

## USAGE

In order to experience the more dramatic results possible with Renewal®, it is important to take the product consistently, as recommended, for the first 3 to 4 months.

It is recommended to take two (2) sprays of Renewal® under the tongue three (3) times a day. Do this five days in a row then take two days off. If you want to take it more often, be sure to take at least one day off each week. Hold the liquid under the tongue for 30 to 60 seconds, then swallow.

With the exception of drinking water, Renewal® should be taken at least 20 minutes before or after eating, drinking juice, brushing teeth, etc. to achieve maximum absorption.

The best time to take Renewal® is first thing in the morning, again in the afternoon, and the third dosage just before bed at night. Many people prefer their afternoon dose around 4:00 p.m. when they usually get their "dip" in energy, or if exercising then just prior to workout.

After taking any Renewal® product for 3 or 4 months it is a good idea to then abstain for a week to ten days. This allows the GH receptor sites in the body to rest and for the body to "air out."

## RESULTS

The average time for noticeable results is two to three weeks. This can vary from person to person. Some have reported benefits within a few days while for others it has been a month or two depending on their age and body condition.

Once the benefits begin, at times you may experience a plateau. The body can seem to go into "neutral" and some of the results will appear to diminish or even vanish. This is the body using growth hormone to rebuild tissue, and to a degree "resting."

According to studies, the benefits will resume, even with vast improvements. This plateau effect may occur during the second or third month and can last as long as two or three weeks. It is important to continue taking the product. The more dramatic benefits usually occur after the third month.

Pat Gulley, Toccoa, GA

Two sprays,  
three times  
a day, five  
days a  
week

"HGH is the ultimate anti-aging therapy."

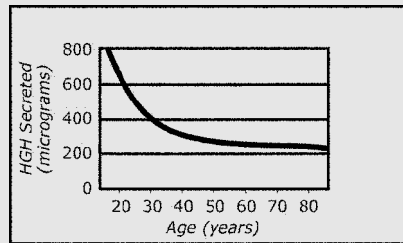
Dr. Ronald Klatz  
President, American Academy of Anti-Aging Medicine  
(In this quote Dr. Klatz is referring to the injectable form.)

"When growth hormone is combined with homeopathic preparation, the results are truly on the leading edge of anti-aging."

Dr. H. C. Davis  
From "Feel Younger with Homeopathic HGH."

## HGH DEPLETION IN THE BODY

Our growth hormone levels fall more than 75% between the ages of 20 and 70. By the time we are 40 almost everyone is deficient in HGH. The chart below illustrates this rapid decrease.



Depletion Over Age

These diminishing amounts have been directly linked to the aging process, to the extent that medical science now recognizes HGH deficiency as a clinical syndrome. The results of this deficiency are defined as low energy and vitality, increased body fat, decreased muscle mass, exercise capacity and sexual function, problems with sleep and memory, thin and graying hair, wrinkled skin, weaker bones, anxiety and diminished feelings of well-being.

One of the easiest ways to counteract this is to supplement the body with HGH. Renewal® offers an incredibly safe, efficient and affordable way of doing this.

"Inner knowing is our ultimate empowerment."

Anonymous

## ALWAYS YOUNG

A Socially Responsible, Values Based Company

Always Young was founded in 1998 to enhance our health, longevity and consciousness. There is no reason to age as we have in the past. Rejuvenation is becoming the new lifestyle, offering enhanced focus, strength, productivity and mental acuity. Renewal® was designed specifically for this purpose.

Our products are for all adults. Whether you are in your 20's or 30's focusing on strength, toning and performance, 40's or 50's looking for more energy, balanced sleep and stamina, or a Senior wishing to be more productive, there is a Renewal® formula for your specific needs.

Our products are highly effective, safe, fully hand-succussed, FDA Registered and manufactured in an FDA Certified Lab in the United States. Only the purest and most potent ingredients are used, sourced from around the globe.

Water is the basis of all homeopathics. Its extraordinary molecular structure is able to hold the homeopathic energies and deliver them to the body. Therefore, the integrity of the water is paramount to delivering a highly effective and fast-acting product.

To ensure this, we created our proprietary PVM™ (Pure Vibrational Memory) water system. It generates a pure and

Available through:

coherent water designed to enhance the subtle homeopathic energies, making them more potent and readily available to the cells of the body. This water is infused with full spectrum light, love, gratitude and a myriad of subtle earth energies. Gem Essences are also added to boost energy and focus, and to help maintain balance.

"Renewal HGH has given me back my life. I'm 44, was over weight and run down. Unbelievably I'm losing weight, my skin became young again. I'm looking better and feeling better. Thanks Always Young I guess your name says it all."

Mark Hathaway, Arcadia, IN

# RENEWAL<sup>®</sup> HGH

LIVE YOUR POTENTIAL

Energy  
Stamina  
Rejuvenation

from  
Always Young  
Since 1998



Safe  
Effective  
Oral Spray  
Homeopathic  
Hand-Succussed  
FDA Registered

"Strength, endurance and clarity of thought have been amazing. This is the best product I have ever used."

Dr. J. Cates, MD from Allons, TN

# BENEFITS

Over **28,000** clinical studies worldwide

Clinical studies using injectable GHG have shown that it can:

**Increase Energy / Vitality** - This is usually one of the first benefits experienced. GHG can speed up the metabolism in the cells, boost vitality and promote a more youthful energy.

**Reduce Fat / Cellulite** - Fat loss can be accelerated significantly and cellulite diminished while lean body mass increases.

**Build Muscle** - GHG stimulates muscle growth by increasing the actual number of muscle cells. It also affects the size of these cells by enhancing overall protein synthesis.

**Rejuvenate Skin** - The key proteins in the skin - collagen and elastin - are strengthened. The skin can become thicker, wrinkles can diminish, and an overall "glow" can occur.

**Improve Memory / Cognition** - GHG can stimulate the repair and rejuvenation of brain cells. Learning, memory and intelligence all depend on adequate supplies of growth hormone.

**Elevate Mood** - Through the raising of B-endorphin levels - the brain's own opiate - and lowering dopamine which causes agitation, GHG can reduce stress, improve concentration and focus, and help to build self-confidence.

**Enhance Sexual Desire / Hormone Balance** - GHG can revive sexual life in men. Many women also report increased libido and heightened pleasure, as well as the alleviation of menstrual and post menopausal symptoms.

**Regulate Sleep** - GHG can be a great help in balancing sleep. Not only can you feel more rested in the morning, but many report for the first time in years they are able to sleep through the night.

And MUCH More. It can also strengthen bones, thicken hair, re-color the gray, improve vision, digestion and oxygen uptake, reverse shrinking of major organs, quicken healing of wounds and even more.

# WHAT IS GHG?

The master hormone, produced by the pituitary gland in the brain. In the 1950's scientists found that children needed ample amounts of it in order to grow properly, thus the name Human Growth Hormone. Near the age of 21 our bodies begin to produce less of it. By the time we are 40 nearly everyone is deficient in growth hormone and at age eighty our production has usually diminished at least 90-95%.

# PRODUCTS

All Renewal® products are produced in an FDA certified laboratory and are made with true recombinant GHG (191 amino acid chain).

## RENEWAL GHG ADVANCED

Designed to accelerate the innate capabilities of GHG by blending it with a totally unique combination of eight other nutrients. The **Advanced Formula** delivers a potency far greater than the sum of its elements, promoting faster, deeper and longer lasting results.

The GHG is formulated as a dual-potency (9x/30x), and like the Original Formula, is designed to maximize the benefits of growth hormone.

Ingredients: GHG 9x/30x, RNA 9x, Ornithine 9x, MSM 9x, Colostrum 30c, Albumin 3c, Protease 9x, Silica 9x, Zinc Sulphate 3c.

## RENEWAL GHG WORKOUT FOR MEN

The ultimate workout formula for serious fitness, body-building and athletics. **Workout for Men** is designed to boost performance, strength, energy, muscle mass, tone, stamina and mental focus. Increases your ability to achieve peak performance while reducing healing and recovery time.

A powerful blend of GHG, IGF-1, Growth Factors and 28 other ingredients designed to increase the uptake of oxygen, the production of ATP and improve protein synthesis.

Ingredients: GHG 9x/12c/30x, IGF-1 9x/30x, Growth Factors 9x/9c, Testosterone 30c/100x/1M. Other homeopathic ingredients: Amino Acid Complex, Creatine Monohydrate, Trans-Ferulic Acid, OKG, NADH, DHEA, Hyaluronic Acid, Pituitarium, Pregnenolone, Germanium, Ribose, Trypsin, Protease, Vitamin E, B Complex, Boron, Chromium, Zinc Sulfate, Co-Enzyme A, Vanadium, Trace Minerals, L-Arginine Pyroglutimate, L-Carnitine, L-Glutamine, L-Isoleucine, L-Leucine, L-Valine.

## RENEWAL GHG FITNESS FOR WOMEN

Specifically designed for a woman's physiology to help maximize energy, strength, hormonal balance and tone.

With 30 uniquely combined, safe and effective ingredients **Fitness for Women** is ideal whether you are constantly on the go, have a career, kids, or live in the gym. It assists with stamina, fat-burning and focus as well as the overall energy and feeling of balance to help you through a long day or workout.

Ingredients: GHG 24x, 7-Keto DHEA 30c, Adrenal 1M/30x. Other homeopathic ingredients: Pituitary Anterior, NADH, 5-HTP, CoQ10, ADP, Acetyl-L-Carnitine, L-Leucine, L-Isoleucine, L-Phenylalaine, L-Taurine, L-Tyrosine, CLA, MSM, Chondroitin Sulfate, D-Glucosamine HCL, Rosemary Oil, Wild Yam Extract, Citrus Aurantium, Ellagic Acid, Genisten, Ginger Extract, Inositol, Mucuna Pruriens, Biotin, Chromium, Vitamin D. Combined with the essences of Yellow Sapphire, Quartz & Charoite

# PROCESS & TECHNOLOGIES

## HOMEOPATHY

MORE PRODUCTS...

During the process of creating a homeopathic, most of the molecular content of a substance is broken down. What remains is an energetic imprint of that substance, which is then integrated in with the water used to make the homeopathic. As seen with a high powered microscope, the matrix of the water molecules becomes altered. This allows the water to 'hold' the energetic imprint. This imprint is then easily absorbed into the body through tiny membranes under the tongue called mucosa.

## RENEWAL GHG ORIGINAL FORMULA

Homeopathic GHG at its finest. This triple-potency (3x/30x/100x) formula is designed to optimize the extraordinary capabilities of growth hormone. The 3x portion of this formula focuses the GHG for maximum results in the physical body. The 100x for the core of the mental/emotional. The 30x potency is a favorite of homeopathic doctors. With its wide range of potential, it is excellent for the physical body, and the mental and emotional aspects as well.

Ingredients: GHG 3x/30x/100x.

## RENEWAL IGF-1 FORMULA

This 12c formula is designed to take advantage of IGF-1's ability to build and maintain lean muscle mass, reduce fat, and strengthen bones and the central nervous system.

Excellent for body builders and fitness enthusiasts, and those with special concerns about weak bones and issues relating to the nerves.

Ingredients: IGF-1 12c.

# WHAT IS IGF-1?

An acronym for Insulin-like Growth Factor One (somatomedin C). When GHG is secreted by the pituitary gland, most of it goes to the liver. The liver then uses the GHG to produce a number of growth factors, including IGF-1. Each has various responsibilities for maintaining a strong and healthy body. IGF-1 works primarily to build and maintain lean muscle mass, rid the body of excess fat, and strengthen bones and the central nervous system.

## Coming In 2006

### RENEWAL GHG SENIOR FORMULA

#### ALWAYS YOUNG ENERGY

A new line of Products for...

- Men
- Women
- Seniors

## PVM WATER™ (Purified Vibrational Memory)

Generated from our proprietary water technology, this highly purified water goes through an additional stage where all pre-existing vibrational memory is stripped from the water. The result is a highly coherent, super-charged water optimized for retaining the highest level of vibrational resonance from our ingredients. This newly structured water is now primed for maximum absorption into the cells of the body.

## FULL SPECTRUM LIGHT

Infused during the manufacturing process for maximum cellular energy.

## GEM RESONANCES

Our research has led us to conclude that Gem Essences are very valuable in "amplifying" the potency of ingredients they are combined with. We are using yellow sapphire, diamond and quartz for endurance, energy and clarity.

# EXPECTATIONS\*

Month 1: Increased energy, improved stamina, more optimistic attitude, sounder sleep, feeling fresh when waking.

Month 2: Weight loss, improved skin, increased strength, better muscle tone and digestion, enhanced sexual function.

Month 3: Improved mental processes, increased muscle size, reduced P.M.S. symptoms, faster soreness recovery.

Month 4: Same as Month 3 depending on the person.

Month 5: Reduction of the appearance of wrinkles, more weight loss and muscle tone, thickening of hair and skin.

"Wow! What a great product! I have been taking Renewal for three months and I look and feel great. I am thirty-six years old and people are always telling me that I look as if I am in my twenties. I have gone from a size 14 to a size 10. The fine lines under my eyes are almost completely gone and my hair and nails are growing like wildfire. Renewal has given me so much energy that I am running three and a half to four miles a day, six days a week. I feel great and my husband said that I am truly the most beautiful woman he has ever seen."

Janine Waterson, Braselton, GA

Month 6: Cellulite greatly diminishes, stronger resistance to colds, flu, etc., better emotional stability, grayed hair begins to return to natural color.

\* From Feeling Younger with Homeopathic GHG by Dr. H. A. Davis

(Our special thanks to Dr. Davis for his diligent research and for allowing us to use the above information.)

100% Guarantee on all products