Claims:

1. A non-therapeutic method for promoting skeletal muscle growth, improving recovery of skeletal muscle from use, improving skeletal muscle strength, improving exercise tolerance, increasing the proportion of skeletal muscle in an individual, for decreasing fat in a healthy individual, or for decreasing a healthy individual's fat to skeletal muscle ratio, comprising administering angiogenin in a composition, food supplement or neutraceutical, wherein the angiogenin promotes muscle growth by promoting differentiation of myoblasts to myotubes.

2. The method of claim 1 wherein the composition, food supplement or neutraceutical further comprises follistatin.

3. The method of claim 1 wherein the angiogenin is administered with follistatin.

4. The method of claim 1 wherein the angiogenin is administered orally without requiring carriers or excipients to provide oral bioavailability.

5. The method of claim 1 wherein the angiogenin is bovine in origin.

6. The method of claim 1 wherein the angiogenin is extracted from bovine milk.

7. The method of claim 4 wherein the angiogenin is administered orally as an angiogenin enriched extract from milk or plasma.

84. Use of angiogenin in the manufacture of a medicament for decreasing fat in an obese individual, for decreasing an obese individual's fat to muscle ratio, treating Phosphorylase Deficiency, Acid Maltase Deficiency, Phosphofructokinase Deficiency, Debrancher Enzyme Deficiency, Mitochondrial Myopathy, Carnitine Deficiency, Carnitine Palmityl Transferase Deficiency, Phosphoglycerate Kinase Deficiency, Phosphoglycerate Mutase Deficiency, Lactate Dehydrogenase Deficiency, and Myoadenylate Deaminase Deficiency, insulin-dependent diabetes mellitus, noninsulin-dependent diabetes mellitus, hyperglycemia, impaired glucose tolerance, metabolic syndrome, syndrome X, insulin resistance induced by trauma, obesity, muscle and neuromuscular disorders, muscular dystrophy, severe or

benign x-linked muscular dystrophy, limb-girdle dystrophy, facioscapulohumeral dystrophy, myotinic dystrophy, distal muscular dystrophy, progressive dystrophic ophthalmoplegia, oculopharyngeal dystrophy, Duchenne's muscular dystrophy, Fakuyama-type congenital muscular dystophy; muscle atrophy; organ atrophy; carpal tunnel syndrome; congestive obstructive pulmonary disease; congenital myopathy; myotonia congenital; familial periodic paralysis; paroxysmal myoglobinuria; myasthenia gravis; Eaton-Lambert syndrome; secondary myasthenia; denervation atrophy; paroxymal muscle atrophy; sarcopenia, cachexia and other muscle wasting syndromes, traumatic or chronic injury to muscle tissue, improving recovery of muscle from injury, premature gonadal failure, androgen suppression, vitamin D deficiency, secondary hyperparathyroidism, nutritional deficiencies, and anorexia nervosa; wherein the angiogenin promotes muscle growth.

9~~5~~. The use of claim ~~4 —~~8 wherein the angiogenin is bovine in origin.

10~~6~~. The use of claim ~~4 —~~8 wherein the angiogenin is extracted from bovine milk.

11. The use of claim 8 wherein the angiogenin is administered orally without requiring carriers or excipients to provide oral bioavailability.

12~~7~~. The use of claim ~~4 —~~8 wherein the medicament is for administering orally and is provided in an angiogenin enriched extract from milk or plasma.

13~~8~~. The use of any one of claims ~~4~~ 8 to ~~7~~ 12 wherein the medicament is administered with follistatin.

~~9~~14. The use of any one of claims ~~4~~8 to ~~7~~12 wherein the medicament further comprises follistatin.

~~10~~15. The method according to claim 1, substantially as herein described with reference to any one of the examples and/or figures.

~~11~~16. The use according to claim ~~4~~8, substantially as herein described with reference to any one of the examples and/or figures.