



SUGGESTIONS TO MAXIMIZE THE BENEFITS OF GROWTH HORMONE THERAPY WITH AEON & SOMASTATIN

Optimum use of **Somastatin** follows the adrenal cortisol cycle which typically occurs between 11:00 a.m. and 1:00 p.m. if you wake around 7 a.m. (4-6 hours after waking). If you cannot take **Somastatin** as suggested, we recommend taking it immediately upon awakening. It is important to cycle the administration of Somastatin. We recommend that you take **Somastatin** for five consecutive days (e.g. Mon. through Fri.) and take two days off. Continue this 5 days on, two days off cycle for six (6) consecutive weeks, then, take two (2) weeks off (you may continue to take all other products you may be using). After these two consecutive “off weeks”, begin the same six (6) week cycle of use again.

As discussed in previous materials regarding the use of **AEON** growth factor, food consumed before administering **AEON** may raise your blood sugar level and negatively impact your growth hormone levels. Try to use **Somastatin** and **AEON** 15 minutes before eating. Please be certain that your palate is clear from food residue (especially fatty residue) for optimum effectiveness.

SOMASTATIN SUGGESTED USAGE WITH/WITHOUT AEON: Please shake gently before using. Spray in the inner cheek area of mouth. With **AEON or any HGH protocol**, use 1 spray per 40 lb (Example: 180-200 lb. = 5 sprays), and without **AEON or any HGH protocol**, use 1 spray per 30 lb of bodyweight **once daily** following your normal sleep pattern. Hold in mouth for 90 seconds. **OPTIONAL USE:** Take the ½ suggested daily dose, and ½ dose 15 minutes prior to exercise. There are approximately 180 sprays per bottle. **STORAGE:** AVOID SUNLIGHT, best if kept in cool dark place or refrigerate. Contact customer service to time your personal usage. It's best to time your reorder to be received during your two week “off” cycle.

AEON SUGGESTED USAGE: Take **3 Sprays** in the AM upon awakening and before you brush your teeth. In the PM, take **3 Sprays** after brushing your teeth (before going to bed). Simply spray under the tongue or inner cheek of the mouth and let it remain 90 seconds before swallowing. Always wait 10-15 minutes before ingesting any **PROTEIN**. Fruit, vegetables, juice, water, black coffee or tea may be immediately consumed. It is best to keep **AEON** and **AMINO Rx** next to your bed stand for consistency.



AEON WITH AMINO Rx SUGGESTED USAGE: Before you use **AEON** twice daily, simply take 2 capsules of **AMINO Rx** with purified water. Then immediately take **3 Sprays** of **AEON Growth Factor** (or as recommended by your healthcare professional). **AEON** and **Amino Rx** synergistically complement each other, and become much more effective when combined. Creating a daily habit of, “**2 Capsules and 3 Sprays in the Morning and at Night**” routine, is the most efficacious thing you can do when using **AEON** and **AMINO Rx**.

Continue to take all supplements and medications just as you normally would. Please be certain to maintain sufficient water intake throughout the day to re-hydrate the cells and assist in eliminating toxins. A **minimum** of ½ oz water for each pound you weigh, or more, based on activity is commonly recommended by healthcare professionals. Exercising, especially resistance training and sleeping well both help increase growth hormone action. Always consume sufficient vitamins, minerals, cofactors and protein throughout the day to support tissue regeneration and repair (protein synthesis). The best way to experience the benefits of **AEON** and **AMINO Rx**, is to use it every day for ongoing hormone and neuropeptide balance and protein synthesis.

As for the issue of when to expect results, make note of these important points: No two people are the same, including their metabolisms. Therefore, some individuals may experience the subtle, life-changing results somewhat sooner than others. You may notice a natural increase in energy levels, while another may require more time to experience results. Protein synthesis and natural healing can demand a lot of metabolic energy, so it's not uncommon for some to feel a bit tired, sluggish or even flu like when first taking **Somastatin, AEON & Amino Rx**. This certainly includes one's natural detoxification. When toxic materials are now being actively transported out of one's body at a higher rate of removal, it is sometimes likely that these materials, until they are more completely removed, may cause the body a temporary feeling of lack of energy or feeling slightly ill. If this is noticed, it is a good sign! Although, it could last for a few days or up to a couple of weeks. This is due to the body's metabolic and immune systems being activated through the regenerative process when beginning a growth hormone, neuropeptide regimen. Simply allow your system a brief time to balance itself if needed, and look forward to the benefits of biostasis. Learn more about what to expect here: www.antiagingresearch.com/commitment.shtml

Cellular Regeneration: It is important to realize that the expectation of instant cellular transformation into a youth-filled 21 year old is simply unrealistic to expect from ANY product. You must allow your body a reasonable amount of time (several weeks to a few months) for adequate cellular regeneration and biosynthesis to occur to experience your desired results. A brick wall is only as good as the mortar. This is a most critical time to flood your body with the highest quality nutrients and supplements (mortar) so maximum “wall” of biosynthesis occurs.

Nutrient Supplementation: Additionally, and quite importantly, as a result of the newly activated **regenerative processes** promoted by your growth hormone, neuropeptide regimen, the **nutritional demands** now placed on one's metabolism *require additional nutrient supplementation for maximum results.* **To directly address this need at minimum**, as well as overcome the initial possibility of sluggishness due to toxin removal as mentioned above, we have created our exclusive **Longevity & Life Extension Systems**. These are powerful, intelligently designed combinations of **hormone enhancing, cellular fortifying, detoxifying and cleansing nutrients** never before offered by anyone from any source.

STRESS KILLS: For **full stressor detoxification**, please consider using **BlockBusterX Chelation** to help remove bad calcium, lead, and other toxins. **40% of all Americans have toxic lead levels. Studies demonstrate that these levels increase death from chronic disease by 25% and cardiovascular issues up to 151%.**

Indications: To maximize biostasis and to reverse / inhibit the aging process (ref. HGH Therapy), and to benefit athletes desiring to naturally promote their own efficiency of HGH. **Legal Disclaimer:** Although unproven, some advocate when using HGH products, that anti-tumor protocols should be completed prior to incorporating **Somastatin** into any Anti-Aging program. Individuals with active cancers or tumors should not use **Somastatin** or any other GH Therapy without counsel from their medical professional.

Additional Support: You must do your best to avoid or reduce your intake of simple sugars found in soda, sugar added fruit juices, candy or other snack products. Large amounts of sugar in one's system inhibit the body's production and utilization of Growth Hormone, especially prior to bedtime. **Exercise, especially resistance training** will help increase Growth Hormone production and utilization. Increase your protein intake (e.g.: minimum of .75 (¾) grams per pound of bodyweight) to support tissue regeneration and repair while you sleep. Increase your water intake a **minimum** of ½ oz water for each pound you weigh, or more depending upon your activity level to re-hydrate the cells and assist in eliminating toxins. We also suggest that you please familiarize yourself with our **10 Step Anti-Aging Plan**, which is found on our website.

Please remember that the initial benefits of biostasis, regeneration and healing occur “on the inside” at the cellular level, long before manifesting themselves “on the outside.” Generally, the most noticeable benefits of biostasis appear between 3 and 6 months of consistent use. **Somastatin, AEON, Amino Rx & BlockBusterX** are to be used consistently for your entire life.

For those interested in a greater understanding of **Somastatin, AEON, Amino Rx & BlockBusterX**, and a more complete overview of the concept of Anti Aging and Performance Fitness, we recommend that you visit www.AntiAgingResearch.com. Or please contact customer service at 949-589-3515 or toll free at 888-AntiAging (268-4244), or email us at info@AntiAgingResearch.com.