

# First randomized, double-blind, placebo controlled study to show telomeres getting longer in humans

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05/05/2016



## Clinical Research

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TA-65 is a dietary supplement based on an improved formulation of a small molecule telomerase activator that was discovered in a systematic screening of natural product extracts from traditional Chinese medicines. This study summarizes the findings on telomere length (TL) changes from a randomized, double blind, placebo controlled study of TA-65 over a 1 year period. The study was conducted on 97 relatively healthy cytomegalovirus-positive subjects aged 53-87 years old. Subjects taking the low dose of TA-65 (250 U) significantly increased TL over the 12 months period, as compared to the placebo group ( $530 \pm 180$  bp;  $p = 0.005$ ), whereas subjects in the placebo group significantly lost TL ( $290 \pm 100$  bp;  $p = 0.01$ ). The high dose of TA-65 (1000 U) showed a trend of improvements in TL compared with that of the placebo group; however, the improvements did not reach statistical significance. TL changes in the low-dose group were similar for both median and 20th percentile TLs. The findings suggest that TA-65 can lengthen telomeres in a statistically and possibly clinically significant manner.

## Study Summary

- Study participants: 97 men and women (53-87 years old)
- Study length: 12 months
- First study to show statistically significant ( $p < 0.005$ ) lengthening of telomeres in humans:

As expected, the placebo group showed a decrease in telomere length

### Placebo Group Decrease in median telomere length over 12 months

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Median telomere length	↓ 290 ± 100 bp
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20 <sup>th</sup> percentile telomere length	↓ 170 ± 50 bp
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While the group taking one capsule of TA-65<sup>®</sup> (250 Units) per day showed an increase in telomere length

### TA-65<sup>®</sup> Group Increase vs placebo group in median telomere length over 12 months

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Median telomere length	↑ 533 ± 180 bp
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20 <sup>th</sup> percentile telomere length	↑ 270 ± 90 bp
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- Published in *Rejuvenation Research*, a PubMed-indexed and peer-reviewed journal [PMID: [26950204](#)]