**Brain-Derived Neurotrophic Factor (BDNF)** is a myokine that has an effect far removed from the muscle it is created from. BDNF is thought to decrease the risk of depression.

**Interleukin-8 (IL-8)** is a myokine that helps the body form new blood vessels and essentially help the body create a new vascular network for lean muscle mass and organ blood flow needed for increased the strenuous activity.

**Interleukin-15 (IL-15)** is a myokine we all want to love as it helps us create new muscle tissue and helps blast away fat but not just any fat, it is the fat that all of us hate that accumulates in the abdomen. IL-15 can be increased by strength training and will help you become a lean individual.

**Fibroblast Growth Factor-21 (FGF21)** Mice studies that showed animals with higher levels of Fibroblast Growth Factor-21 (FGF21) could become leaner and stronger in spite of having no change in dietary intake.