



MULTIVITAMINS COULD SLOW THE AGEING PROCESS

29th May 2009 – A new study published in the *American Journal of Clinical Nutrition*¹ links multivitamin use with slower cell ageing.

Commenting on the findings, Dr Carrie Ruxton, independent nutritionist and advisor to the Health Supplements Information Service, said: “Scientists can track cell ageing by measuring DNA sequences, called telomeres, on our chromosomes. Longer telomeres denote younger cells, while shorter telomeres indicate that cells are ageing more rapidly.

“This new study, which looked at 586 US women aged 35-74 years, found that daily multivitamin use was associated with longer telomeres. Vitamins C and E were particularly implicated and have also been shown in lab studies to protect telomeres from damage. Previous research in humans has shown that a good vitamin D status is also a predictor of longer telomeres – this was described in a recent review on vitamin D which I published in the *Nutrition Bulletin*².

“While we still need more evidence to explore how an optimal nutrient intake can slow cell ageing, this study suggests that multivitamin use offers wider benefits than simply preventing nutritional deficiencies.”

For further information or to arrange an interview with an HSIS spokesperson, please contact:

Nicky Smith, Nexus Healthcare

020 7808 9750

Louise Nathanson, Nexus Healthcare

0207 808 9756

¹ Xu Q, Parks CG, DeRoo LA, et al. Multivitamin use and telomere length in women. *American Journal of Clinical Nutrition*, 89: 1857-1863.

² Ruxton CHS, Derbyshire E (2009). Health impacts of vitamin D: are we getting enough? *Nutrition Bulletin*, 34: 185–197.