



## Some foods may help delay aging

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Melatonin is found in foods including onions, cherries, bananas, corn, oats, rice, mint, lemon verbena, sage, thyme and red wine, according to the findings published in Free Radical Research, Experimental Gerontology, Journal of Pineal Research and Frontiers in Bioscience.

The researchers 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 aging, but it also delayed its effects and increased longevity.

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GRANADA, Spain, April 24 A substance found in foods like onions, cherries and bananas, as well as cereals, spices and red wine, may be key to delaying aging, says a Spanish study.

Researchers at the University of Granada's Institute of Biotechnology as well as researchers in Seville, Oviedo, Saragossa, Barcelona and Reus have concluded that the consumption of melatonin -- a natural substance produced in small amounts by human beings and present in many types of food delays the oxidative damage and inflammatory processes typical of the old age.

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