Measuring Concentrations of Insulin-Like Growth Factor-1 with an ELISA in Plasma Samples from Holstein Cows. By Obese et al., page 160. Concentrations of insulin-like growth factor-1 (IGF-1) in plasma samples have been used as an indirect measure of a cow’s relative energy status in early lactation, even though current assays are time-consuming and complex. The results of this study have shown that a standard ELISA can be reliably used for measuring IGF-1. Concentrations of IGF-1 were reduced by 7.3 or 19.6% following 3 or 6 thawing and refreezing cycles of plasma samples. Use of this method should allow larger numbers of samples to be assayed so that the patterns of change in IGF concentrations can be established.