



ETERNO™

YOUTH BODY TRANSFORMATION

KEY NUTRIENTS

Vitamin B6

L-Arginine

GABA

Aloe Vera

Magnesium

Glycine

L-glutamine

Trigonella

Zinc Mono-L-Methionine

Beta Alanine

Withania Somnifera

Rubus Idaeus

ESSENTIAL MINERALS

A powerful combination of **Zinc, Magnesium, and Vitamin B6** that supports an increase in IGF-1. What is IGF-1? Good question! It's full name is Insulin-like growth factor 1 and was originally called somatomedin C. IGF-1 is a 70 amino acid polypeptide hormone that is stimulated by growth hormone and positively impacts growth factors in almost every cell, including muscle cells, skin cells and cells of the body's many organs.

Additionally, one of these nutrients, **Zinc**, helps to support your immune system while another nutrient, **Magnesium**, plays a key role in metabolism and muscle health. **Vitamin B6** helps boost natural energy and makes these ETERNO nutrients an ultimate combination of essential mineral health.

GABA

GABA increases relaxation, reduces stress, and creates a more balanced and deeper sleep. At night, during deep, restful sleep, growth hormone is released by the pituitary gland.

By supporting healthy growth hormone production, potentially diminishing the "blockers" to growth hormone and supporting deep, restful sleep, ETERNO has a powerful combination of natural nutrition to help you achieve optimum results.

AMINO ACIDS

Amino Acids are actual precursors for the body's own natural production of growth hormone. What this means is that **Amino Acids** help naturally prepare your body to produce human growth hormones. That's a big win for **Amino Acids** and for your body!

