

# Healthy Aging Benefits of Black Elderberry

## Unlocking the Potential of Sirtuin 6



As we grow older, our bodies undergo a multitude of changes that can impact our overall health and wellbeing. One of the key components in the aging process is Sirtuin 6, a critical factor in cellular health and longevity.

In this overview, we will explore the benefits of Sirtuin 6 in our bodies and how elderberry extract can tap into its benefits for improved health outcomes.

### The Science Behind Sirtuin 6

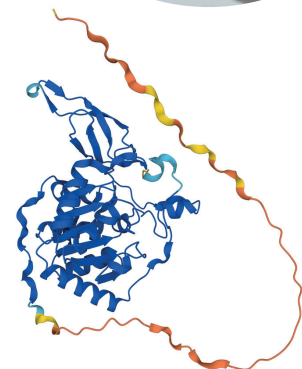
Sirtuin 6 is a protein that plays a crucial role in cellular health and longevity.

Its primary function is to regulate gene expression and protect our bodies against various stressors, both internal and external.

Sirtuin 6 activity declines as we age, leading to cellular dysfunction, oxidative stress, inflammation, and ultimately, aging<sup>[1]</sup>.

Numerous research studies have established Sirtuin 6's importance in improving overall health, preventing age-related diseases, and increasing lifespan. The activation of the protein has been linked to cardioprotection, metabolic regulation, cancer prevention, neuroprotection, and immune defense.

Research has shown that Sirtuin 6 can be activated through various means, including caloric restriction, physical exercise, and natural compounds such as cyanidin, resveratrol, quercetin, and curcumin.



Human Sirtuin 6 protein



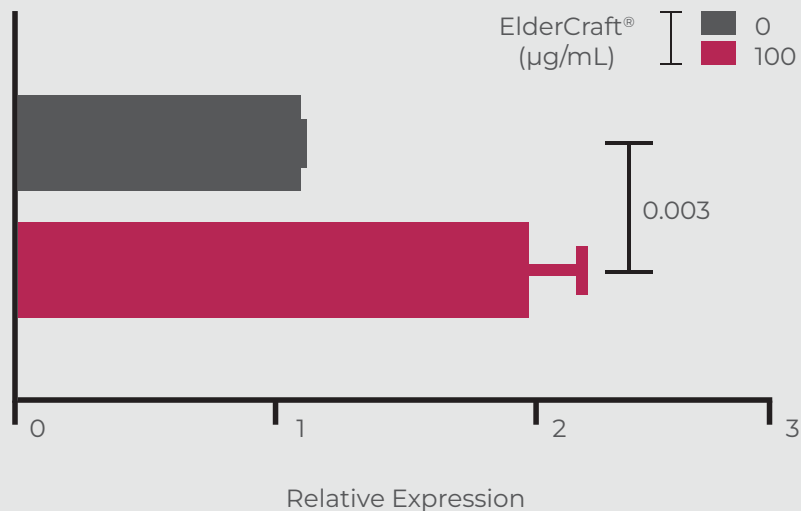
## Elderberry Extract: A Natural Sirtuin 6 Booster

A recent study has revealed that elderberry possesses the potential to activate Sirtuin 6 (SIRT6) in vitro within Caco-2 cells<sup>[2]</sup>.

The activation of SIRT6 by elderberry suggests potential benefits in DNA repair, telomere maintenance, and gene regulation, all of which are crucial functions related to aging and cellular health.

These findings shed light on the potential health benefits of elderberry beyond its traditionally known immune-boosting properties and open avenues for further research on its role in aging and cellular wellness.

The effect of ElderCraft® on the expression of SIRT6 in Caco-2 cells



 ElderCraft®



## Conclusion

In conclusion, Sirtuin 6 is a vital component in promoting human health, and elderberry extract can be a natural method of boosting its benefits.

Incorporating elderberry extract into dietary supplements can boost immune function and provide anti-aging benefits. It also can help reduce inflammation, oxidative stress, and can shield against age-related diseases.

At IPRONA, we believe in providing natural and effective solutions to our customers.

Our product, ElderCraft®, European Black Elderberry Extract is a pure and potent source of elderberry extract and has been shown to boost SIRT6 activity.

Contact IPRONA today to learn more about how ElderCraft® can help improve overall health and wellbeing.



## References

<sup>[1]</sup> M. A. Klein and J. M. Denu, "Biological and catalytic functions of sirtuin 6 as targets for small-molecule modulators," *Journal of Biological Chemistry*, vol. 295, no. 32, pp. 11021–11041, Aug. 2020, doi: 10.1074/jbc.REV120.011438.

<sup>[2]</sup> S. Jeon, M. Kim, and B. Kim, "Polyphenol-Rich Black Elderberry Extract Stimulates Transintestinal Cholesterol Excretion," *Applied Sciences*, vol. 11, no. 6, p. 2790, Mar. 2021, doi: 10.3390/app11062790.