

# Clinical Update

## **Vitamin combo may delay ageing: Mouse study**

**A cocktail of vitamins, minerals and herbals may delay the major aspects of the ageing process and extend lifespan by 10 per cent, according to a mouse study from Canada**

*(Experimental Biology and Medicine, January 2010)*

Mice fed a supplement containing 30 dietary ingredients did not experience a 50% loss in daily movement like other non-supplemented animals, according to findings published in *Experimental Biology and Medicine*.

The benefits were linked to increases in the activity of mitochondria, the power plants of the cells, as well as by reducing levels of free radicals produced by the mitochondria, say researchers from McMaster University, led by David Rollo. However, it is not known if the effects would be repeated in humans and years of clinical trials would be necessary before any firm conclusions could be drawn, cautioned the researchers.

### **Study details**

Rollo and his co-workers used bradykinesia, or declining physical movement, as a biomarker of ageing and mortality risk. Mice were divided into two groups: One was fed a normal diet, while the other was supplemented with a cocktail of dietary supplement ingredients.

Results showed maintenance of youthful levels of locomotor activity into old age in the supplemented animals, whereas old non-supplemented mice showed a 50% loss in daily movement, said the researchers. This was accompanied by a loss of mitochondria activity, and declines in brain signalling chemicals relevant to locomotion, such as striatal neuropeptide Y. This chemical is associated with a range of functions, including maintaining energy balance, as well as effects in memory and learning. No such declines were observed in supplemented animals, said the researchers.

The supplement was composed of vitamins B1, B3 (niacin), B6, B12, C, D, E, folic acid, beta-carotene, CoQ10, rutin, bioflavonoids, ginkgo biloba, ginseng, green tea extract, ginger root extract, garlic, L-Glutathione, magnesium, selenium, potassium, manganese, chromium picolinate, acetyl L-carnitine, melatonin, alpha-lipoic acid, N-acetyl cysteine, acetylsalicylic acid, cod liver oil, and flax seed oil.

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Source: [www.nutraingredients.com](http://www.nutraingredients.com)