
Subject: IGF-1

Posted by [Der_mit_dem_Haar_tanz](#) on Sat, 18 Feb 2006 22:36:49 GMT

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IGF-1 scheint ja wichtig zu sein;
<http://www.dopingnews.de/IGF.htm>

acetyl cystein soll es auch erhöhen, (ist aber sehr sehr teuer)
nun gibts ja einige andere Mittel die IGF erhöhen,

Effects of an oral mixture containing glycine, glutamine and niacin on memory, GH and IGF-I secretion in middle-aged and elderly subjects.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=14609312&query_hl=10&itool=pubmed_docsum
GH 70% increase, IGF-1 nicht erkennbar, individuell

Halten wir mal fest:

1) Acetylcysteine 3gr /tag 5monate Erhöhung des IGF
wir wissen nicht um wieviel

2)glutamine, glycine, niacin (zusammensetzung noch unbekannt, insgesamt 5gr 2mal am Tag)
GH um 70% erhöht
IGF nur bei manchen

3) Testosterone supplementation

4) Proteine, Aminosäuren Mischung?

....

Subject: interessant: hohes Gluthation induziert niedriges TGF-Beta und IGF-1

Posted by [Der_mit_dem_Haar_tanz](#) on Sat, 18 Feb 2006 22:39:40 GMT

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was ist nun gut für die Haare und Jugendlichkeit?

doch besser weniger IGF-1 ?

Effect of glutamine on glutathione, IGF-I, and TGF-beta 1.

Johnson AT, Kaufmann YC, Luo S, Todorova V, Klimberg VS.

University of Arkansas for Medical Sciences, Division of Breast Surgical Oncology, Little Rock, Arkansas 72205, USA.

BACKGROUND: Our previous results have showed that oral glutamine (GLN) supplementation

decreased carcinogenesis in 7,12-dimethylbenz[a]anthracene (DMBA) breast cancer model. We also have found that GLN raises blood glutathione (GSH) levels in an implantable breast cancer model. The process of tumor growth was accompanied by depressed GSH production and increased levels of insulin-like growth factor-I (IGF-I) and transforming growth factor beta1 (TGF-beta 1). GSH is counter-regulatory to IGF-I. We therefore hypothesized that in DMBA model of breast cancer, the increased GSH levels seen with oral GLN would be associated with lowered levels of IGF-I & TGF-beta(1). METHODS: Time-dated pubertal Sprague-Dawley rats were gavaged at time 0 with 1 g/kg/day glutamine (GLN) (n = 18), isonitrogenous Freamine (FA) (n = 18), or water (H₂O) (n = 18). Rats were further randomized on day 7 to 100 mg/kg DMBA or oil. After 14 days, the animals were sacrificed and blood GSH, IGF-1, TGF-beta 1, breast tissue, and gut mucosa GSH levels were measured. RESULTS: Oral GLN increased significantly blood, breast tissue, and gut mucosa levels of GSH in both DMBA and control groups in comparison with the control groups not treated with GLN. At the same time, the levels of blood IGF-I and TGF-beta 1 decreased significantly in both DMBA-treated and control groups. DMBA did not significantly affect any of these levels. CONCLUSIONS ;Oral GLN increased GSH levels and lowered IGF-I and TGF-beta 1 in a range that is considered clinically significant. However, the effect of GLN in maintaining normal gut GSH production in the presence of DMBA was much more significant. Inconsistent with our hypothesis, reduction in IGF and TGF-beta 1 levels did not correlate with DMBA's effect on gut GSH production.

Subject: Wo ist Tino?

Posted by [Der_mit_dem_Haar_tanzt](#) on Sun, 19 Feb 2006 15:59:08 GMT

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der kennt sich hier ja aus

besser IGF versuchen zu höhen?
(wenn man kein Fin oder Dus nimmt?)

was hast du noch gefunden das IGF und ähnliches erhöht?

grüsse

Subject: Re: Wo ist Tino?

Posted by [kaya](#) on Sun, 19 Feb 2006 18:39:19 GMT

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um IGF-1 gab es einige diskussionen etwas weiter hinten im forschungs-forum...fred war sich auch nicht allzu sicher, ob die positiven seiten von igf1 eirklich überwiegen, tinio ist aber ganz

klar dieser meinung, schau mal nach ob du es findest
