

How HGH Supplements Work

Human growth hormone, also called somatotropin, is a protein hormone of 190 amino acids (building blocks of protein) that is created and secreted by the anterior pituitary gland. It has two types of effects, both of which are highly beneficial to the vital, active human body.

One main type of action of the HGH is its direct effects on other kinds of cells. The growth hormone binds to its receptor on target cells, then creates some particular action. Fat cells, for example, are the target cells of HGH, so they have growth hormone receptors. Once bonded there, the growth hormone causes them to break down triglyceride and suppresses their ability to take up and accumulate circulating lipids -- in other words, fat storage is prevented!

HGH also acts to create other indirect effects in the body by causing secretion of IGF-1, an insulin-like growth factor hormone. IGF-1 is secreted from the liver and other tissues in response to growth hormone. This is the action that governs mostly growth-related effects of HGH.

This same effect is also the power behind muscle growth. It stimulates both the differentiation and proliferation of muscle cells, stimulates amino acid uptake and synthesizes protein in muscle and other tissues. This is where HGH's ability to influence overall muscle and skin tone comes from.

Growth hormone has important effects on:

- **Protein metabolism:**
HGH causes increased amino acid uptake, increased protein synthesis and decreased oxidation of proteins.
- **Fat metabolism:**
HGH enhances the utilization of fat -- gives your body the ability to break down fat cells more efficiently.
- **Carbohydrate metabolism:**
HGH is one of several hormones that maintain blood sugar within a normal range.

Because of the abilities of HGH mentioned above, you can soon see that without it, muscle tone declines, fat stubbornly sits in the body and resists metabolism, and hair, skin and nails (all composed of proteins) deteriorate. In fact, scientists now believe that HGH has a role in most healthy functions of the body, including sexual function, proper operation of stomach and bowels, liver, and all glandular systems.

Whether HGH is directly interacting with certain cells, or playing its key part in the correct function of other bodily systems, it's essential throughout the body for youthful vigor and health.

Problem is, HGH augmentation has traditionally been a benefit reserved for the super-rich: until now, only injections of HGH could have an effect in the body, and at a cost of thousands of dollars per treatment.

More recently, pharmaceutical companies and natural supplement companies have fine-tuned the science of HGH stimulation in the body by means of a Growth Hormone releaser. That is, by natural means, the body can be stimulated to produce and release its own HGH, increasing levels to those of a youthful, vital person.

One such supplement is [GenF20™](#), a supplement from a quality manufacturer. Their product works by using a formula to trigger and stimulate the pituitary gland to produce and secrete more HGH itself. The HGH goes into your body just as nature intended, in other words, through the glandular system -- just as it did when you were in your 20s. You see, it is not possible to just make an HGH supplement that would enter the bloodstream by other means than injection, because the HGH molecule is too large to pass through the walls of the digestive system, for instance. But with a "releaser" or stimulator product, your body does the HGH producing itself.

Once stimulated by the supplement, HGH goes to work in the body delivering all the benefits detailed above. If there's a fountain of youth, this is it, say doctors who've reviewed the product. Why not go to <http://www.GenF20.com/proof.html> and see for yourself.