



Epitalon

Epitalon is a tetrapeptide composed of four amino acids (alanine, glutamic acid, aspartic acid, and glycine). It is a synthetic version of Epihalamine, a peptide extract of the pineal gland—developed in Russia in the 1980s. In the early 2000s, excitement about Epitalon increased even more, when scientists found it could activate telomerase, leading to the regrowth of telomeres.

Recent studies indicate that telomere length, which can be affected by various lifestyle factors, can affect the pace of aging and the onset of age-associated diseases. Telomere length shortens with age. The progressive shortening of telomeres leads to senescence, apoptosis, or oncogenic transformation of somatic cells, affecting the health and lifespan of an individual. Shorter telomeres are associated with increased incidence of diseases and poor survival. The rate of telomere shortening can be either increased or decreased by specific lifestyle factors. Better choice of diet and activities has great potential to reduce the rate of telomere shortening or at least prevent excessive telomere attrition, leading to delayed onset of age-associated diseases and increased lifespan.

Epitalon has an important role, especially after 40 years, against aging not only by its action on the brain and pineal gland but also by increasing telomere length through its action as a telomerase activator.

Epitalon can provide you with better sleep and strengthen the immune system. Studies reveal increasing the cognitive capacities of your brain and bio-regulate your whole body through the action of the pineal gland and an increase in melatonin secretion. It has been intensively tested in Russia for more than 25 years for its anti-aging and enhancing properties. More people around the world increasingly use it.

There are many potential benefits to be gained from Epitalon, including:

- Increase in the life length by prolonging the telomeres in human cells.
- Prevention of age-related declines to physical endurance.
- Rebalanced melatonin production and circadian rhythm.
- Normalized carbohydrate and fat metabolism.
- Decreased rates of hypertension and cardiovascular disease.
- Better management of metabolism and body weight.
- Improved endocrine health.
- Reduced incidence of acute respiratory disease.
- Lower rates of osteoarthritis and osteoporosis.
- Rehabilitation of nervous system activity.
- Improve physiological functions, and reduce mortality by almost 50% after 15 years.
- Works as an antioxidant by reducing Lipid oxidation and ROS and normalizes T cell function.
- Repairs damaged and weakened muscle cells.

