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An Overview of Human Growth Hormone Supplementation by [Milo](#)

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HGH, a hormone naturally produced in the brain, has the job of aiding in the growth and maintenance of body tissue. HGH is a unique blend of amino acids produced by the pituitary gland in the brain and is produced throughout life, declining significantly as you continue to age passed your youth years. That is when the signs of aging start to become more and more apparent. HGH supplements have risen to fame to combat what your body starts to do after it stops producing HGH in high amounts!

HGH was first used to treat children that didn't produce the right amounts of HGH, which hindered growth. In children, HGH does exactly what it was produced to do, help grow and maintain muscle tissue, bones, and other parts of the body. After you get passed your teen years, HGH starts to decline and doesn't work to grow your body tissue. HGH works for your metabolism after you stop growing. HGH is one of the most important hormones for your body at any age throughout life. Thousands of people use HGH products every day, from the young to the old.

The fact that HGH is great at stopping muscle deterioration and promoting its growth proves to very effective in treatments of serious illnesses. For instance, HGH supplementation is known to extend the lives of people with AIDS because the disease isn't able to deteriorate the body as fast. Athletes employ HGH because it speeds up recovery time, boosts your metabolism, and promotes more muscle growth, all being great for athletes. It is also a popular anti aging supplement because it can help you lose weight, boost brain stimulation, reduce wrinkles, give you more energy, and make you look years younger! HGH is literally one of the best supplements to use.

Year ago, only injections of HGH were available. Injections require a prescription and are the best form of HGH available, in terms of results. However, they also have the highest risk for side effects. Now, there are two types of OTC HGH products that are available: homeopathic HGH and HGH stimulators. While they are obviously not as powerful as injections, they can show some fantastic results, if used properly. If you don't have a medical problem that requires injections, you should probably stick to OTC products. Are the better results worth risking a serious medical condition from injections?

Over the counter HGH products have a bad reputation when it comes to effectiveness. There are some that don't work, but that is not true for all of them. HGH stimulators don't deliver results like HGH because they are just amino acid blends and not HGH at all. Homeopathic HGH is usually called ineffective because some companies sell low quality products that don't work at all. However, the top homeopathic HGH supplements have been proven to work great for hundreds of people in controlled studies. Research is key if you want to find an OTC HGH product that actually works!

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