

HGH Boost Sprinters' Speed, Especially Combined With Testosterone

Human Growth Hormone (HGH), which is used clinically to treat growth disorders, has quite the reputation for building muscle and making fat go away. Now comes a study from the Department of Endocrinology at St. Vincent's Hospital in Sydney suggesting that while the poly-peptide hormone does reduce fat, it does not increase muscle mass. But wait, it does something else that's impressive: it increases the speed of sprinters. The American College of Physicians reports in a [press release](#) that an eight-week study involving 96 recreationally-trained athletes ages 18 to 40 (63 men and 33 women) randomly assigned each participant either an inactive placebo or HGH injections. At the same time, half of the male participants were also randomly assigned to receive an additional injection of placebo or testosterone. The press release claims that the researchers found that HGH injections increased the athletes' ability to sprint on a bicycle but had no effects on fitness or their ability to pull a weight or jump. The effect on sprint capacity was nearly doubled in men who also received testosterone injections.

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