In the general study of regulators, we present three inequalities. We first bound from below the regulators of number fields, following previous works of Silverman and Friedman. We then bound from below the regulators of Mordell-Weil groups of abelian varieties defined over a number field, assuming a conjecture of Lang and Silverman. Then we explain how to prove an unconditional statement for elliptic curves of rank at least 4. The third inequality is joint work with Pascal Autissier andMarc Hindry. (Received January 29, 2019)