

## **Frequently Asked Questions for SeroVital®**

### **What is SeroVital?**

SeroVital is a unique formulation clinically tested in a 16-participant study to increase the body's own hGH levels by an average of 682% 120 minutes after supplementation.

### **What is hGH?**

hGH stands for *Human Growth Hormone*. Human Growth Hormone is a hormone produced in the body deep within the brain by the pituitary gland.

### **Who has hGH?**

We all do! Our bodies normally produce this hormone. The problem is that as we age, the levels of this hormone drop dramatically. Some experts believe this decrease could play a major role in the visible signs of aging.

### **How do I know if I'm a good candidate for SeroVital? Can men use SeroVital, too?**

One of the amazing things about SeroVital is that it can work for both men and women. In fact, the clinical trial on SeroVital was conducted on both men and women from 18-70 years of age. SeroVital is amazing because it targets the body's own hGH production. hGH is a hormone we all have in our bodies that declines with age. If you want to start Living Vital, then SeroVital is for you!

### **What type of benefit can I expect from taking SeroVital?**

SeroVital is designed to support the body's own production of Hgh. There is a wide range of benefits associated with hGH. For example, Hgh helps support: energy, restful sleep, lean muscle mass, improvement in the appearance of skin, and the list goes on. Everyone's body is going to be different, of course.

### **What's in SeroVital? Does it contain hGH/an actual hormone?**

No. Please be assured that SeroVital does not contain ANY hormones. Instead, the SeroVital formula contains a blend of amino acids specifically linked together that have been clinically shown to increase the body's own production of Hgh 120 minutes after supplementation, without introducing an artificial form of human growth hormone, or any hormone, into the body. SeroVital's patented blend works by nourishing the pituitary\*, the gland that manufactures hGH in the body.

### **Does SeroVital really work?**

The SeroVital Community is full of loyal SeroVital users who have been Living Vital and using the product for years now and loving it. And there's only one way to know how it will work for you — try it for yourself!

**How does SeroVital differ from other products claiming to increase hGH?**

SeroVital truly is one of a kind! There's hype all around for a reason. The SeroVital formula has been clinically validated, in a 16 participant study to increase hGH levels by a mean 682% 120 minutes after supplementation\*.

**Does SeroVital have any caffeine in it?**

No, SeroVital does not contain any caffeine or caffeine-like stimulants.

**Can I take SeroVital with my medication?**

Of course, we advise all customers to consult with their physician prior to use if they are taking medication or have a medical condition. And please remember that no one besides your doctor should answer this question. You should only accept medical advice from your physician or health-care provider. You and your physician know your health best, and because we value our customers' well-being, we always recommend consulting with a physician if you have any questions about your own personal use of SeroVital.

**Is SeroVital patented?**

Yes! The SeroVital formula is protected by 15 patents‡.

**Is SeroVital regulated by the FDA?**

Yes, SeroVital is considered a dietary supplement, which is regulated by the FDA.

**Are your products FDA approved?**

SanMedica's products are considered dietary supplements, and as such, do not require pre-market approval from the FDA. FDA pre-market approval only applies to certain drugs and medical devices. However, all of our products are regulated by the FDA and comply with all FDA requirements. We also follow stringent Good Manufacturing Policies.

**How long have people been using SeroVital?**

Some of our customers have been using SeroVital for years now and loving it. In addition, we have new members joining daily to start their Vital Life along with us. Join the SeroVital Community today and start Living Vital! You deserve it!

**How long can I take SeroVital?**

You only need to take SeroVital as long as you wish to experience the positive benefits of increased hGH levels. How long you take SeroVital would be up to you. But honestly... once you start, we think you'll want to keep taking it! Our SeroVital Community members call it "Living Vital" for a reason!

### **What if I stop taking SeroVital?**

Upon discontinuing use you will no longer be nourishing the body to increase hGH levels. You can take SeroVital for however long you want, and you can stop whenever you want.

### **When is the best time of day to take SeroVital?**

Many of our customers prefer taking it right when they wake up, then waiting two hours to have food or drink anything besides water. Others prefer taking it at night, two hours after dinner, with water, and then going to bed. Whatever time you decide to take it, just make sure you don't eat two hours before or after. Everyone's daily schedule is different, and taking SeroVital can be worked around whatever schedule works best for you.

### **Why do the directions state to not eat two hours before or two hours after taking SeroVital?**

The directions for use are consistent with the clinical study, so it is extremely important to follow them exactly if you wish to receive the full benefits. Why do you have to take SeroVital-hgh on an empty stomach? SeroVital contains a patented, highly specialized amino acid blend. If you don't take it on an empty stomach, the amino acids from your food may interfere with SeroVital's blend. This isn't harmful at all, but it can affect how well the formula works. So do your best to take it as directed. This may not go perfectly every day. It happens. Just stay consistent.

### **I've seen online that hGH has side effects. How does this apply to SeroVital?**

It's very important to remember that SeroVital is not a hormone, and it does not contain actual hGH. Instead, SeroVital consists of a specialized, patented blend of amino acids that have been clinically shown to increase the body's own hGH levels. It is made up of scientifically researched ingredients, which are commonly found in the food supply. While SeroVital has been shown in a 16 participant clinical study to support a 682% mean increase in hGH levels 120 minutes after supplementation, it is important to recognize that this increase is still within a physiologically normal range. As always, we recommend double-checking with a physician if you have any specific personal concerns to ensure the product is right for you.

### **Is there an age limit for taking SeroVital?**

The SeroVital study was done on people between 18-70 years old. However, we do have customers calling in who are over the age of 70 using the product saying they love it. Of course, everyone's body is going to be different. If you or someone you know is under the age of 18, we cannot recommend taking the product as it was only tested and intended for use for healthy individuals over the age of 18. As always, consult with your physician before beginning any new supplements.

### **How can I remember to take my SeroVital?**

In speaking with many members of our SeroVital Community, we have found the best way to remember to take your SeroVital is to set a reminder in your phone. It's easy and takes the work out of remembering your SeroVital "boost" every day. To set a reminder on an Apple iPhone, just follow these simple steps:

- Open the Reminders App
- Choose the Reminders list or create a new list
- Tap the plus sign (Add Reminder button) to bring up the keyboard
- Type your reminder – "Take my SeroVital"
- Tap the "i" button at the right of your reminder to bring up the reminder's options
- Set the time you want to take your SeroVital every day and set it to repeat daily
- Press "Done" at the top right corner
- You're all set!

If you use an Android OS phone, follow these steps:

- Open your Calendar App
- At the top right corner, tap the plus sign to add an event
- Set your reminder
  - Name it something like "Take my SeroVital"
  - Set the time you want to be reminded to take your SeroVital
  - Set it to repeat daily
  - Tap "Save" in the top right corner
  - You're all set!

It's that easy to take the guesswork out of staying consistent when it comes to taking your SeroVital every day!

### **Who is SanMedica International?**

SanMedica International is a nutraceutical company based in Salt Lake City, Utah. We create dietary supplements and skin-care formulas to improve your lifestyle. We want our products to make an impact and improve your life. We have a passion for bringing science

to life. The scientists we work with directly constantly research to create a better, more Vital Life for our customers. We strive to attain the best customer service possible and are here to support you. If you have any questions, comments, or concerns, you can reach our friendly Customer Service Team at 1-800-898-5153 Monday-Friday from 6 am-6 pm Mountain Time, or 8 am-4 pm Saturday. You can also reach us by email at [customerservicecenter@csc-orders.com](mailto:customerservicecenter@csc-orders.com).