

IRON

POWER

BUILDING MUSCLE...BURNING FAT



Richard Hargreaves is a personal trainer, former Mr Australia, has owned two bodybuilding gymnasiums, is an internationally qualified physique judge, regular editorial contributor to a number of fitness publications and is currently researching performance enhancing supplements for his company *Ironpower*

INCREASE GROWTH HORMONE BY OVER 700%...NATURALLY!

Imagine a secret so well kept, that it remained a secret for two decades. A secret that may help you build more muscle naturally than you've presently been able to.

Human Growth Hormone is the 'master' hormone of the body. It is produced by the pituitary gland in the brain and its release into the bloodstream is controlled by the Hypothalamus – also in the brain. Healthy adult males 20-40 years old make 0.4 mg to 1.0 mg per day. Those who exercise intensely make the higher levels. Between 5 and 10 mg is stored in the pea shaped ball known as the pituitary which hangs on a stalk off your brain. After the age of 20, G.H. levels steadily decrease.

It is known as the master hormone because it controls the sex hormones (e.g. testosterone) as well as every other hormone manufactured by the various glands of the body. Of special importance to us for building bigger, stronger muscles are 3 reactions:

1. **Testosterone**
2. **IGF-I**
3. **Insulin**

TESTOSTERONE

Dr C.H. Li at the University of California established over 40 years ago that growth hormone increases testosterone levels. It achieves this by enhancing the action of leuteinising hormone which is the hormone that tells the body to make more testosterone.

IGF-I

Once in the bloodstream, growth hormone goes to the liver where it is destroyed. But in the process it stimulates the production of insulin-like growth factors, also called Somatomedins. They are part of a group of chemicals known as polypeptides. The most

powerful of these is Somatomedin-C also called insulin-like-growth factor -1. (IGF-1) Somatomedins circulate through your bloodstream for hours causing muscular growth.

INSULIN

Now this is the most anabolic of all the hormones – even testosterone. Insulin peaked at the 30 minute mark after taking the G.H. stack. This will coincide with the start of your workout.

Okay, these are at least three great reasons as to why you want peak G.H. levels for maximum anabolic drive and growth – so how do you do it in practical terms? What's the secret? Well, it's not really a secret at all...

In 1981, two doctors at the University of Rome demonstrated that 1200 mg L-Argine-2-pyrrolidone, 5 carboxylate, stacked with 1200 mg 1-lysine hydrochloride taken orally (not intravenously) gave a 700% increase in human growth hormone peaking at 90 minutes after taking. It was also shown to increase insulin – the most anabolic hormone. In conjunction, Somatomedin increased for many hours. It was also most importantly demonstrated that the growth hormone secreted was biologically active – in other words, it could trigger all the positive reactions we want to happen – increase muscle and decrease fat simultaneously.

So why has it taken so long for this knowledge to get out, if it's not a secret?

Well, the answer is simple. You must use the correct peptide form of arginine, and not arginine hydrochloride, for it to work. This particular peptide is the one that performs the magic. It seems to resemble a very sophisticated "key" that "unlocks" the pituitary gland into releasing a surge/pulse of growth hormone into the blood system when combined with L-lysine Hydrochloride, at a dose of 1200 mg each. The effect appeared to be specific to the combination of the two amino acids; neither of the amino acids demonstrated appreciable stimulating activity when administered alone, even at the same doses.

Another amazing thing about this stack is that only small oral doses are required. Most other studies demonstrating growth hormone release through amino acids have used

equivalent in oral dose is so high as to be impractical.

This stack has an effect on your pituitary as great as the body's own hormone for stimulating G.H. (Somatocrinin) and so its potency can be appreciated.

Here is the Stack:

1200 mg 1-arginine -2-pyrrolidone-5-carboxylate
1200 mg 1-lysine hydrochloride

The reason for taking the stack before training is that high intensity weight training naturally raises G.H. levels by stimulating Somatocrinin, and we want to maximise the effects of your hard training.



If you haven't the time to make your own stack, Ironpower has done it for you in the G.H. Stack. One box contains six glass phials, each containing 1200mg 1-arginine-2-pyrrolidone-5-carboxylate, and 1200 mg 1-lysine hydrochloride, enough for a 3 week cycle.

Reference:

A study of growth hormone release in man after oral administration of amino acids.
A. Isidori M.D., A. Lo Monaco M.D. and M. Cappa, M.D.
Medical Clinic V University of Rome, Rome, Italy.
Curr. Med Res. Opin., (1981) 7, 475. Received: 13th March 1981.

Ironpower's complete range of muscle building and fat burning products can be viewed and purchased online at www.ironpower.com.au or call (049) 800 3184 (Philippines) for more information on your nearest retailer.

WITH · RICHARD · HARGREAVES

NATURALLY

www.ironpower.com.autt