

**IGF-1**

IGF-1 is a small peptide consisting of 70 amino acids. Most IGF-1 is secreted by the liver and is transported to other tissues, acting as an endocrine hormone. Lower IGF-1 and growth hormone are associated with excess body fat. IGF-1 and other proteins in the IGF famiy are growth factors that stimulate the proliferation and survival of various cell types including muscle, bone, and cartilage. IGF-1 plays an important role in childhood growth and continues to have anabolic effects in adults. In studies, IGF-1 had shown improvements in weight loss without compromising muscle mass and strenght.