







Item# 50223 - 180 Capsules

## H.G.H. YOUTH COMPLEX™

Human Growth Hormone naturally decreases with age, beginning usually when we are about 35-40 years old. Youngevity's® Premium H.G.H. Youth Complex™ product has a proprietary blend of amino acids, minerals and sea kelp, which make a truly unique product that cannot be found elsewhere in the market!

This product was truly formulated to help you "Live Younger - Longer"!

- Promotes healthy blood sugar levels
- Promotes a healthy immune system
- Promotes healthy cardiovascular function
- Promotes healthy skin
- Promotes sexual health
- Promotes healthy muscles
   Supports healthful exercise\*
- Promotes healthy vision
- Promotes healthy brain function







## Supplement Facts Serving Size: 6 Capsules Servings Per Container: 30

Amount per Serving         % Dally Valuet           Vitamin B6 (as pyridoxine hydrochloride)         6 mg         300%           Vitamin B-12 (as cyanocobalamin)         60 mcg         1000%           Calcium (from calcium glycinate)         4.2 mg         <2%           Iron (from ferrous bis-glycinate)         60 mcg         <2%           Iodine (from potassium iodide)         0.12 mcg         <2%           Magnesium (from magnesium glycinate)         3.3 mg         <2%           Magnesium (from selenium glycinate)         27 mcg         <2%           Selenium (from selenium glycinate)         3 mcg         4%           Copper (from copper glycinate)         2.4 mcg         <2%           Manganese (from manganese glycinate)         1.6 mg         80%           Chromium (from chromium glycinate)         102 mcg         85%           Molybdenum (from molybdenum glycinate)         0.9 mcg         <2%           Potassium (from potassium iodide)         128.4 mg         4%           Arginine (as I-arginine hydrochloride)         300 mg         **           Glutamine (as I-glycine)         300 mg         **           Lysine (as I-lysine monohydrate hydrochloride)         300 mg         **           Lysine (as I-tyrosine)         300 mg         **	Serving Size. o capsules Servings i	ci container. 30	
Vitamin B-12 (as cyanocobalamin)         60 mcg         1000%           Calcium (from calcium glycinate)         4.2 mg         <2%	Amount per Serving	% Da	aily Value†
Calcium (from calcium glycinate)       4.2 mg       2%         Iron (from ferrous bis-glycinate)       60 mcg       2%         Iodine (from potassium iodide)       0.12 mcg       2%         Magnesium (from magnesium glycinate)       3.3 mg       2%         Zinc (from zinc glycinate)       27 mcg       2%         Selenium (from selenium glycinate)       3 mcg       4%         Copper (from copper glycinate)       2.4 mcg       2%         Manganese (from manganese glycinate)       1.6 mg       80%         Chromium (from chromium glycinate)       102 mcg       85%         Molybdenum (from molybdenum glycinate)       0.9 mcg       2%         Potassium (from potassium iodide)       128.4 mg       4%         Arginine (as I-arginine hydrochloride)       300 mg       **         Glycine (as I-glycine)       300 mg       **         Lysine (as I-lysine monohydrate hydrochloride)       300 mg       **         Ornithine (as I-ornithine)       300 mg       **         Tyrosine (as I-tyrosine)       300 mg       **         GABA (gamma-aminobutyric acid)       150 mg       **         Cobalt (from cyanocobalamin)       2.1 mcg       **	Vitamin B6 (as pyridoxine hydrochloride)	6 mg	300%
Iron (from ferrous bis-glycinate)     60 mcg     <2%	Vitamin B-12 (as cyanocobalamin)	60 mcg	1000%
Iodine (from potassium iodide)         0.12 mcg         <2%	Calcium (from calcium glycinate)	4.2 mg	<2%
Magnesium (from magnesium glycinate)       3.3 mg       <2%	Iron (from ferrous bis-glycinate)	60 mcg	<2%
Zinc (from zinc glycinate) 27 mcg <2% Selenium (from selenium glycinate) 3 mcg 4% Copper (from copper glycinate) 2.4 mcg <2% Manganese (from manganese glycinate) 1.6 mg 80% Chromium (from chromium glycinate) 102 mcg 85% Molybdenum (from molybdenum glycinate) 0.9 mcg <2% Molybdenum (from molybdenum glycinate) 0.9 mcg <2% Potassium (from potassium iodide) 128.4 mg 4% Arginine (as I-arginine hydrochloride) 300 mg ** Glutamine (as I-glutamine) 300 mg ** Glycine (as I-glycine) 300 mg ** Tyrosine (as I-lyrisine monohydrate hydrochloride) 300 mg ** Tyrosine (as I-tyrosine) 300 mg ** Tyrosine (as I-tyrosine) 300 mg ** SABA (gamma-aminobutyric acid) 150 mg ** Kelp (Laminaria spp.) 150 mg ** Cobalt (from cyanocobalamin) 2.1 mcg **	Iodine (from potassium iodide)	0.12 mcg	<2%
Selenium (from selenium glycinate) 3 mcg 4% Copper (from copper glycinate) 2.4 mcg <2% Manganese (from manganese glycinate) 1.6 mg 80% Chromium (from chromium glycinate) 102 mcg 85% Molybdenum (from molybdenum glycinate) 0.9 mcg <2% Potassium (from potassium iodide) 128.4 mg 4% Arginine (as I-arginine hydrochloride) 300 mg ** Glycine (as I-glycine) 300 mg ** Glycine (as I-glycine) 300 mg ** Lysine (as I-lysine monohydrate hydrochloride) 300 mg ** Tyrosine (as I-tyrosine) 300 mg ** Som (as I-tyrosine) 300 mg ** Kelp (Laminaria spp.) 150 mg ** Kelp (Laminaria spp.) 150 mg ** Cobalt (from cyanocobalamin) 2.1 mcg **	Magnesium (from magnesium glycinate)	3.3 mg	
Copper (from copper glycinate) 2.4 mcg 2% Manganese (from manganese glycinate) 1.6 mg 80% Chromium (from chromium glycinate) 102 mcg 85% Molybdenum (from molybdenum glycinate) 0.9 mcg 2% Potassium (from potassium iodide) 128.4 mg 4% Arginine (as I-arginine hydrochloride) 300 mg ** Glutamine (as I-glutamine) 300 mg ** Glycine (as I-glycine) 300 mg ** Lysine (as I-lysine monohydrate hydrochloride) 300 mg ** Tyrosine (as I-tyrosine) 300 mg ** Son mg 4* So		27 mcg	
Manganese (from manganese glycinate) 1.6 mg 80% Chromium (from chromium glycinate) 102 mcg 85% Molybdenum (from molybdenum glycinate) 0.9 mcg <2% Potassium (from potassium iodide) 128.4 mg 4% Arginine (as I-arginine hydrochloride) 300 mg ** Glycine (as I-glycine) 300 mg ** Lysine (as I-lysine monohydrate hydrochloride) 300 mg ** Lysine (as I-tyrosine) 300 mg ** Corithine (as I-tyrosine) 300 mg ** Relp (Laminaria spp.) 150 mg ** Cobalt (from cyanocobalamin) 2.1 mcg **	Selenium (from selenium glycinate)	3 mcg	
Chromium (from chromium glycinate) 102 mcg 85%  Molybdenum (from molybdenum glycinate) 0.9 mcg <2%  Potassium (from potassium iodide) 128.4 mg 4%  Arginine (as I-arginine hydrochloride) 300 mg **  Glycine (as I-glycine) 300 mg **  Lysine (as I-lysine monohydrate hydrochloride) 300 mg **  Lysine (as I-tyrosine) 300 mg **  Tyrosine (as I-tyrosine) 300 mg **  GABA (gamma-aminobutyric acid) 150 mg **  Kelp (Laminaria spp.) 150 mg **  Cobalt (from cyanocobalamin) 2.1 mcg **		2.4 mcg	
Molybdenum (from molybdenum glycinate) 0.9 mcg <2% Potassium (from potassium iodide) 128.4 mg 4% Arginine (as I-arginine hydrochloride) 300 mg ** Glutamine (as I-glycine) 300 mg ** Lysine (as I-lysine monohydrate hydrochloride) 300 mg ** Lysine (as I-tyrosine) 300 mg ** Ornithine (as I-tyrosine) 300 mg ** GABA (gamma-aminobutyric acid) 150 mg ** Kelp (Laminaria spp.) 150 mg ** Cobalt (from cyanocobalamin) 2.1 mcg **		1.6 mg	
Potassium (from potassium iodide) 128.4 mg 4%  Arginine (as I-arginine hydrochloride) 300 mg **  Glutamine (as I-glutamine) 300 mg **  Glycine (as I-glycine) 300 mg **  Lysine (as I-lysine monohydrate hydrochloride) 300 mg **  Ornithine (as I-ornithine) 300 mg **  Tyrosine (as I-tyrosine) 300 mg **  GABA (gamma-aminobutyric acid) 150 mg **  Kelp (Laminaria spp.) 150 mg **  Cobalt (from cyanocobalamin) 2.1 mcg **			
Arginine (as I-arginine hydrochloride)  Glutamine (as I-glutamine)  Glycine (as I-glycine)  Lysine (as I-glycine)  300 mg  **  Lysine (as I-lysine monohydrate hydrochloride)  Ornithine (as I-ornithine)  Tyrosine (as I-tyrosine)  GABA (gamma-aminobutyric acid)  Kelp (Laminaria spp.)  Cobalt (from cyanocobalamin)  **  **  **  300 mg  **  **  **  **  **  **  **  **  **			<2%
Arginine (as Farginine hydrochloride)         300 mg           Glutamine (as I-glutamine)         300 mg         **           Glycine (as I-glycine)         300 mg         **           Lysine (as I-lysine monohydrate hydrochloride)         300 mg         **           Ornithine (as I-ornithine)         300 mg         **           Tyrosine (as I-tyrosine)         300 mg         **           GABA (gamma-aminobutyric acid)         150 mg         **           Kelp (Laminaria spp.)         150 mg         **           Cobalt (from cyanocobalamin)         2.1 mcg         **	Potassium (from potassium iodide)	128.4 mg	4%
Solutariline (as Eglutariline)   300 mg   300	Arginine (as I-arginine hydrochloride)	300 mg	**
SayCife (as I-lysine monohydrate hydrochloride)   300 mg   **   Dysine (as I-lysine monohydrate hydrochloride)   300 mg   **   Tyrosine (as I-tyrosine)   300 mg   **   Tyrosine (as I-tyrosine)   300 mg   **   GABA (gamma-aminobutyric acid)   150 mg   **   Kelp (Laminaria spp.)   150 mg   **   Cobalt (from cyanocobalamin)   2.1 mcg   **	Glutamine (as I-glutamine)	300 mg	**
250 mg	Glycine (as I-glycine)	300 mg	**
Ornitinine (as I-dynitinine)         300 mg         **           Tyrosine (as I-tyrosine)         300 mg         **           GABA (gamma-aminobutyric acid)         150 mg         **           Kelp (Laminaria spp.)         150 mg         **           Cobalt (from cyanocobalamin)         2.1 mcg         **	Lysine (as I-lysine monohydrate hydrochloride)	300 mg	**
300 mg   3	Ornithine (as I-ornithine)	300 mg	**
Kelp (Laminaria spp.)         150 mg         **           Cobalt (from cyanocobalamin)         2.1 mcg         **	Tyrosine (as I-tyrosine)	300 mg	**
Cobalt (from cyanocobalamin) 2.1 mcg **	GABA (gamma-aminobutyric acid)	150 mg	**
Cobait (Irom cyanocobaiamiii) 2.1 mcg	Kelp (Laminaria spp.)	150 mg	**
Vanadium (from vanadyl sulfate) 1.2 mcg **	Cobalt (from cyanocobalamin)		**
	Vanadium (from vanadyl sulfate)	1.2 mcg	**

% Daily Value based on a 2,000 calorie diet for adults and children over four Daily Value not established

Other ingredients: Gelatin capsule (gelatin and water), gelatin, rice flour, magnesium stearate (vegetable source) and silicon dioxide.