



Myths and Facts About Human Growth Hormone, B-12, and Other Substances

U.S. House of Representatives Committee on Oversight and Government Reform

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Hearing on "Myths and Facts About Human Growth Hormone, B-12, and Other Substances"

Rep. Henry A. Waxman, Chairman
Committee on Oversight and Government Reform

Vitamin B-12 and human growth hormone (HGH) are touted by some as miracle drugs that will increase energy and will counter the effects of aging. However, there is scant scientific evidence to support these claims and there is evidence of potential harm resulting from their use. The Committee held a hearing to examine the myths and facts about these substances. Four distinguished medical experts testified.

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