

SNS Growth Factor XT – Sleep Better to Grow Bigger

written by Mike Roberto | September 18, 2017



SNS Growth Factor XT is a unique recovery and anti-aging supplement to help you sleep better, recovery faster, and grow stronger.

The Serious Nutrition Solutions resurgence continues!

SNS has built a reputation as a leader in quality, effectiveness, and affordability. Whenever we come across one of their formulas, we know we're in for something that's both unique, and more important, effective as hell. This goes for their single-ingredient formulas, but *especially* their formulated supplements.

Today's formula is no different – this one is aimed at helping you grow bigger, faster, and stronger.

Growth Factor XT is an all-natural recovery supplement to enhance muscle growth and hasten your recuperation following intense exercise.

We've got all the details ahead, but first, take a moment to check the best deal and sign up for alerts from PricePLOW:

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Growth Factor XT Ingredients

While you might think Growth Factor XT is your typical muscle-building or nighttime sleep supplement, you'll be surprised to see that the label is unlike anything else on the market, which makes it one of the most unique recovery supplements we've ever seen.

It all starts with a whopper of a first ingredient, which we've never before covered on this blog after over 1,000 posts!

- **Chlorophytum Borivilianum (1g)**

Supplement Facts:
Serving Size: **5 Capsules**
Servings Per Container: **30**

Ingredient	Amount per Serving	% DV*
Vitamin B6 (as Pyridoxal-5-Phosphate)	25mg	1,250%
Natural Growth Hormone Optimizing Blend		
Chlorophytum Borivilianum (50% Saponin Extract)	1,000mg	**
L-Carnitine L-Tartrate	1,000mg	**
Green Tea Extract (98% Polyphenols; 50% EGCG)	500mg	**
3-OH-GABA (3-OH-Gamma-Aminobutyric Acid)	250mg	**
OptiDopa™ (Specialized Blend of 95% and 20% L-Dopa Extracts from Mucuna Pruriens)	200mg	**
L-Theanine	50mg	**
Bioperine®	5mg	**

Other Ingredients: Gelatin, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, Red #3, Blue #1

*% Daily Value based on a 2,000 calorie diet **Percent Daily Value Not Established

Growth Factor XT isn't your typical recovery / nighttime sleep aid as you can tell from the ingredients.

Chlorophytum Borivilianum, a.k.a. *Safed Musli*, is an adaptogenic herb traditionally used in Ancient India as a stress reliever, as well as an aphrodisiac. Research has noted this potent plant increases spermatogenesis (sperm production) and improve erectile strength.[1,2] More specifically, one particular animal study noted that the herb was able to increase sperm count

by an impressive 28.04%. [1]

Safed Musli also offers other health benefits as well as it has been shown to decrease lipid peroxidation and increase hepatic glutathione, a crucial antioxidant in the body. [13] Unfortunately, there hasn't been much in the way of *human* trials on the herb, so all we have to rely on are the animal trials at this point.

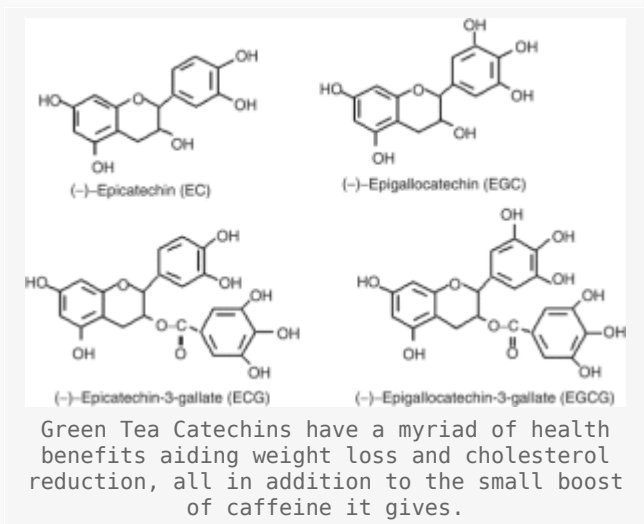
Anyone looking for something *different* on the HGH front should be interested though – but there's still a couple other different ingredients continued lower below:

- **L-Carnitine L-Tartrate (1g)**

Those of you familiar with post workout supplements are well acquainted with this form of carnitine. **L-Carnitine L-Tartrate** (LCLT) is an enhanced form of L-Carnitine that is highly bioavailable in the body and shown to be useful for a wide variety of individuals.

LCLT helps reduce markers of metabolic stress, increase androgen receptor density, hastens recovery, and even ramps up fat burning during a workout. [3,4]

- **Green Tea Extract (500mg)**



Lauded for its numerous heart-healthy benefits, **Green Tea** has become a staple addition to a wide range of supplements, including everything from fat burners to recovery products as it is here. SNS has standardized their extract to 50% EGCG, 98% Polyphenols.

Green tea extract is packed with catechins and polyphenols that operate as powerful antioxidants in the body and they also help improve cholesterol

levels as well. If you need another reason to want this ingredient, it also enhances fat loss and blocks some carb digestion too![5,6]

We reached out to SNS to see what the thought process was for including Green Tea, as it's typically not included in recovery/nighttime formulas, and here's what they had to say:

"When we designed the Growth Factor XT formula, our goals were to make a product that would not only help with GH levels but that would also be a great anti-aging product and help improve quality of life/sense of well-being, recovery between workouts, fat loss, sleep quality, stress and anxiety levels, and provide other benefits.

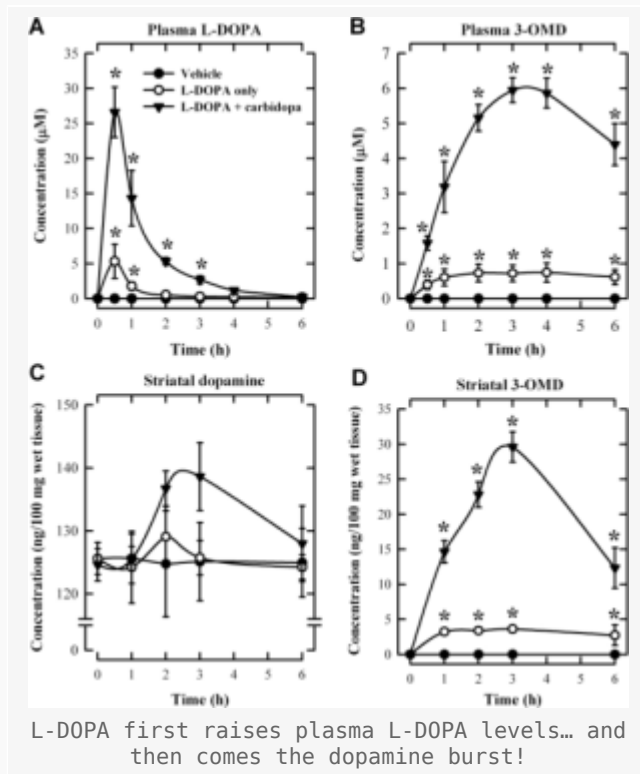
Great Tea Extract was primarily included for its antioxidant, cardiovascular, fat loss, and overall health benefits." – SNS

- **3-OH-GABA (250mg)**

Many of you are familiar with GABA (the body's primary "downer" neurotransmitter), but not so familiar with **3-OH GABA**. Basically, it's a **more active and potent form of GABA** that improves sleep quality, which makes for better recovery and muscle growth.[7]

Supplementing with GABA increases alpha waves and decreases beta waves[8], which sets the stage for a longer, more restful sleep. Alpha waves are the "deep relaxation" waves in the brain, while beta waves are typically associated with consciousness and reasoning.

- **OptiDopa (200mg)**



OptiDopa is SNS' special blend of 95% and 20% L-Dopa extracts that we've seen before in CEL M-Test. L-Dopa is a pretty cool compound in that it crosses the blood-brain barrier where it gets to work suppressing prolactin production and ramping up Growth Hormone output.[9,10] It also lowers blood pressure and improves dopamine production, helping you feel better and recover faster all at the same time.[11]

- **L-Theanine (50mg)**

Prevalent in tea leaves, L-Theanine is an amino acid that is frequently supplemented at night for its ability to induce a state of calmness and relaxation. Theanine is a great stress reliever, which is why people often advise drinking a cup of warm tea before going to bed. Plus, this might amino also offers a number of cognitive/neuroprotective benefits too.[12]

- **BioPerine (5mg)**

BioPerine really needs no introduction anymore, as it's found in just about every supplement these days. It's the industry-leading, patented black pepper extract included to enhance the bioavailability of all the other ingredients in Growth Factor XT resulting in better nutrient uptake and superior efficacy.

Dosing



SNS is supposed to have some new things in the works, so make sure to stay tuned for any new releases in the upcoming weeks!

As a dietary supplement, consume 5 capsules before bedtime or take 3 capsules before bedtime, and another 2 capsules spaced out 10 to 12 hours apart from the bedtime serving. For best results, take on an empty stomach. Do not exceed 60 days of consecutive use without at least a 2 week break.

Takeaway

Very few of us take recovery as seriously as we do training, which might be one of the reasons you're not progressing as much as you'd like. Growth Factor XT offers a unique option for improving recovery that isn't the same old post workout or sleep aid. Stop inhibiting your own gains with poor sleep and recovery and start growing bigger and stronger with Growth Factor XT.

And if there's any feel-good aphrodisiac effect, then we won't complain about that either!

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