

Taurine, Spermidine (wheat germ) and Lithium in 10acity® Hydrogen Infused 5.5 ppm Natural Spring Water for Cellular Regeneration.

Taurine is an amino acid found in nearly all tissues. It is produced in small amounts by the body, but the level drops with age. As we age, taurine production may be inadequate to maintain optimal health. (An epidemiological 25-year study by Epic-Norfolk researchers found a correlation between high blood taurine levels and lower risks of various age associated pathologies.)



Spermidine is a polyamine (two or more amino groups) found in all living organisms and many foods, including mushrooms, legumes, corn, and whole grains (wheat germ). Spermidine is known to mimic the anti-aging effects of caloric restriction to support recycling old, damaged cell parts. As we age, we lose spermidine. Studies show higher dietary intake of spermidine is correlated with a lower risk of chronic diseases and reduced mortality, an age delaying agent.

Lithium is a mineral found in rocks and subsoils. Lithium can inhibit age accelerating enzymes, help maintain longer telomeres (protective caps on ends of chromosomes), regulate genes related to healthy DNA. Reduces build up of beta-amyloid a plaque associated with Alzheimer's disease.

How they Work:

The three nutrients may beneficially influence the hallmarks of aging in multiple ways. Add powder to pouch to increase Hydrogen level from 2.5 ppm to 5.5 ppm.

Taurine promotes DNA repair processes in the body which help protect against mitochondrial dysfunction, inflammation, and cell senescence.

Spermidine helps regulate autophagy, helps promote anti-inflammatory activity and suppresses harmful compounds produced by senescent cells.

Lithium may help prevent the shortening of the Telomeres associated with aging. By inhibiting the age accelerating enzyme GSK-3, it supports cell defense and synthesis of the energy source glycogen.

Summary: Together these actions may help reduce the risk of age-associated disorders and promote healthy aging. The compounds Taurine, Spermidine, and Lithium have been shown to potentially slow the aging process, inhibit development of age-related diseases, and extend longevity.

Large observational human studies suggest that each of these nutrients prolongs healthy, human lifespan. Taken together, Taurine, Spermidine, and Lithium may have significant mechanistic benefits on healthy aging.

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