



## SUGGESTIONS TO MAXIMIZE THE BENEFITS OF GROWTH HORMONE THERAPY WITH SOMASTATIN

Effective consumption of **Somastatin** meets its peak requirement during 11:00 a.m. and 1:00 p.m. (this when you should take **Somastatin**). These recommendations for use are based upon a normal sleep cycle, roughly seven (7) hours from late evening to early morning. If you cannot take **Somastatin** as suggested, we recommend taking it daily between three (3) to five (5) hours after you have awakened from your regular sleep cycle.

As discussed in previous materials regarding the use of our **AEON**, any food consumed 15 minutes before administering **AEON** will raise your blood sugar level and negatively impact the benefit of Growth Hormone. However, food consumption **DOES NOT** impact **Somastatin**. As with **AEON**, simply be certain that your palate is clear from food residue (especially fatty residue) in order to maximize **Somastatin's** absorption.

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 of our other products you may also be using). After these two consecutive "off weeks", begin the same six (6) week cycle of use again.

**Suggested Use for Somastatin:** Please shake gently before using. Spray in the inner cheek area of mouth. Take **once daily** as suggested above according to your normal sleep pattern. Use 1 spray per 30 lb. of bodyweight (Example: 180-200 lb. = 6-7 sprays). Hold in mouth for 90 seconds. Optional use: Take the ½ dose as normally suggested, and ½ dose 15 minutes prior to exercise. This 6-7 spray daily dose for example, would last approximately 25-30 days (approximately 180 sprays per bottle).

**Somastatin** is best if kept in cool dark place. Avoid direct exposure to the sun or other major heat source. Be sure and contact customer service to time your auto-ship delivery sequence. Since delivery times can slightly vary, it's best to time your reorder to be received during your two week "off" cycle.

**Proprietary MAPS Technology:** Our unique delivery vector which provides the perfectly designed metabolic roadmap and transport vehicle for efficient absorption and utilization, scientifically designed to successfully deliver its nutrient payload to specifically targeted cell sites.

**Indications:** To reverse the aging process (ref. HGH Therapy) and to benefit athletes desiring to naturally promote their own efficiency of HGH.

**Contraindications:** As with all HGH products, 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.

**Somastatin** is much more powerful when used with AEON growth hormone. In fact you require a dosage reduction of **Somastatin** to 1 spray for every 40lbs. Please consider the economics of this and the significant increase in benefits by the combined usage of **Somastatin** and **AEON**.

Please do your best to avoid eating before bedtime and at all time 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.

**Additional Support:**

It is also suggested that for the most complete Anti-Aging protocol possible, you include our powerful **Longevity System Rx Anti-Aging Power Tri-Pac**, which includes our **Essential Vita Rx**, **Amino Rx** and **Mineral Matrix Rx**. (Please be certain to continue to take all prescribed medications as you normally would, and always consult with your physician).

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 (64 oz. to 128 oz. or more depending upon your activity level), preferably a pure, spring type water, 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 and regular **Newsletter**.

Please remember that the initial benefits of Growth Hormone occur "on the inside" at the cellular level prior to manifesting themselves "on the outside". Generally, the most noticeable benefits of Growth Hormone therapy appear between 3 and 6 months of consistent use.

For those interested in a greater understanding of **AEON** GH Therapy, **Somastatin** and a more complete overview of the concept of Anti Aging and Performance Fitness, we recommend that you visit our website: [www.AntiAgingResearch.com](http://www.AntiAgingResearch.com). If you have any questions, please contact customer service at 949-589-3515 or Toll free: 1-877-268-4244 [info@AntiAgingResearch.com](mailto:info@AntiAgingResearch.com)