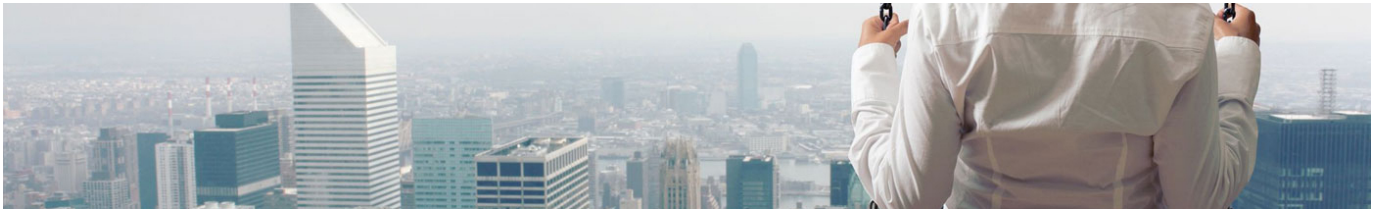


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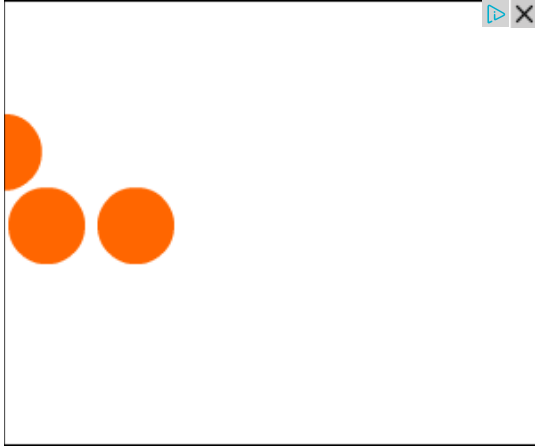
Melatonin, a stimulant of `beige fat` appearance that burns calories instead of storing

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By Liam Gottlieb, | Health | 0 Comments





Spanish scientists have discovered that melatonin consumption helps control weight gain because it stimulates the appearance of 'beige fat', a type of fat cell that burns calories in vivo instead of storing them. White adipose tissue stores calories leading to weight gain whereas 'beige fat' (also known as 'good or thinning fat') helps regulate body weight control, hence its metabolic benefits.

This study is published in the Journal of Pineal Research and led by scientists from the University of Granada Institute for Neuroscience, the Hospital Carlos III, Madrid and the University of Texas Health Science Center in San Antonio (USA).

The study, authored by Aroa Jiménez-Aranda, Gumersindo Fernández-Vázquez, Daniel Campos, Mohamed Tassi, Lourdes Velasco-Perez, Tx Tan, Russel J. Reiter and Ahmad Agil has been part-financed and supported by the Granada Research of Excellence Initiative on BioHealth (GREIB), the University of Granada Vice-Rectorate for Scientific Policy and Research, and the regional government of Andalusia research group CTS-109.

Given the importance of this discovery, the researchers are confident they will obtain the funding needed to continue their work—says principle researcher Ahmad Agil— “and be able to achieve their final objective: to confirm these findings in humans, by administering melatonin to help combat obesity and diabetes”.

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