## SOME YOUNG AND HÖLDER TYPE OPERATOR INEQUALITIES

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Abstract. In this paper we obtain some Young and Hölder type inequalities for the weighted geometric mean of positive operators on Hilbert spaces.

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## 1. Introduction

Throughout this paper $A, B$ are positive invertible operators on a complex Hilbert space $(H,\langle\cdot, \cdot\rangle)$. We use the following notation

$$
A \not{ }_{\nu} B:=A^{1 / 2}\left(A^{-1 / 2} B A^{-1 / 2}\right)^{\nu} A^{1 / 2},
$$

the weighted geometric mean. When $\nu=\frac{1}{2}$ we write $A \sharp B$ for brevity.
In [4] the authors obtained the following Hölder's type inequality for the weighted geometric mean:

$$
\begin{equation*}
\left\langle B^{q} \sharp_{1 / p} A^{p} x, x\right\rangle \leq\left\langle A^{p} x, x\right\rangle^{1 / p}\left\langle B^{q} x, x\right\rangle^{1 / q} \tag{1}
\end{equation*}
$$

for any $x \in H$.
Moreover, if $0<m_{1} I \leq A \leq M_{1} I, 0<m_{2} I \leq B \leq M_{2} I, p, q>1$ with $\frac{1}{p}+\frac{1}{q}=1$, $I$ is the identity operator and

$$
\lambda(p ; m, M):=\left[\frac{1}{p^{1 / p} q^{1 / q}} \frac{M^{p}-m^{p}}{(M-m)^{1 / p}\left(m M^{p}-M m^{p}\right)^{1 / q}}\right]^{p}
$$

for $0<m<M$, then the following reverse inequality also holds:

$$
\begin{equation*}
\left\langle A^{p} x, x\right\rangle^{1 / p}\left\langle B^{q} x, x\right\rangle^{1 / q} \leq \lambda^{1 / p}\left(p ; \frac{m_{1}}{M_{2}^{q-1}}, \frac{M_{1}}{m_{2}^{q-1}}\right)\left\langle B^{q} \sharp_{1 / p} A^{p} x, x\right\rangle, \tag{2}
\end{equation*}
$$

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for any $x \in H$.
In particular, one can obtain from (2) the following noncommutative version of Greub-Rheinboldt inequality

$$
\begin{equation*}
\left\langle A^{2} \sharp B^{2} x, x\right\rangle \leq\left\langle A^{2} x, x\right\rangle^{1 / 2}\left\langle B^{2} x, x\right\rangle^{1 / 2} \leq \frac{m_{1} m_{2}+M_{1} M_{2}}{2 \sqrt{m_{1} m_{2} M_{1} M_{2}}}\left\langle A^{2} \sharp B^{2} x, x\right\rangle \tag{3}
\end{equation*}
$$

for any $x \in H$.
Furthermore, if $A$ and $B$ are replaced by $C^{1 / 2}$ and $C^{-1 / 2}$ in (3), then we get the Kantorovich inequality [15]

$$
(1 \leq)\langle C x, x\rangle^{1 / 2}\left\langle C^{-1} x, x\right\rangle^{1 / 2} \leq \frac{m+M}{2 \sqrt{m M}}, x \in H \text { with }\|x\|=1,
$$

provided $m I \leq C \leq M I$ for some $0<m<M$.
For various related inequalities, see [1]-[2], [3]-[10], [12]-[13] and [14]-[17].
In this paper we obtain some new Young and Hölder type inequalities for the weighted geometric mean of positive operators on Hilbert spaces.

## 2. Some Young and Hölder Type Results

The following simple Young operator inequality follows from (1):
Proposition 1. Let $A, B$ be positive invertible operators and $p, q>1$ with $\frac{1}{p}+\frac{1}{q}=1$, then

$$
\begin{equation*}
B^{q} \sharp_{1 / p} A^{p} \leq \frac{1}{p} A^{p}+\frac{1}{q} B^{q} . \tag{4}
\end{equation*}
$$

In particular, we have

$$
\begin{equation*}
A^{2} \sharp B^{2} \leq \frac{1}{2}\left(A^{2}+B^{2}\right) . \tag{5}
\end{equation*}
$$

Proof. From (1) and the geometric mean-arithmetic mean inequality we have

$$
\begin{aligned}
\left\langle B^{q} \sharp_{1 / p} A^{p} x, x\right\rangle & \leq\left\langle A^{p} x, x\right\rangle^{1 / p}\left\langle B^{q} x, x\right\rangle^{1 / q} \leq \frac{1}{p}\left\langle A^{p} x, x\right\rangle+\frac{1}{q}\left\langle B^{q} x, x\right\rangle \\
& =\left\langle\left(\frac{1}{p} A^{p}+\frac{1}{q} B^{q}\right) x, x\right\rangle
\end{aligned}
$$

for any $x \in H$, which implies (4).
The following Hölder's type result for sums of operators holds:
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Theorem 1. Let $A_{k}, B_{k}, k \in\{1, \ldots, n\}$ be positive invertible operators and $p, q>1$ with $\frac{1}{p}+\frac{1}{q}=1$, then

$$
\begin{equation*}
\left\|\sum_{k=1}^{n} p_{k} B_{k}^{q} \sharp_{1 / p} A_{k}^{p}\right\| \leq\left\|\sum_{k=1}^{n} p_{k} A_{k}^{p}\right\|^{1 / p}\left\|\sum_{k=1}^{n} p_{k} B_{k}^{q}\right\|^{1 / q}, \tag{6}
\end{equation*}
$$

for any positive sequence $p_{k}, k \in\{1, \ldots, n\}$.
In particular, we have

$$
\begin{equation*}
\left\|\sum_{k=1}^{n} p_{k} B_{k}^{2} \sharp A_{k}^{2}\right\|^{2} \leq\left\|\sum_{k=1}^{n} p_{k} A_{k}^{2}\right\|\left\|\sum_{k=1}^{n} p_{k} B_{k}^{2}\right\| . \tag{7}
\end{equation*}
$$

Proof. From (1) we have

$$
\begin{align*}
\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q} \sharp_{1 / p} A_{k}^{p} x, x\right\rangle & =\sum_{k=1}^{n} p_{k}\left\langle B_{k}^{q} \sharp_{1 / p} A_{k}^{p} x, x\right\rangle  \tag{8}\\
& \leq \sum_{k=1}^{n} p_{k}\left\langle A_{k}^{p} x, x\right\rangle^{1 / p}\left\langle B_{k}^{q} x, x\right\rangle^{1 / q}
\end{align*}
$$

for any $x \in H$.
Using the weighted discrete Hölder inequality we have

$$
\begin{align*}
& \sum_{k=1}^{n} p_{k}\left\langle A_{k}^{p} x, x\right\rangle^{1 / p}\left\langle B_{k}^{q} x, x\right\rangle^{1 / q}  \tag{9}\\
& \leq\left(\sum_{k=1}^{n} p_{k}\left[\left\langle A_{k}^{p} x, x\right\rangle^{1 / p}\right]^{p}\right)^{1 / p}\left(\sum_{k=1}^{n} p_{k}\left[\left\langle B_{k}^{q} x, x\right\rangle^{1 / q}\right]^{q}\right)^{1 / q} \\
& =\left(\sum_{k=1}^{n} p_{k}\left\langle A_{k}^{p} x, x\right\rangle\right)^{1 / p}\left(\sum_{k=1}^{n} p_{k}\left\langle B_{k}^{q} x, x\right\rangle\right)^{1 / q} \\
& =\left\langle\sum_{k=1}^{n} p_{k} A_{k}^{p} x, x\right\rangle^{1 / p}\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q} x, x\right\rangle^{1 / q}
\end{align*}
$$

for any $x \in H$.
Then by (8) and (9) we get

$$
\begin{equation*}
\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q} \sharp_{1 / p} A_{k}^{p} x, x\right\rangle \leq\left\langle\sum_{k=1}^{n} p_{k} A_{k}^{p} x, x\right\rangle^{1 / p}\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q} x, x\right\rangle^{1 / q} \tag{10}
\end{equation*}
$$

for any $x \in H$.
Taking the supremum over $x \in H,\|x\|=1$ in (10) we have

$$
\begin{aligned}
\left\|\sum_{k=1}^{n} p_{k} B_{k}^{q} \sharp_{1 / p} A_{k}^{p}\right\| & =\sup _{\|x\|=1}\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q^{\sharp}}{ }_{1 / p} A_{k}^{p} x, x\right\rangle \\
& \leq \sup _{\|x\|=1}\left\{\left\langle\sum_{k=1}^{n} p_{k} A_{k}^{p} x, x\right\rangle^{1 / p}\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q} x, x\right\rangle^{1 / q}\right\} \\
& \leq \sup _{\|x\|=1}\left\{\left\langle\sum_{k=1}^{n} p_{k} A_{k}^{p} x, x\right\rangle^{1 / p}\right\} \sup _{\|x\|=1}\left\{\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q} x, x\right\rangle^{1 / q}\right\} \\
& =\left\{\sup _{\|x\|=1}\left\langle\sum_{k=1}^{n} p_{k} A_{k}^{p} x, x\right\rangle\right\}^{1 / p}\left\{\sup _{\|x\|=1}\left\langle\sum_{k=1}^{n} p_{k} B_{k}^{q} x, x\right\rangle\right\}^{1 / q} \\
& =\left\|\sum_{k=1}^{n} p_{k} A_{k}^{p}\right\|^{1 / p}\left\|\sum_{k=1}^{n} p_{k} B_{k}^{q}\right\|^{1 / q}
\end{aligned}
$$

and the inequality (6) is proved.

## 3. Some Reverses

We need the following result that is of interest in itself as well:
Lemma 2. Let $f: I \subset \mathbb{R} \rightarrow \mathbb{R}$ be a twice differentiable function on the interval $\stackrel{\circ}{I}$, the interior of $I$. If there exists the constants $d, D$ such that

$$
\begin{equation*}
d \leq f^{\prime \prime}(t) \leq D \text { for any } t \in I \tag{11}
\end{equation*}
$$

then

$$
\begin{align*}
\frac{1}{2} \nu(1-\nu) d(b-a)^{2} & \leq(1-\nu) f(a)+\nu f(b)-f((1-\nu) a+\nu b)  \tag{12}\\
& \leq \frac{1}{2} \nu(1-\nu) D(b-a)^{2}
\end{align*}
$$

for any $a, b \in \stackrel{\circ}{I}$ and $\nu \in[0,1]$.
In particular, we have

$$
\begin{equation*}
\frac{1}{8}(b-a)^{2} d \leq \frac{f(a)+f(b)}{2}-f\left(\frac{a+b}{2}\right) \leq \frac{1}{8}(b-a)^{2} D, \tag{13}
\end{equation*}
$$

for any $a, b \in \stackrel{I}{I}$.
The constant $\frac{1}{8}$ is best possible in both inequalities in (13).
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Proof. We consider the auxiliary function $f_{D}: I \subset \mathbb{R} \rightarrow \mathbb{R}$ defined by $f_{D}(x)=$ $\frac{1}{2} D x^{2}-f(x)$. The function $f_{D}$ is differentiable on $I$ and $f_{D}^{\prime \prime}(x)=D-f^{\prime \prime}(x) \geq 0$, showing that $f_{D}$ is a convex function on $I$.

By the convexity of $f_{D}$ we have for any $a, b \in \stackrel{\circ}{I}$ and $\nu \in[0,1]$ that

$$
\begin{aligned}
0 & \leq(1-\nu) f_{D}(a)+\nu f_{D}(b)-f_{D}((1-\nu) a+\nu b) \\
& =(1-\nu)\left(\frac{1}{2} D a^{2}-f(a)\right)+\nu\left(\frac{1}{2} D b^{2}-f(b)\right) \\
& -\left(\frac{1}{2} D((1-\nu) a+\nu b)^{2}-f_{D}((1-\nu) a+\nu b)\right) \\
& =\frac{1}{2} D\left[(1-\nu) a^{2}+\nu b^{2}-((1-\nu) a+\nu b)^{2}\right] \\
& -(1-\nu) f(a)-\nu f(b)+f_{D}((1-\nu) a+\nu b) \\
& =\frac{1}{2} \nu(1-\nu) D(b-a)^{2}-(1-\nu) f(a)-\nu f(b)+f_{D}((1-\nu) a+\nu b),
\end{aligned}
$$

which implies the second inequality in (12).
The first inequality follows in a similar way by considering the auxiliary function $f_{d}: I \subset \mathbb{R} \rightarrow \mathbb{R}$ defined by $f_{d}(x)=f(x)-\frac{1}{2} d x^{2}$ that is twice differentiable and convex on $\stackrel{\circ}{I}$.

If we take $f(x)=x^{2}$, then (11) holds with equality for $d=D=2$ and (13) reduces to an equality as well.

If $D>0$, the second inequality in (12) is better than the corresponding inequality obtained by Furuichi and Minculete in [7] by applying Lagrange's theorem two times. They had instead of $\frac{1}{2}$ the constant 1. Our method also allowed to obtain, for $d>0$, a lower bound that can not be established by Lagrange's theorem method employed in [7].

We have:
Lemma 3. For any $a, b>0$ and $\nu \in[0,1]$ we have

$$
\begin{align*}
\exp \left[\frac{1}{2} \nu(1-\nu)\left(1-\frac{\min \{a, b\}}{\max \{a, b\}}\right)^{2}\right] & \leq \frac{(1-\nu) a+\nu b}{a^{1-\nu} b^{\nu}} \\
& \leq \exp \left[\frac{1}{2} \nu(1-\nu)\left(\frac{\max \{a, b\}}{\min \{a, b\}}-1\right)^{2}\right] \tag{14}
\end{align*}
$$

Proof. Now, if we write the inequality (12) for the convex function $f:(0, \infty) \rightarrow \mathbb{R}$,
$f(x)=-\ln x$, then we get for any $a, b>0$ and $\nu \in[0,1]$ that

$$
\begin{align*}
\frac{1}{2} \nu(1-\nu) \frac{(b-a)^{2}}{\max ^{2}\{a, b\}} & \leq \ln ((1-\nu) a+\nu b)-(1-\nu) \ln a-\nu \ln b  \tag{15}\\
& \leq \frac{1}{2} \nu(1-\nu) \frac{(b-a)^{2}}{\min ^{2}\{a, b\}}
\end{align*}
$$

Since

$$
\frac{(b-a)^{2}}{\min ^{2}\{a, b\}}=\left(\frac{\max \{a, b\}}{\min \{a, b\}}-1\right)^{2} \text { and } \frac{(b-a)^{2}}{\max ^{2}\{a, b\}}=\left(\frac{\min \{a, b\}}{\max \{a, b\}}-1\right)^{2}
$$

then by (15) we get the desired result (14).
The second inequalities in (14) is better than the corresponding results obtained by Furuichi and Minculete in [7] where instead of constant $\frac{1}{2}$ they had the constant 1.

Remark 1. For $\nu=\frac{1}{2}$ we get the following inequalities of interest

$$
\begin{equation*}
\exp \left[\frac{1}{8}\left(1-\frac{\min \{a, b\}}{\max \{a, b\}}\right)^{2}\right] \leq \frac{\frac{a+b}{2}}{\sqrt{a b}} \leq \exp \left[\frac{1}{8}\left(\frac{\max \{a, b\}}{\min \{a, b\}}-1\right)^{2}\right], \tag{16}
\end{equation*}
$$

for any $a, b>0$.
We have the following result that is of interest in itself as well:
Theorem 4. Let $A$ and $B$ be two positive invertible operators, $p, q>1$ with $\frac{1}{p}+\frac{1}{q}=1$ and $m, M>0$ such that

$$
\begin{equation*}
m^{p} B^{q} \leq A^{p} \leq M^{p} B^{q} \tag{17}
\end{equation*}
$$

Then

$$
\begin{equation*}
\left\langle A^{p} x, x\right\rangle^{1 / p}\left\langle B^{q} x, x\right\rangle^{1 / q} \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{M}{m}\right)^{p}-1\right)^{2}\right]\left\langle B^{q} \sharp_{1 / p} A^{p} x, x\right\rangle \tag{18}
\end{equation*}
$$

for any $x \in H$.
Proof. If $a, b \in[t, T] \subset(0, \infty)$ and since

$$
0<\frac{\max \{a, b\}}{\min \{a, b\}}-1 \leq \frac{T}{t}-1,
$$

hence

$$
\left(\frac{\max \{a, b\}}{\min \{a, b\}}-1\right)^{2} \leq\left(\frac{T}{t}-1\right)^{2}
$$

Therefore, by (14) we get

$$
\begin{equation*}
(1-\nu) a+\nu b \leq a^{1-\nu} b^{\nu} \exp \left[\frac{1}{2} \nu(1-\nu)\left(\frac{T}{t}-1\right)^{2}\right] \tag{19}
\end{equation*}
$$

for any $a, b \in[t, T]$ and $\nu \in(0,1)$.
Now, if $C$ is an operator with $t I \leq C \leq T I$ then for $p>1$ we have $t^{p} I \leq C^{p} \leq$ $T^{p} I$. Using the functional calculus we get from (19) for $\nu=\frac{1}{p}$ that

$$
\left(1-\frac{1}{p}\right) d+\frac{1}{p} C^{p} \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{T}{t}\right)^{p}-1\right)^{2}\right] d^{1-\frac{1}{p}} C
$$

namely, the vector inequality,

$$
\begin{align*}
& \left(1-\frac{1}{p}\right) d+\frac{1}{p}\left\langle C^{p} y, y\right\rangle \\
& \quad \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{T}{t}\right)^{p}-1\right)^{2}\right] d^{1-\frac{1}{p}}\langle C y, y\rangle \tag{20}
\end{align*}
$$

for any $y \in H,\|y\|=1$ and $d \in\left[t^{p}, T^{p}\right]$.
Since $d=\left\langle C^{p} y, y\right\rangle \in\left[t^{p}, T^{p}\right]$ for any $y \in H,\|y\|=1$, hence by (20) we have

$$
\begin{align*}
& \left(1-\frac{1}{p}\right)\left\langle C^{p} y, y\right\rangle+\frac{1}{p}\left\langle C^{p} y, y\right\rangle \\
& \quad \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{T}{t}\right)^{p}-1\right)^{2}\right]\left\langle C^{p} y, y\right\rangle^{1-\frac{1}{p}}\langle C y, y\rangle \tag{21}
\end{align*}
$$

that is equivalent to

$$
\begin{equation*}
\left\langle C^{p} y, y\right\rangle \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{T}{t}\right)^{p}-1\right)^{2}\right]\left\langle C^{p} y, y\right\rangle^{1-\frac{1}{p}}\langle C y, y\rangle, \tag{22}
\end{equation*}
$$

and by division with $\left\langle C^{p} y, y\right\rangle^{1-\frac{1}{p}}>0, y \in H,\|y\|=1$, to

$$
\begin{equation*}
\left\langle C^{p} y, y\right\rangle^{1 / p} \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{T}{t}\right)^{p}-1\right)^{2}\right]\langle C y, y\rangle \tag{23}
\end{equation*}
$$

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If $z \in H$ with $z \neq 0$, then by taking $y=\frac{z}{\|z\|}$ in (23) we get

$$
\begin{equation*}
\left\langle C^{p} z, z\right\rangle^{1 / p}\langle z, z\rangle^{1 / q} \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{T}{t}\right)^{p}-1\right)^{2}\right]\langle C z, z\rangle, \tag{24}
\end{equation*}
$$

for any $z \in H$.
Now, from (17) by multiplying both sides with $B^{-\frac{q}{2}}$ we have $m^{p} I \leq B^{-\frac{q}{2}} A^{p} B^{-\frac{q}{2}} \leq$ $M^{p} I$ and by taking the power $\frac{1}{p}$ we get $m I \leq\left(B^{-\frac{q}{2}} A^{p} B^{-\frac{q}{2}}\right)^{\frac{1}{p}} \leq M I$.

By writing the inequality (24) for $C=\left(B^{-\frac{q}{2}} A^{p} B^{-\frac{q}{2}}\right)^{\frac{1}{p}}, t=m, T=M$ and $z=B^{\frac{q}{2}} x$, with $x \in H$, we have

$$
\begin{aligned}
& \left\langle B^{-\frac{q}{2}} A^{p} B^{-\frac{q}{2}} B^{\frac{q}{2}} x, B^{\frac{q}{2}} x\right\rangle^{1 / p}\left\langle B^{\frac{q}{2}} x, B^{\frac{q}{2}} x\right\rangle^{1 / q} \\
& \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{M}{m}\right)^{p}-1\right)^{2}\right]\left\langle\left(B^{-\frac{q}{2}} A^{p} B^{-\frac{q}{2}}\right)^{\frac{1}{p}} B^{\frac{q}{2}} x, B^{\frac{q}{2}} x\right\rangle,
\end{aligned}
$$

namely

$$
\begin{aligned}
& \left\langle A^{p} x, x\right\rangle^{1 / p}\left\langle B^{q} x, x\right\rangle^{1 / q} \\
& \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{M}{m}\right)^{p}-1\right)^{2}\right]\left\langle B^{\frac{q}{2}}\left(B^{-\frac{q}{2}} A^{p} B^{-\frac{q}{2}}\right)^{\frac{1}{p}} B^{\frac{q}{2}} x, x\right\rangle,
\end{aligned}
$$

for any $x \in H$, and the inequality (18) is proved.
Remark 2. We observe, for $A$ and $B$ two positive invertible operators, that the condition (17) is equivalent to following condition

$$
\begin{equation*}
m I \leq\left(B^{-\frac{q}{2}} A^{p} B^{-\frac{q}{2}}\right)^{\frac{1}{p}} \leq M I . \tag{25}
\end{equation*}
$$

If we assume that

$$
\begin{equation*}
r B^{q} \leq A^{p} \leq R B^{q}, \tag{26}
\end{equation*}
$$

then by (18) we have the inequality

$$
\begin{equation*}
\left\langle A^{p} x, x\right\rangle^{1 / p}\left\langle B^{q} x, x\right\rangle^{1 / q} \leq \exp \left[\frac{1}{2 p q}\left(\frac{R}{r}-1\right)^{2}\right]\left\langle B^{q} \sharp_{1 / p} A^{p} x, x\right\rangle \tag{27}
\end{equation*}
$$

for any $x \in H$.
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We have:
Corollary 5. Let $A$ and $B$ be two positive invertible operators and $m, M>0$ such that

$$
\begin{equation*}
m I \leq\left(B^{-1} A^{2} B^{-1}\right)^{\frac{1}{2}} \leq M I \tag{28}
\end{equation*}
$$

then we have

$$
\begin{equation*}
\left\langle A^{2} x, x\right\rangle^{1 / 2}\left\langle B^{2} x, x\right\rangle^{1 / 2} \leq \exp \left[\frac{1}{8}\left(\left(\frac{M}{m}\right)^{2}-1\right)^{2}\right]\left\langle A^{2} \sharp B^{2} x, x\right\rangle \tag{29}
\end{equation*}
$$

for any $x \in H$.
If $m I \leq C \leq M I$ for some $m, M$ with $0<m<M$, then by (29) we get

$$
\begin{equation*}
\langle C x, x\rangle^{1 / 2}\left\langle C^{-1} x, x\right\rangle^{1 / 2} \leq \exp \left[\frac{1}{8}\left(\left(\frac{M}{m}\right)^{2}-1\right)^{2}\right]\|x\|^{2} \tag{30}
\end{equation*}
$$

for any $x \in H$.
Corollary 6. Assume that $A$ and $B$ satisfy the conditions

$$
\begin{equation*}
m_{1} I \leq A \leq M_{1} I, m_{2} I \leq B \leq M_{2} I \tag{31}
\end{equation*}
$$

for some $0<m_{1}<M_{1}$ and $0<m_{2}<M_{2}$, then we have

$$
\begin{align*}
& \left\langle A^{p} x, x\right\rangle^{1 / p}\left\langle B^{q} x, x\right\rangle^{1 / q}  \tag{32}\\
& \leq \exp \left[\frac{1}{2 p q}\left(\left(\frac{M_{1}}{m_{1}}\right)^{p}\left(\frac{M_{2}}{m_{2}}\right)^{q}-1\right)^{2}\right]\left\langle B_{\sharp}^{q_{1 / p}} A^{p} x, x\right\rangle,
\end{align*}
$$

for any $x \in H$.
In particular, we have

$$
\begin{equation*}
\left\langle A^{2} x, x\right\rangle^{1 / 2}\left\langle B^{2} x, x\right\rangle^{1 / 2} \leq \exp \left[\frac{1}{8}\left(\left(\frac{M_{1} M_{2}}{m_{1} m_{2}}\right)^{2}-1\right)^{2}\right]\left\langle A^{2} \sharp B^{2} x, x\right\rangle, \tag{33}
\end{equation*}
$$

for any $x \in H$.
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