UC Irvine Director of Pharmaceutical Sciences Mahtab Jafari studies Rhodiola rosea, an herb that has been found by a team of UCI researchers to extend life span in a population of fruit flies.

A longer life? An Eastern European herb, Rhodiola rosea, has been found by a team of UCI researchers to extend life span in a population of fruit flies.

Extra time to live Golden root expands life span for all kinds of fruit flies – not just the heavier ones. The only other substance on the market that’s been shown to have a significant effect on the flies is resveratrol, a substance found in red wine and grapes, and it’s only effective for people who eat too much.

Peer-reviewed. The leaves are a good source of vitamin C, beta carotene, iron.

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Siberian herb could extend lives, UCI researchers say

BY ANNE ROYER ORANGE COUNTY REGISTER

A stubby little plant from the icy permafrost of Siberia just might help you feel better and live longer. UC Irvine researchers say they found that the root extracts of Rhodiola rosea, or “golden root,” live 24 percent longer than their otherwise healthy peers.

The research itself is a sign of the times. Today’s physicians are becoming more open to the idea of using herbal remedies to treat their patients, and they need the science to back it up.

“Potentially, humans – healthy or not – could live longer by consuming this root,” live 24 percent longer than their otherwise healthy peers.

To get the effect, the researchers made extracts from the roots and fed them to the flies. Flies that normally lived 20 days lived 24 percent longer, and the researchers found that the flies lived longer than the average life span of flies that were fed extracts of other plants.

“You can find the same pathway in nearly all living things: flies, worms, rats, humans who are already slim,” Jafari said.

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