

Gammanol Forte™

EFFECTIVE SUPPLEMENT FOR ATHLETIC PERFORMANCE WITH FRAC®



Original research by David Brownstein, M.D., shows positive increases in serum IGF-1 in 8 out of 10 women, following supplementation with **Gammanol Forte™**.

Measurements of plasma IGF-1 levels represent changes of growth hormone production. Ten women, ages 29 to 77, participated in the study. Blood was drawn from each participant and IGF-1 measured prior to beginning supplementation with **Gammanol Forte™**. Each participant took 2 **Gammanol Forte™** tablets t.i.d. for 3 to 5 weeks. Blood was again drawn and IGF-1 again measured.

A significant increase in serum IGF-1 was seen in 8 out of 10 women following supplementation, with an average increase of 45%. Results suggest that supplementation with **Gammanol Forte™** increases growth hormone production in women.

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Growth hormone promotes cell growth by increasing protein synthesis. It causes cells to switch from relying on carbohydrates for energy to burning fat by stimulating fat breakdown. Growth hormone levels generally decline with age, and this may contribute to reduced bone formation and increased bone loss frequently observed in elderly women.

Gammanol Forte™ supplies gamma oryzanol with FRAC®, providing free ferulic acid with a complex mixture of polyphenolics, including free sterols and triterpenoids. FRAC® possesses significant free-radical scavenging properties as well, similar to that of Silymarin, as measured by its ability to quench the organic DPPH (1,1-diphenyl-2-picrylhydrazyl) free radical.

Gammanol Forte™

has been recommended and used by collegiate and professional athletes for years.

Gammanol Forte™ includes components that support the autonomic nervous system and its ability to respond to physical stress, especially anaerobic tasks such as weight lifting. As a result of physical stress, the body releases hormones with roles in reducing pain (endorphins), reducing inflammation (corticosteroids) and stimulating tissue repair (androgens and growth hormone).

Several small studies suggest that **Gammanol Forte™** can provide nutritional support for the increased synthesis of growth hormone (GH), and possibly endorphins. Athletes, such as football players and weight lifters, have been shown to reduce body fat, increase lean body mass and increase strength over control groups. Additionally, a small study conducted by Dr. David Brownstein showed that women

taking **Gammanol Forte™** for five weeks showed an increase in insulin-like growth factor-1 (IGF-1), and by inference GH, which directs the production of IGF-1.

The benefits of **Gammanol Forte™** supplementation on athletic performance have been demonstrated. That is why **Gammanol Forte™** has been recommended and used by collegiate and professional athletes for years.

Gammanol Forte™ is available in 90-count (#6710) and 180-count bottles (#6711).

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
FRAC® (from rice) †	50 mg	*
Gamma oryzanol (from rice)	25 mg	*

* Daily Value not established

Other ingredients: Cellulose, vegetable culture ‡, magnesium stearate (vegetable source), silica, stearic acid (vegetable source) and modified cellulose gum.

† FRAC® (a registered trademark of Biotics Research Corporation) is a mixture of water soluble, free transferulic acid and free sterols prepared from rice bran by an exclusive fractionation process developed by Biotics Research Corporation.

‡ Specially grown, biologically active vegetable culture containing naturally associated phytochemicals including polyphenolic compounds with superoxide dismutase and catalase, dehydrated at low temperature to preserve associated enzyme factors.

This product is gluten and dairy free.

RECOMMENDATION: One (1) tablet three (3) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

Product # 6710 Rev. 01/17



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