

Foodconsumer.org

Acceda al R.A.I.

Acceda al Registro de Aceptaciones Impagadas

clic
aquí

All News

Misc. News

[Featured Products](#)
[Recalls & Alerts](#)
[Consumer Affair](#)
[Non-food Things](#)
[Letter to Editor](#)
[Health Tips](#)
[Interesting Sites](#)

Diet & Health

[Heart & Blood](#)
[Cancer](#)
[Body Weight](#)
[Children & Women](#)
[General Health](#)
[Nutrition](#)

Food & Health

[Food Chemicals](#)
[Biological Agents](#)
[Cooking & Packing](#)
[Technologies](#)
[Agri. & Environ.](#)
[Laws & Politics](#)

Food Consumer

[FC News & Others](#)

Search

All Categories

[Advanced Search](#)



[Submit news\[release\]](#)
[General health News](#)

DIET & HEALTH : GENERAL HEALTH

Last Updated: **Apr 23,
2007 - 9:14:49 PM**

Melatonin neutralizes oxidative damage

By news release
 Apr 23, 2007 -
 9:12:13 PM

[E.mail t.his a.rticl](#)
[P.rinter f.riendly p.age](#)
[Get n.ewsletter](#)

Property in Granada

Andalusia's last secret. Culture of
 white-washed villages.
www.quality-sol.com

Property - Las Alpujarras

Large choice of property in las
 Alpujarras and surroundings
www.AlpuSol.com

Ads by Google

of Granada's Institute of Biotechnology pr
 consuming melatonin neutralizes oxidative
 and delays the neurodegenerative process of
 - In this study researchers used no
 genetically-modified mice which were sub
 accelerated cell ageing, although their result
 be applied to humans.

[C@MPUS DIGITAL](#) The Spanish Ageing Resea
 Network (Red Nacional de Investigación del
 Envejecimiento), funded by Carlos III Health
 and headed by professor Darío Acuña Castro
 from the [University of Granada](#) (Universidad
 Granada), is very near to achieving one of to
 Science greatest goals: allowing humans to a
 best possible health conditions.

As well as from the UGR, researchers from th
 universities of Seville, Oviedo, Saragossa, Ba
 and Reus also took part in this study, conclud
 the consumption of melatonin – a natural sub
 produced in small amounts by human beings
 present in many types of food – delays the o
 damage and inflammatory processes typical o
 age. Melatonin can be found in small amount
 fruits and vegetables, like onions, cherries ar
 bananas, and in cereals like corn, oats and ri
 well as in some aromatic plants, such as min
 verbena, sage or thyme, and in red wine.

UGR participation in this study was leaded by

TESTIMONIAL

My father died of
 heart disease, so I
 don't think it's
 abnormal feeling
 uneasy on the
 chest from time to
 time at my age.
 But one incident
 prompted me to
 follow a healthy
 diet. Ever since it's
 felt like I'm 18
 again. Plus I lost
 20 # without any
 extra effect. Don't
 you want to know
 why?

[Click here to
 subscribe to FC
 TIPS](#)

professor Darío Acuña Castroviejo, member of the Institute of Biotechnology and lecturer at this University's department of Physiology. Professor Acuña Castroviejo also coordinates the Spanish Ageing Research Network. Both normal and genetically-modified mice, with an accelerated cell ageing, were analysed. "We proved", says professor Acuña Castroviejo, "that the first signs of ageing in animal tissues start at the age of five months [in mice] – equivalent to 30 human years of age – due to an increase in free radicals (oxygen and nitrogen), which cause an inflammatory reaction."

The UGR researcher points out that such oxidative stress also has effects in animals' blood, as blood cells have been proven to be "more fragile with the years and, therefore, their cell membranes become easier to break".

Use in mice

The authors of this innovative finding administered small amounts of melatonin to mice and observed that not only did this substance neutralize the oxidative stress and the inflammatory process caused by ageing, but it also delayed its effects, thus increasing longevity. In particular, the University of Granada's goal was to analyse the mitochondrial function in mice and check their mitochondrial capacity to produce ATP – adenosine triphosphate – a molecule whose mission is to store the energy every cell needs to carry out its functions.

Professor Acuña Castroviejo highlights that chronic administration of melatonin in animals from the moment they stop producing this substance – five months of age in mice – helps counteract all age-related processes. Therefore, daily melatonin intake in humans from the age of 30 or 40 could prevent – or, at least, delay – illnesses related to ageing, free radicals and inflammatory processes, such as many neurodegenerative disorders (e.g. Parkinson's disease) and complications linked to other illnesses, like diabetes.

The researcher is confident that the Spanish Ministry of Health will soon legalise the use of melatonin since, being a substance naturally produced by the body, it cannot be patented and the drug industry would not make much profit out of its artificial production. However, "while the substance becomes legalised, humans should try to increase melatonin consumption through food", recommends professor Acuña Castroviejo.

The results of this study have been published in some of the world's most prestigious medical journals, such as Free

Ads by Google

[Granada - Ofertas Vueling](#)

Vuelos desde 30€ a Granada, todo incluido. Aprovecha y compra. granada.vueling.com

[Hip Hotels in Andalucía](#)

Detailed reviews and booking of Andalucía's small stylish hotels www.i-escape.com

[Casas Granada Valle Costa](#)

Inmobiliaria en Padul Preciosas casas valle y costa www.garcialazaro.com

[Granada desde 10€ i/v](#)

Vuela a precios increíbles hasta el 30 abril 07. Plazas limitadas www.edreams.es

[Granada Houses](#)

Search, View & Buy A House In Granada. Fast & Easy Service. Property-Net-Granada.com/Houses

Radical Research, Experimental
Gerontology, Journal of Pineal Research and
Frontiers in Bioscience.

Reference: Prof. Darío Acuña Castroviejo.
Institute of Biotechnology, University of
Granada.

Tel.: +34 958 24 35 20 / +34 616 929 320.

E-mail: dacuna@ugr.es

Share this article on =>



Ads by Google

[University Study Abroad](#)

[University of Granada](#)

[Spanish in Granada](#)

[Learn Spanish](#)

© 2004-2007 by foodconsumer.org unless
otherwise specified

[Top of Page](#)



☒ Web ☐ foodconsumer.org

[Disclaimer](#) | [Advertising](#) | [Jobs](#) | [Privacy](#) | [About US](#) | [Newsletter](#) | [Contact Us](#)

© Copyright 2004 - 2007 foodconsumer.org All right reserved

Link Partners: hicenter.com | shopseek.com | copyregister.net | infoplus.com | career.info | [Internet services](http://Internet.services)