



# Is human growth hormone bad for your heart?

## Is HGH harmful?

High levels of human growth hormone over a long period can produce **irreversible acromegaly**, but even smaller doses can lead to complications such as heart disease and diabetes. And because these hormones must be taken as injections, there are further administration risks such as a blood clot or dose error.

## Is Human Growth Hormone good for you?

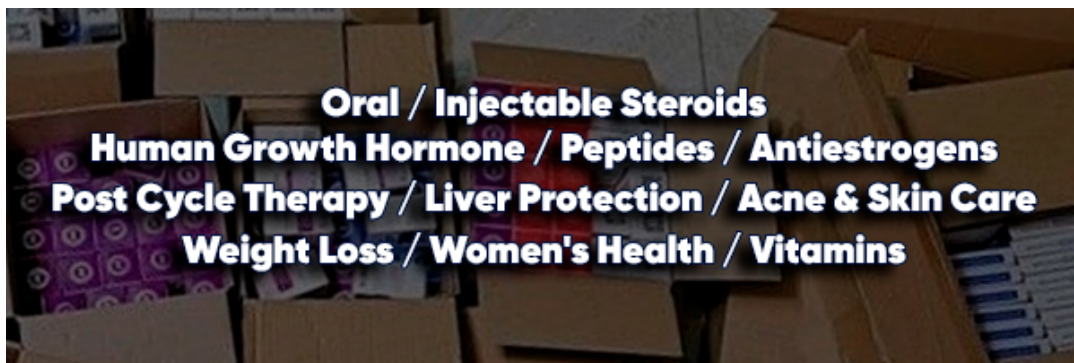
It's important for **growth, cell regeneration, and cell reproduction**. HGH helps to maintain, build, and repair healthy tissue in the brain and other organs. This hormone can help to speed up healing after an injury and repair muscle tissue after exercise. This helps to build muscle mass, boost metabolism, and burn fat.

## Does HGH raise blood pressure?

The **excess HGH levels can** also lead to high blood pressure and heart disease.

## Is HGH safe for seniors?

There's little evidence to suggest HGH can help otherwise healthy adults regain youth and vitality. Alternatively, HGH treatments may increase the risk of other medical conditions. **Experts recommend against using HGH to treat aging or age-related conditions.**



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## What happens if you have too little growth hormone?

Too little growth hormone (deficiency) **results in poor growth in children**. In adults, it causes a reduced sense of wellbeing, increased fat, increased risk of heart disease and weak heart, muscles and bones.

## Who should not take Serovital?

If you or someone you know is **under the age of 18**, we cannot recommend taking the product, as it was tested only on and intended for use by healthy individuals over the age of 18.

## Does HGH damage your liver?

**HGH prompts the liver and other organs to make IGF-1**, which affects many tissues and organs in the body. Studies usually measure IGF-1 rather than growth hormone directly because IGF-1 levels remain more constant.

## Does HGH increase heart size?

**It increased the myocardial mass and reduced the size of the left ventricular chamber**, resulting in improvement of hemodynamics, myocardial energy metabolism and clinical status. These promising results open new perspectives for the use of GH in heart failure.

## Can HGH cause joint pain?

Possible side effects of HGH use include: Nerve, muscle, or joint pain. Swelling due to fluid in the body's tissues (edema) Carpal tunnel syndrome.

## Are HGH injections safe?

Although **growth hormone injections are relatively safe and effective**, there are a few side effects. Fortunately, serious side effects are rare. Swelling, numbness, and joint and muscle aches and pains are the most common side effects.

## At what age does HGH decline?

Growth hormone and IGF-1 levels peak during puberty, then gradually decline **after the age of 30**, but the normal pituitary never totally stops its production of hGH. Some investigators feel that diminished levels of hGH may not be a bad thing.

## What foods increase growth hormone naturally?

These include foods like eggs, fish, mustard seeds, tomatoes, nuts, grapes, raspberries and pomegranate. Another study found that a **tryptophan-rich meal**, combined with exposure to bright light outdoors during the day, significantly boosted HGH levels. Tryptophan-rich foods include eggs, milk, grains, beans and meat.

## What age is best for growth hormone treatment?

GH injections are quick and almost pain-free, so children **ages 10 and up** may be able to and often

prefer to give themselves their own injections. It is important that a parent supervises the injection to make sure the child gives the correct dosage each day. Parents should give the injections to younger children.

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