This ETF offers exposure to mid cap stocks that exhibit growth characteristics, making IJK a potentially useful tool for investors looking to fine tune their domestic equity exposure or implement a tilt towards a specific investment style. Investors constructing a long-term portfolio would be better off with a fund such as MDY or IJH that includes greater depth of holdings and a mix of various styles. Growth strategies often come with biases towards specific sectors, and may outperform more broadly-based indexes in certain economic environments. It should be noted that there is often considerable overlap between IJK and its value counterpart IJJ, which is the result of a methodology that uses a generous definition of growth stocks. Rydex offers a pure style alternative, RFG, that is slightly more expensive but will offer a considerably more targeted focus on growth equities. Those seeking to make a meaningful tilt in their portfolio would be better served by using that fund.