been shown to lower your blood pressure and reduce your risk of heart attack and stroke. It also has been shown to work much like pharmaceutical antidepressants which help improve your mood and has been used to treat serious conditions such as bipolar disorder and schizophrenia. Omega-3 fish oil can help aid in arthritis, memory loss, and dementia and has been demonstrated to slow the advancement of Alzheimer's.

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



## Product Usage Guide

---



### Now with Cognizin™

**IQ150™** is the world's finest combination of all natural ingredients created with the latest scientific evidence from the most up to date scientific papers on brain health to offer enhanced memory, clarity and retention.

Take two capsules before breakfast and two capsules before lunch or as directed by a health care professional.



**SomaPet™** is a specific combination of amino acids designed to support immune function, strengthen collagen and bone and optimize healing. SomaPet is supplied in powder form which can be easily mixed with your pet's usual meal. Animals may take SomaPet with food as their diet is low in sugar and refined carbohydrates, thus minimizing the effect their food may have on this product. Use as a daily supplement.

#### Suggested Use

Up to 30 lbs = 1 rounded scoop per day

31-60 lbs = 2 rounded scoops per day

61-90 lbs = 3 rounded scoops per day

91-120 lbs = 4 rounded scoops per day

121-150 lbs = 5 rounded scoops per day

151 lbs+ = 6 rounded scoops per day

1 rounded scoop = approximately 1 gram. If your pet requires 1 scoop per day, the 150 gram tub will last 5 months.

*\*Detox symptoms – When the body is more thoroughly nourished, it wants to clean house. This is called a detox reaction. Drinking the equivalent of 6–8 glasses of water per day and increasing consumption of vitamin C (SomaVit Plus contains a sufficient amount) can help to relieve symptoms. These symptoms usually subside after a few days but can last up to a few weeks. This is an indication of positive change. If you experience discomfort you may reduce your gHP intake to 3 capsules per day for one week and increase by 1 capsule per day each week or as comfort allows.*

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