



Renewing your vitality since 2003

## IGF-1

IGF-1 has been shown to have numerous benefits, including lean muscle growth and improved recovery time.

IGF-1 serves as a mediator for growth hormone's anabolic effects. IGF-1's growth-promoting effects can be seen in cells throughout the body, including muscle and cartilage.



It is now widely accepted that a declining level of IGF-1 is a significant contributor to the biological aging process. IGF-1 concentration starts to decline as you age so it's important to keep it at an optimal level.

Medical studies tout IGF-1's potential benefits, including the following:

- ◆ Increase in muscle mass
- ◆ Faster workout recovery
- ◆ Improved cell regeneration
- ◆ Reduced body fat
- ◆ Free radical protection
- ◆ Better stamina and endurance

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