

## ZRT Insulin-like Growth Factor (IGF-1)

**Price: \$65.00**

### **Short Description**

IGF-1 (Somatomedin C) is a reliable indicator of human growth hormone (HGH) level. A decrease in growth hormone is thought to be the primary factor in the aging process and can make a huge difference in your health.

### **Description**

After age 20, human growth hormone (HGH) levels drop approximately 14 percent per decade. This decrease in growth hormone is thought to be the primary factor in the aging process, and the extent to which levels drop or become unbalanced can make a huge difference in a person's quality of life.

A growing body of research correlates the role of low HGH levels in individuals with chronic health conditions. Our IGF-1 test provides an accurate assessment of HGH levels. An IGF-1 level outside the normal range can serve as a starting point for correcting the causes contributing to premature aging and HGH deficiency. Restoring HGH balance and monitoring supplementation are useful in promoting healthy aging and quality of life.

### **Symptoms of low IGF-1 level:**

- Decreased cognition

- Fatigue
- Decreased quality of life
- Chronic illness
- Autoimmune disease
- Cardiovascular disease
- Insulin resistance
- Poor skin tone
- Low libido
- Decreased muscle and bone mass
- Rapid and/or premature aging

### **What does the Canary Club Insulin-like Growth Factor (IGF-1)(Somatomedin C) Blood-spot test do?**

This individual test can be taken alone or in combination with any of our hormone profiles to assess Human Growth Hormone (HGH) levels. Because HGH levels fluctuate throughout the day, monitoring IGF-1 levels provides a far more stable biologic marker produced by the liver in response to average, daily HGH levels. There is an excellent correlation between HGH release and IGF-1 measurements; therefore, IGF-1 measurements provide an indirect, but highly accurate method of assessing HGH levels.

 [Blood Spot Testing IGF-1 Adult Growth Hormone Deficiency](#)

#### **Test Includes**

Lab	
ZRT	Yes
Other Hormones	
IGF-1	Yes
Sample Type	
Blood Spot	Yes