* “Growth hormones”: Like EVs, but not automatic
  + More like Iron, Protein, etc.
  + Can only be grinded out in (x1) batches in the wild or (x10) batches in the Colosseum
  + Each GH raises a stat by 0.1%, up to 10% max in a single stat
  + More than 200 GH is considered unsafe (this is the same “255” restriction with EVs)
  + Only mid game (30?)
  + “Wild” grinding should drop ingredients that can synthesize GH in a lab (to be more thematically correct)
  + Recipes can be a reward from side quests (e.g., “Synthesize 1x HP GH” vs “Synthesize 10x HP GH”)
* k