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Printer Friendly

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Life Extension Update Exclusive

Long-lived plant yields longevity compound

The American Aging Association's annual meeting held in San Antonio, Texas was the site of a presentation on June 1, 2007 by Richard A. Miller of the University of Michigan that NDGA, a synthetic derivative of the desert shrub creosote, extends the median life span of mice.

Creosote is one of the hardiest and longest lived plant species. The shrub forms new rings of stems, which live up to 200 years, from existing original cores estimated in some cases to be as many as 11,000 years old.

The University of Michigan as well as the University of Texas Health Science Center in San Antonio, Texas, and the Jackson Laboratory in Bar Harbor, Maine are currently testing NDGA and other compounds for the National Institute on Aging Interventions Testing Program. The researchers administered NDGA to mice on normal diets and compared them with mice that did not receive NDGA. At the point at which half of the control mice had died of natural causes, known as median lifespan, a significantly greater number of male mice that received NDGA were alive. The compound did not appear to affect female mice.

"We don't know how NDGA is having its effect on survival in this first analysis," stated Dr Miller, who is a professor of pathology at the University of Michigan Medical School and associate director of the UM Geriatrics Center. "It may be that the female mice because of their hormonal status have other pathways to death and disability, or need higher or lower levels of NDGA to see an effect."

The preliminary results will be published in the August, 2007 issue of the journal *Aging Cell*. Over the next six to ten months, the researchers will determine whether NDGA also affects maximum life span, a term that describes the greatest number of years that a particular species is known to survive. "If NDGA turns out to extend maximal lifespan by 20 or 30 percent, people would accept that as an important finding," Dr Miller noted.

"The National Institute on Aging decided to fund grants at three institutions to do studies of this sort in the right way," Dr Miller stated. "This is the first time to my knowledge when an agent has been shown to extend median life span in three laboratories."

Health Concern

Prevention

With health claims bombarding consumers on a daily basis, choosing which dietary supplements to take can be a truly daunting task. That is why Life Extension publishes a list of the Top Ten most important life-extending nutrients, drugs, and hormones based on a careful review of the scientific literature.

1. Life Extension Mix™
2. Super Booster Complex with Advanced K2 Complex
3. Super Omega-3 EPA/DHA with Sesame Lignans and Olive Fruit Extract
4. Super BioActive CoQ10 (Ubiquinol)
5. Mitochondrial Energy Optimizer
6. Cognitex
7. Advanced Natural Prostate with 5-Loxin® (men)
Bone Restore (men and women)
8. Restoring youthful hormone balance
9. S-Adenosylmethionine
10. Aspirin

<http://www.lef.org/protocols/prtcl-131.shtml>

Featured Products

Resveratrol Capsules

Findings from published scientific literature indicate that resveratrol may be the most effective plant extract for maintaining optimal health. Resveratrol, a constituent of red wine and possessing diverse biochemical and physiological actions, including estrogenic, anti-platelet, and anti-inflammatory properties, has long been suspected to have cardioprotective effects.

<http://www.lef.org/newshop/items/item00970.html>



Life Extension Mix Capsules

Melatonin keeps our circadian cycle in tune as it communicates with the body's cells. Not only does this hormone work to maintain cell health, it appears to regulate a system of self-repair and regeneration. When this hard-working hormone is diminished, our biological functions are impaired.

<http://www.lef.org/newshop/items/item00934.html>



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On the cover

Congress seeks to ban DHEA, by William Faloon

Reports

How you can prevent DHEA from becoming an "illegal drug"

How Congress is being misled to think that DHEA is an anabolic steroid

What's missing from your sunscreen, by Dale Kiefer

Vitamin K and Warfarin: Stabilizing anticoagulant therapy—while protecting cardiovascular and bone health, by Laurie Barclay, MD

The deadly link between heart disease and Alzheimer's, by Edward R. Rosick, DO, MPH, DABHM

As we see it

How much fish oil is in your blood? By William Faloon

In the news

DHA may protect against breast cancer; garlic extract limits atherosclerosis progression; antioxidants protect against periodontitis; zinc lowers infection rates in elderly adults; and more.

Ask the doctor

A special test to diagnose heart failure, by William Davis, MD

Nutraceutical update

Melatonin — New research shows impressive health benefits, by Debra Fulghum Bruce, PhD

Super Foods

Broccoli — Providing cancer protection, liver support, and essential nutrients, by Dale Kiefer

Wellness profile

Judge Alex E. Ferrer, health and justice, by Philip Smith

June 2007 abstracts

DHEA, melatonin, vitamin K, Alzheimer's/heart disease

http://www.lef.org/magazine/mag2007/mag2007_06.htm

If you have questions or comments concerning this issue or past issues of *Life Extension Update*, send them to ddye@lifeextension.com or call 954 202 7716.

For longer life,



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