Deer Antler Spray Hoax

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Deer Antler Spray hoax claims that deer antler velvet, extracted from the skin of a male deer, contains IGF-1 (Insulin-Like Growth Factor-1), a hormone that is similar to human growth hormone (HGH). The idea is that consuming deer antler velvet can lead to increased muscle growth, improved athletic performance, and enhanced recovery times. However, scientific studies have shown that the levels of IGF-1 in deer antler velvet are insufficient to produce significant health benefits. Additionally, there is no evidence to support the claims that deer antler spray can increase muscle mass or improve athletic performance. It is important to approach these supplements with caution and to consult with a healthcare professional before use.