
Subject: GABA... HGH

Posted by [Haar-in-der-Suppe](#) on Sun, 23 Mar 2008 23:57:52 GMT

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ich glaub solangsam echt dass GABA hilft in bezug auf HGH..also jetzt seh ich schon wieder ne neue studie die das belegt...

1: Med Sci Sports Exerc. 2007 Dec 4 [Epub ahead of print]Links

Growth Hormone Isoform Responses to GABA Ingestion at Rest and after Exercise.Powers ME, Yarrow JF, McCoy SC, Borst SE.

1Division of Athletic Training, Shenendoah University, Winchester, VA; 2Department of Applied Physiology and Kinesiology, Center for Exercise Science, University of Florida, Gainesville, FL; and 3Geriatric Research Education and Clinical Center, VA Medical Center, Gainesville, FL.

Oral administration of the amino acid/inhibitory neurotransmitter gamma aminobutyric acid (GABA) reportedly elevates resting serum growth hormone (GH) concentrations. PURPOSE:: To test the hypothesis that GABA ingestion stimulates immunoreactive GH (irGH) and immunofunctional GH (ifGH) release at rest and that GABA augments the resistance exercise-induced irGH/ifGH responses. METHODS:: Eleven resistance-trained men (18-30 yr) participated in this randomized, double-blind, placebo-controlled, crossover study. During each experimental bout, participants ingested either 3 g of GABA or sucrose placebo (P), followed either by resting or resistance exercise sessions. Fasting venous blood samples were acquired immediately before and at 15, 30, 45, 60, 75, and 90 min after GABA or P ingestion and were assayed for irGH and ifGH. RESULTS:: At rest, GABA ingestion elevated both irGH and ifGH compared with placebo. Specifically, peak concentrations of both hormones were elevated by about 400%, and the area under the curve (AUC) was elevated by about 375% ($P < 0.05$). Resistance exercise (EX-P) elevated time-point (15-60 min) irGH and ifGH concentrations compared with rest ($P < 0.05$). The combination of GABA and resistance exercise (EX-GABA) also elevated the peak, AUC, and the 15- to 60-min time-point irGH and ifGH responses compared with resting conditions ($P < 0.05$). Additionally, 200% greater irGH ($P < 0.01$) and 175% greater ifGH ($P < 0.05$) concentrations were observed in the EX-GABA than in the EX-P condition, 30 min after ingestion. GABA ingestion did not alter the irGH to ifGH ratio, and, under all conditions, ifGH represented approximately 50% of irGH. CONCLUSIONS:: Our data indicate that ingested GABA elevates resting and postexercise irGH and ifGH concentrations. The extent to which irGH/ifGH secretion contributes to skeletal muscle hypertrophy is unknown, although augmenting the postexercise irGH/ifGH response may improve resistance training-induced muscular adaptations.

PMID: 18091016 [PubMed - as supplied by publisher]

Subject: Re: GABA... HGH

Posted by [clane](#) on Mon, 24 Mar 2008 14:46:04 GMT

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Naja ich hab GABA mal nen guten Monat lang genommen. Immer Abends vorm Schlafengehen. Gemerkt hab ich nichts, weder muskelmäßig (habs hauptsächlich wegen Krafttraining genommen) noch bezüglich der Haare.

Aber vielleicht hab ich auf einfach zu wenig genommen oder nen schlechtes Präperat gehabt...

Subject: Re: GABA... HGH

Posted by [backflash](#) on Mon, 24 Mar 2008 19:32:32 GMT

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Mir ging es so wie clane. Ich habe Gaba Kapseln für circa 2,5 Monate genommen, ohne eine positive oder negative Wirkung zu bemerken. Ich kann auch nicht behaupten, dass ich davon besser oder tiefer geschlafen hätte.

Vielleicht war es zu gering dosiert. Meine Kapseln waren von der Firma "Ultimate Nutrition".
