

Viewpoint: There's reason to be skeptical of 'fountain of youth' pills

Renowned Harvard University geneticist David Sinclair recently made a startling assertion: Scientific data shows he has knocked more than two decades off his biological age.

What's the 49-year-old's secret? He says his daily regimen includes ingesting a molecule his own research found improved the health and lengthened the life span of mice. Sinclair now boasts [online](#) that he has the lung capacity, cholesterol and blood pressure of a "young adult" and the "heart rate of an athlete."

Despite his enthusiasm, published scientific research has not yet demonstrated the molecule works in humans as it does in mice.

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Discerning hype from reality in the longevity field has become tougher than ever as reputable scientists such as Sinclair and pre-eminent institutions like Harvard align themselves with promising but unproven interventions — and at times promote and profit from them.

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"None of this is ready for prime time. The bottom line is I don't try any of these things," said Felipe Sierra, the director of the division of aging biology at the National Institute on Aging at NIH. "Why don't I? Because I'm not a mouse."

Read full, original post: [A 'fountain of youth' pill? Sure, if you're a mouse](#)