A nutritional product composition for increasing human growth hormone and nitric oxide production, to increase lean muscle mass, decrease body fat, and improve cardiovascular function and immune function. The nutritional product composition includes a synergistic blend of nutrients and a silica gel that increases the rate of metabolism of cells to increase the rate of absorption of the nutrients and elevate the production of the human growth hormone and elevate nitric oxide production. The synergistic blend of nutrients includes colostrum, L-arginine, potassium citrate and goji berry extract. The silica gel increases an absorption rate of the synergistic blend.

10 Claims, No Drawings