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Insulin-like Growth Factor 1 (IGF-1) as a marker of cognitive decline in normal ageing: A review

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Highlights

- IGF-1 has a major role in growth, ageing, brain development and adult brain function.
- Animal studies support the link between IGF-1 and cognition and other brain outcomes.
- Links between IGF-1 and normal cognition in human studies are mixed.

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