Article Side

Comparison of the Chief Growth Hormone Supplements by Milo

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There is no doubt that HGH can be very beneficial for your overall health. It is one of the most important hormones in the body, so supplementing with it to raise your HGH levels to optimal levels can be a great idea, especially as you get older and your body stops producing the amount it used to. However, HGH injections are illegal without a prescription, so they are not an option for many people that don't have a serious medical need. That is why OTC HGH products have gained popularity. Unfortunately, HGH supplements are not made the same and some are definitely better than others. Since there are bad apples out there, you have to be careful when buying a product. This post talks about the good and the bad of the HGH product world.

You should know that over 300 companies online sell HGH supplements. Unfortunately, many of them are not HGH products at all. In fact, only 30 of those 300 products actually contain HGH in the ingredients. That means 270 products are not HGH supplements at all! All they are supposed to do is to tell the body to produce more HGH on its own. Unfortunately, many of the popular HGH products fall into this category. It is no wonder why HGH products have a bad reputation. For example, Genf20, a popular HGH-stimulation product, only contains some amino acids and chromium in the their ingredients list. Another product is Sytropin. It only contains HGH components and amino acids. HGH components are not real HGH at all and are basically a cover for their HGH-free product. Medic8 Super RX HGH contains amino acids, like the others, and ginseng. This list can obviously go on for the 270 companies that don't have HGH in their HGH products. Luckily, there are 30 products that do contain HGH.

In a study done on some of the best HGH products sold on the market, the results proved that many of the HGH-containing supplements are very beneficial in raising IGF-1 in the body, which is the true test of how effective a HGH treatment is. It was a 5 month study with 21 healthy adults participating. Both males and females, ranging from 45 to 86 years old, were tested. Blood tests were taken of every subject to make sure the results at the end would be completely accurate. Some of the 17 products that were used included Youth Renew 2000, Biogevity, and 21st Century HGH.

Every product did what it was supposed to do, raise IGF-1 levels. Of course, some did better than others. The worst product gave a 41% increase. 8 of the product tested ended up under a 60% increase. 3 of the 17 products showed between an 80-93% increase in the test subjects. The last 6 were over 105%. The bottom two of the top 6 tied with 105.8% increases. After that, the top 4 products jumped way up in the increased amount of IGF-1 levels in the subjects. The 4th best product was at 151% and the top 3 all landed in at 160.5% increases. Pro Blend, 21st Century HGH, and 1st HGH were the top 3. Out of those, 21st Century HGH's product is the cheapest, which makes it the best product in the trial for anybody looking for a great HGH product.

I hope this article showed you how different HGH products can be on the internet. There are some non-HGH products out there and there are some great ones, like 21st Century HGH. Research is key for your success!

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If you are interested in more with reference to HGH supplements, look at 21st Century HGH. They produce their own a HGH products that were listed in this piece. Additionally, you can check out this addition a HGH Associated Post.

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