

4Restore

4 Dynamic biological “support systems” - - - all in one intensively powerful formulation

Nitric Oxide- Libido-Testosterone-HGH

Immense Support for:

1. A substantial **Nitric Oxide** (NO₂) increases with very high sustainable, retainable levels for longer periods of time! For fitness, athletics, cardiovascular, muscle, joints, tendons, ligaments, spectacular energy and maintainability in life and love!
2. Dynamic **Libido** increases in ... both men and women! ...without burnout and lasting viability! Rises to the occasion with vigor & staying power may always there day and night ...bath tub or not!
3. Considerable **Testosterone** upswing, and ongoing maintenance of, increases in muscle, tissue, bone, skin, hair, strength, mood, vitality & vibrant energy, a truly bold response of vigor & vitality in both young and aging populations.
4. “Secretagogues” for **HGH, PGH** (Growth Hormones) precursors strongly addressing: aging, loss of lean body mass, bone density, thinning of skin, hair, nails, increases loss in adipose (fat) tissue, loss of energy & vitality, biological systems vitality with attainable responses of energetic youthfulness.

1. Nitric Oxide (NO₂)

Enhances Exercise & Libido

Red Beet Extract (BR), Sodium Nitrates/Nitrites

Results of studies suggest that BR, sodium nitrates/nitrites can significantly support and NO₂ increases which can improve performance during both exercise and recovery. BR supplementation was most effective at enhancing performance in intermittent exercise patterns manifested during many team sports findings.

VO₂ (maximal oxygen consumption or maximal aerobic capacity) is the maximum rate of oxygen consumption as measured during exercise and reflects the aerobic fitness of the individual, and is an important determinant of their endurance capacity during prolonged, sub-maximal exercise. The name is derived from V - volume, oxygen, max - maximum. By maximizing VO₂ less oxygen is consumed for the same rate of exercise in the same time period. Maximizing VO₂ increases higher levels of exercise for longer periods of fitness training.

Lactic Acid accumulation has been shown to be significantly reduced with Nitric Oxide from Red Beet Extracts. When Combined with increasing the level and period of time for exercise VO₂ may allow an even more substantial increase in training levels and endurance times.

A number of factors that may affect VO₂ max: age, sex, fitness and training, changes in altitude, and action of the max respiratory rate of muscles. Cardiac output, pulmonary diffusion capacity, oxygen carrying capacity, and other peripheral limitations like muscle diffusion capacity, mitochondrial enzymes, and capillary density are all examples of VO₂ max determinants. The body works as a system. If one of these factors is sub-par, then the whole system loses its normal capacity to function properly. BR, Na-Nitrates/Nitrites can support substantial improvements in VO₂ max significantly in both humans and other mammals. This makes attractive to fitness buffs or high performance athletes in endurance sports.

L-citrulline & Glutathione Pomegranate extracts

A new human clinical trial found, for the first time, that one week of daily oral supplementation with Glutathione found in Pomegranate Extract and L-citrulline enhanced nitric oxide (NO) levels, which led to longer lasting levels of NO by preventing its oxidative reaction when ingested in combination. The study was designed to determine the effectiveness of Glutathione and L-citrulline on improving exercise performance, based on markers of nitric oxide (NO₂) synthesis. These results suggest that it may play a role in preventing oxidative reaction and sustaining the release of NO₂, however; its effectiveness, particularly in combination with L-citrulline, had not been determined prior to this study.

Results from the study found that, after seven days of oral supplementation, levels of nitric oxide and NO₂ in the L-citrulline and Glutathione group showed a measured increase 30 minutes post exercise “In this study they were able to determine that combining Glutathione with L-citrulline not only increased blood levels of

nitrite and NO₂, but sustained the increases for a longer period of time. The results of this first-of-its kind study indicate that Glutathione and L-citrulline may play a role in muscle protein synthesis and muscle performance when combined with resistance exercise.”

“In addition to its immune health benefits Glutathione is known to work in the body to eliminate toxic chemicals, maintain cell proteins and act as an antioxidant,” “With its reputation as the ‘master antioxidant,’ due in part to its role in combatting oxidative stress.

Vitamin D3 is essential for the preservation of serum calcium and phosphate levels but may also be important for the regulation of cardiovascular function. Epidemiological data in humans have shown that vitamin D insufficiency is associated with hypertension, left ventricular hypertrophy, increased arterial stiffness, and endothelial dysfunction in normal subjects and in patients with chronic kidney disease and support with type 2 diabetes.

CAUTION: may reduce high blood pressure and hypertension, so caution should be used for those with low blood pressure. Nitrates can slow down metabolism of cabergoline and ergonovine, resulting in an increase in systolic blood pressure and an increased likelihood of angina symptoms.

Sildenafil, Tadalafil and vardenafil increase the blood pressure lowering effects of nitrates and may cause excessive blood pressure reduction. Patients taking nitrates should not receive Sildenafil, Tadalafil and Vardenafil.

Pomegranate Glutathione Anthocyanin Extract (PGA)

Protects nitric oxide against destruction and enhances the biological actions of nitric oxide by protecting against destruction and in activation by O₂. Unique antioxidant complex prevents nitrosamines from forming. Increases productivity of nitric oxide and neutralizes actions of substances that inhibit cell growth. In combination with nitric oxide, enhances smooth muscle cell proliferation.

Instrumental in recycling nitric oxide, supporting peak nitric oxide levels attained to be maintained for substantially longer sustained exercise times combined with increased energy and endurance.

PGA extract’s greater potent antioxidant activity is strongly associated with anti-arteriosclerosis effects. PGA may considerably reduce the amount of lactic acid produced resulting in increased levels of exercise and times. Potential for lessening exercise recovery time and improve regeneration of lean muscle mass.

2. Testosterone & Libido

Etana formula, a 5 in 1 Herbal Extract Combination

Greatly enhances libido in males and females especially ED. A combination of five (5) immensely powerful, intensely concentrated extracts work synergistically together to, (when the concentration is high enough) appears to be very effective and at times supports even better than Sildenafil.

Decreased testosterone production has a considerable effect on over 50% of men and women aged 40 to 70 years, therefore is considered to be important health issue with aging. With the decline of the production of testosterone responsiveness to neurotransmitters is decreased in areas such as cardiovascular, hypertension, diabetes, prostatitis, lean muscle mass and bone density, skin and hair growth, energy levels and libido.

Extracts of:

a) Incariin Epimedium had improved the quality of life in the patients of chronic renal failure with regular hemodialysis. Interleukin 2 (IL-2) activity of blood monocytes stimulated by hypertension was increased significantly. It had therapeutic effect on both male and female and immunologic inadequacy in chronic renal failure by inducing smooth muscle relaxation, by increasing the PDE5 inhibitory activity approximately 80 fold; near that of sildenafil. Most users will notice a mild to moderate effect on the third or fourth day of use.

Testosterone support for men and women is enhanced by Incariin increase in nerve stimulation and inter-cavernous pressure and decrease in apoptosis (cell death) in nerve cells.

The effect of in protecting telomere length of senescence cells has shown significant affect for age reversal and life extension.

b) Eurycoma Longifolia & American Panax Ginseng support greatly enhances levels testosterone, its release and consequential affect in both men and women. It also increased the release of NO₂ promoting

improved stamina and performance. Also supports the hypothalamus and the pituitary glands by increasing two growth and other hormones FSH and LH.

American Panax Ginseng (*Panax quinquefolius*) used in **4Restore**, contains specific extracts supporting the hypothalamus and the pituitary glands increasing two plasma growth and other hormones FSH and LH which also affects production of HGH.

American ginseng (*Panax quinquefolius*) has a distinct ginsenoside profile promising cognitive enhancing properties in preclinical studies and benefits processes linked to human cognition. It's an adaptogen with at least seven EU studies showing extracts increased respiratory performance, alertness, concentration, concentration and grasp of abstract concepts, improved visual and body motor coordination.

c) *Centella Asiatica* & Flower Pollen extracts improves blood flow enhancing the level of the other components to reach the pelvic genital area, lean muscle mass, organs and tissues throughout the entire body. They also have unique exceptional antioxidant properties, which may support reducing infertility and prostatitis studies strongly indicate when incorporated within the Etana patented blend of ingredients.

d) Vitamin D3- Testosterone and vitamin D In different assessments, participants who received vitamin D had statistically significant increases in testosterone compared to placebo. Total testosterone levels rose and incredible 4 times higher after just 12 months. A similar trend occurred with bioavailable testosterone and free testosterone.

3. L-Glutamine & Eurycoma Longifolia “Long Jack” extracts: Secretagogues for “HGH” Human Growth Hormone & specialized “PGH” Plasma Growth Hormones

NOTE* Aging is not a disease and therefore can be directly addressed by supplementation and other methodologies to curtail or reverse it.

a) *Eurycoma Longifolia* (Long Jack) known as tongkat ali in Asia. Powerful eurypeptide extracts from the roots are a traditional “anti-aging” remedy and modern supplements are intended to improve libido, energy, sports performance and weight loss. Studies have shown properly-standardized stimulate release of free testosterone, reduce fatigue, while also contains a group of small peptides referred to as “europeptides” that are known to have effects in improving energy status and hormonal balance in studies.

The effects of in restoring normal testosterone levels appears to be less due to actually “stimulating” testosterone synthesis, but rather by increasing the release rate of “free” testosterone from its binding hormone, -hormone-binding-globulin. In this way it may be considered not so much a testosterone “booster” (such as an anabolic steroid), but rather a “maintainer” of normal testosterone levels and a “restorer” of normal testosterone levels (from “low” back “up” to normal ranges). This would make it particularly beneficial for individuals with sub-normal testosterone levels, including those who are dieting for weight loss, middle-aged individuals suffering with fatigue or depression, and intensely training athletes who may be at risk for overtraining.

Tongkat ali has been referred to as Malaysia’s “home-grown Hormonal balancer” with the Malaysian government investing considerable effort to license, develop, and sustain research into the potential health benefits. Extracts standardized for known bioactive components eurycomanone, polysaccharides & glycosaponin have been demonstrated to be extremely safe at high doses and for long-term consumption. Now they are used in high concentration in **4Restore’s** broad array of ingredients in its formulation.

b) L-Glutamine is a “secretagogue” of immense power, supporting increases in the body’s production of HGH (Human Growth Hormone) and PGH (Plasma Growth Hormones)

Just as calcium can support building stronger bones, in a similar scenario so can growth hormone (GH) can be increased supported by L-Glutamine a “secretagogue” like no other. GH, also known as a precursor to somatotropin as human growth hormone HGH in its human form, is a peptide hormone that stimulates growth, cell reproduction, and cell regeneration in humans and other animals. It is thus important in human development. Growth hormone is synthesized, stored, and secreted by within the pituitary gland.

GH is a hormone that raises the concentration of glucose and free fatty acids. It also stimulates production of IGF-1, known as the mother hormone for the multitude of hormones it may spawn. In the best-selling book “GROW YOUNG WITH HGH” written by Dr. Ronald Klatz, he says IGF-1 works differently than HGH but may be 50 times more powerful...

L-Glutamine administration also supports creation of Plasma growth hormone (PGH) which increases markedly in all men in their twenties and thirties. The mean peak level of plasma GH 29.6 in their twenties, 30.2 in thirties, 9.7 in forties, 10.9 in fifties, 8.4 in sixties and 8.1 in seventies.

PGH, GH and IGF-I play crucial roles in growth, development, and maintenance of skeletal muscle. In which levels of are overexpressed show highly developed muscularity and suppressed age-related decline in muscular size and function, respectively.

L-glutamine plays a very important role in protein metabolism, and it appears to be a very important nutrient for body builders. When supplemented, it may help body builders reduce the amount of muscle deterioration that occurs because other tissues that need glutamine will not rob the glutamine stored in the muscle cells. High-intensity fitness training can drop normal glutamine levels in the blood system by as much as 50 percent. This makes glutamine supplementation a wise pre-training strategy for athletes.

In Growth Hormone: Reversing Human Aging Naturally, author and pharmacologist James Jamieson cites research showing a 15 percent increase in HGH from glutamine supplementation. Jamieson's book provides an excellent survey of medical research regarding human growth hormone and an effective viewpoint of increasing HGH from a "secretagogue" release strategy.

People believe that the damage of aging is an inevitable process of erosion from wear and tear. If this was the only factor as the primary cause of aging 60 year-olds should have only about twice the signs of aging as a 30 year-old person but this is not the case.

30 year olds people in fact show few effects of aging. Why then in 60 year olds are the effects of aging are so obvious? If just wear and tear were the major cause of aging, a 90 year old person would only have about 3 times as much aging damage as someone in their 30's but it is obviously so much more. So... why?

Up to the age of 30, people have fairly high levels of human growth hormone (HGH). HGH is responsible for growth during childhood. It's essential for the repair and regeneration of human tissue throughout our entire lives.

a) As we reach the age of 30, our HGH levels are only about 20 % of their peak levels during childhood

b) After the age of 30, HGH declines at about 12 to 15% or often much more every 10 years. At 30 years old, we no longer produce enough HGH to repair all of the damage that is occurring in our bodies. As our HGH levels continue to decline, the damage that we call aging continues to accelerate.

With time the receding levels of HGH and other Growth Hormones are not the only cause of deterioration and aging. Even if HGH levels remained at the levels we had in our 20's, aging, we would continue to age, but those effects would be greatly reduced until we were very old. HGH "**does not significantly affect**" maximum lifespan, (However maintaining Telomere length and vitality along other associated factors may do that extremely well) but HGH and GH can have a very positive effect on youthfulness, strength, vitality and our vibrant physical condition, not related to aging but very likely to youthful vitality for a lifetime.

By increasing levels HGH in our bodies, we may be able to significantly slow, or even reverse, many of the factors contributing to aging. It can done carefully, though, and under medical supervision. However a "secretagogue", to support increased production of HGH, is a viable alternative to consider.

In all reality HGH replacement should begin at about the age of 30 and can be very supportive at any age above 30. In an aging population, increases in HGH may well reverse the signs by 5 to 15 years or more within 5 +/- years. While there is no other single therapy that can have the complete impact on the aging body; HGH along with other biological support countermeasures can have a very powerful synergistic effect in not only counteracting aging but actually reversing it. **NOTE* Aging is not a disease and therefore can be directly addressed by supplementation and other methodologies.**

What HGH & Growth Factors of nutritional support therapy may be able to effectively support your body's ability to accomplish:

- Reduce excess body fat, especially abdominal fat. (The reduction of abdominal fat and increase in lean muscle mass are the most profound effects of Growth Hormone & HGH replacement in many people.)
- Increase muscle mass (and physical strength especially if combined with moderate exercise).
- Reduce wrinkling, sagging, discoloration, thinness of the skin and other signs of skin aging.
- Support health growth of certain internal organs that may deteriorate as we grow older.
- Increase bone strength and density.
- Strengthen factor contributing to a healthier and more viable immune system.
- Help to significantly fight cognitive decline.

- Assist production of the bone marrow cells that produce red blood cells.
- The last years of your life does not have to be spent in a nursing home. You can have a healthy, very active adult life where aging may not be a major factor in your lifestyle.
- HGH and Growth Hormones may slow the progression of cardiovascular disease, and reduces the risk of death from cardiovascular disease, in individuals with natural growth hormone levels that are below average for the age of the individual. HGH can also slow the progression of cardiovascular disease by improving one's cholesterol profile. There is increasing evidence over the past year or two that maintaining healthy growth hormone levels results in a stronger heart. Individuals with low growth hormone levels have an overall increased risk of death due to cardiovascular disease. Low growth hormone levels cause a particularly large increase in the risk of stroke as compared with individuals receiving growth hormone replacement.

L-Glutamine was administered to nine healthy subjects to determine the effect on circulating growth hormone concentrations. Two grams glutamine was ingested after a light breakfast. Ninety minutes after the glutamine administration load both plasma bicarbonate concentration and circulating plasma growth hormone concentration was elevated. **These findings demonstrate that a surprisingly small oral glutamine load is capable of elevating alkaline ketosis reserves as well as plasma growth hormone."**

The plasma growth hormone bicarbonate concentrations with higher values indicate metabolic ketosis which puts ketones in your body within 60 minutes and sustains ketosis throughout the day. Your body will begin to burn the stored fat in your body as energy instead of burning carbs.

Recent studies have shown that circulating GH stimulates synthesis and secretion of IGF-I within the muscle, which then acts on the muscle itself to promote growth. Combinations of GH application and exercise stimuli have been shown to evoke interactive, positive effects in potentiating muscular hypertrophy in both humans and rats. Therefore, the present results imply the intramuscular condition to be satisfied during resistance exercise aiming the muscular hypertrophy: acute hypoxia and accumulation of metabolites.

(Vascular occlusion is a blockage of a blood vessel occurs in a major vein, it can, in some cases, cause deep vein thrombosis with muscle, joint and ligament degeneration as a direct consequence) Indeed, we observed in elderly women that low-intensity exercise with vascular occlusion (blood flow) for elbow joints, muscles and ligaments with an increase in growth factors, caused marked muscular hypertrophy (regaining size and shape) and a recombinant increase in strength. In addition, periodical applications of the stimulus effectively prevented immobilization-induced atrophy of lower limb muscles or cruciate ligaments. We conclude that low-intensity resistance training in combination with growth factors produces an adequate stimulus for increasing muscle strength.

Sisel Bridges the Gap Between Science & Human Needs!

4Restore is like no other formula ever created for very broad spectrum intensive support for a wide range of human needs:

Simply said... 4Restore formula contains a powerful blend of many highly effective revolutionary ingredients to support your body like never before with:

1. Nitric Oxide Increases for fitness, Libido, energy, VO2 endurance, substantial energy, muscle creation and regeneration. It us a body and fitness health support in an incredibly dynamic formula never before seen in such a combination in all the history of health and human fitness.
 2. Testosterone & Libido building support for muscle, bones skin, hair, organs energy, strength in offering high hope to those who know now why they waste away. Now there may be an answer like no other in 4Restore
 3. Growth Hormone "Secretagogues" offering unparalleled support for: anti-aging, youthful regeneration, energy, vitality, vision, hearing, skin, hair, bones, muscles, & even more.. Libido too! A vast array of revolutionary science based discoveries all combined in an incredible overall health support for about every single part of your entire body with everything within from toes to the tips of hair on your head
- Age reversal, youthful generations, life extension, incredible stamina, flourishing immunity, direct cognitive response, cardiovascular, neurological factors in a combination never-before-considered possible in the annals of dietary supplemental science
- Dynamic biochemical support for: Weight loss, diabetes aid, ketosis, fat burning, building muscle, bone, organs, skin, hair, eyes, libido, testosterone, HGH and growth hormones, growing younger, with increasing amounts of high levels of day long energy and vibrant vitality.

“INCREDIBLE-MASSIVE-INTENSLEY-EFFECTIVE-HIGHLY ADVANCED BIOCHEMICAL CONCENTRATES” FOR YOUNG, ADULT, OR AGING MEN, WOMEN & CHILDREN IN POWERFUL SYNERGY SO MANY OF LIFE’S GREAT CHALLENGES, DEMANDS AND DESIRES.....are now much-more possible to achieve with results you may have always dreamed about but never ever thought could be. Once again, if it sounds too good to be true...it must be Sisel!

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