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Anti-Ageing Nutrients: Evidence-based Prevention of Age-Associated Diseases is written by a multi-disciplinary group of researchers, all interested in the nutritional modulation of ageing mechanisms. Structured in three parts,

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Part 1 looks at the cellular modifications that underlie senescence of cells and ageing of the organisms; the effects of energy restriction on cellular and molecular mechanisms and in the whole organism; and the epigenetic modifications associated with ageing.

## **Anti-Ageing Nutrients: Evidence-**

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The 12 Best Anti-Aging Supplements. 1. Curcumin. Curcumin — the main active compound in turmeric — has been shown to possess powerful anti-aging properties, which are attributed ... 2. EGCG. 3. Collagen. 4. CoQ10. 5. Nicotinamide riboside and nicotinamide mononucleotide.

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**The 12 Best Anti-Aging  
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## **Anti-Ageing Nutrients: Evidence- Based Prevention of Age ...**

In this chapter, we have focused on the most recent science-based aspects of anti-ageing nutritional recommendations that have emerged in recent years.

Several nutrients present anti-ageing health benefits and obtaining adequate

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amounts of these from various foods  
plays a vital role in maintaining normal  
function of the human body.

**Science-based anti-ageing  
nutritional recommendations ...**

While scientists are still sorting out all  
the intricacies of aging, what we know  
for sure is that diet and lifestyle have

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significant effects on how well you age.

Nutrition is a powerful tool for  
supporting graceful aging and longevity.  
Let's discuss some evidence-based  
nutrition strategies that can help you  
age with health, vitality, and grace.

## **Nutrition and Aging: What to Eat for a Long and Healthy ...**

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Polyphenols are antioxidants that are naturally found in brightly colored foods like red cabbage, cacao, blueberries, and coffee. They protect your brain from stress and free radical damage, support learning and memory, and may help slow down brain aging — which means they're a big deal for anti-aging.

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**Anti-Aging Supplements to Turn  
Back the Clock (Backed by...**

When you think of “anti-aging supplements,” you may initially think of vitamins, minerals, products or creams that help fight the visible signs of aging by smoothing the lines on your face, amping up energy levels, and keeping skin supple and smooth. However, the

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benefits of anti-aging supplements  
extend way beyond the surface.

**8 Best Anti-Aging Supplements and  
How to Take Them - Dr. Axe**

Avocados are high in inflammation-  
fighting fatty acids that promote  
smooth, supple skin. They also contain a  
variety of essential nutrients that may

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prevent the negative effects of aging,  
including:...

**Top 10 Anti-Aging Foods for Skin,  
Brain, Muscle, and Gut ...**

The purpose of the Aging and Disability  
Evidence-Based Programs and Practices  
initiative (ADEPP) was to help the public  
learn more about available evidence-



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based programs and practices in the areas of aging and disability and determine which of these may best meet their needs.

### **Aging and Disability Evidence-Based Programs and Practices ...**

To truly safeguard your skin (and, well, entire body) from aging, regularly

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indulge in fresh pineapple, says a study published in the Evidence-Based Complementary and Alternative Medicine journal. In fact, pineapple turns out to be one of the best anti-aging foods out there, containing generous amounts of key nutrients like fiber, magnesium, vitamin B, testosterone, vitamin C, and phosphorous, that all

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work together to support the heart,  
brain, immune system, colon, lungs, and  
bones.

**33 Foods That Fight Aging from the  
Inside Out | Best Life**

But increasing life expectancy presents  
new problems, and industrialized  
countries are facing a pronounced

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increase in lifestyle diseases which constitute barriers to healthy ageing. Anti-Ageing Nutrients: Evidence-based Prevention of Age-Associated Diseases is written by a multi-disciplinary group of researchers, all interested in the nutritional modulation of ageing mechanisms.

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**Anti-ageing nutrients : evidence-  
based prevention of age ...**

Metformin, the diabetes drug, impacts many diseases and extends life. It activates AMPK, makes more NAD, and turns on sirtuins and other anti-aging defenses.

**Aging: Is It a Preventable Disease? -**

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Vegetables and fruits are rich sources of antioxidants. There is good evidence that eating a diet that includes plenty of vegetables and fruits is healthy, and official U.S. Government policy urges people to eat more of these foods.

## **Antioxidants: In Depth | NCCIH**

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Eight studies used collagen hydrolysate, 2.5g/d to 10g/d, for 8 to 24 weeks, for the treatment of pressure ulcers, xerosis, skin aging, and cellulite. Two studies used collagen tripeptide, 3g/d for 4 to 12 weeks, with notable improvement in skin elasticity and hydration.

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**Oral Collagen Supplementation: A  
Systematic Review of ...**

As such, it is appropriate to explain to patients how to counter these time bombs through the use of evidence-based anti-aging/disease-prevention supplements. As one example, we know that coenzyme Q 10 synthesis markedly declines by age 45-50, at which time it is



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in the patient's best interest to include CoQ 10 in their supplementation regime to prevent high blood pressure, congestive heart failure and possibly cancer.

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