

#### Faculty of Agriculture, Kyushu University

Yoshinori Katakura

October 12, 2022



# **Development of Anti-Aging Foods**

1. Nutrition

Vitamins, minerals

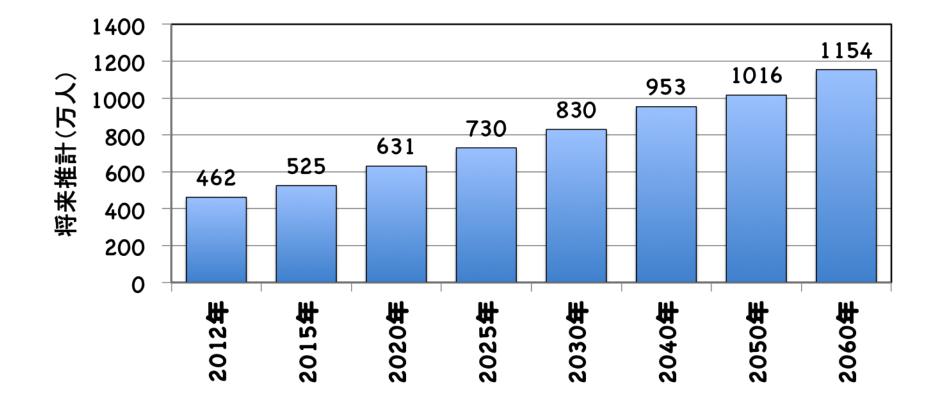
- 2. dietary fibre
- 3. Intestinal bacteria
- 4. Antioxidant
- 5. Anti-inflammatory
- 6. Immune activation
- 7. Hormonal Balance

- 8. Metabolism improvement Metabolic syndrome, bone metabolism
- 9. Lifestyle-related diseases

**10. Exercise mimetic drugs** 

**11.Longevity Gene** 

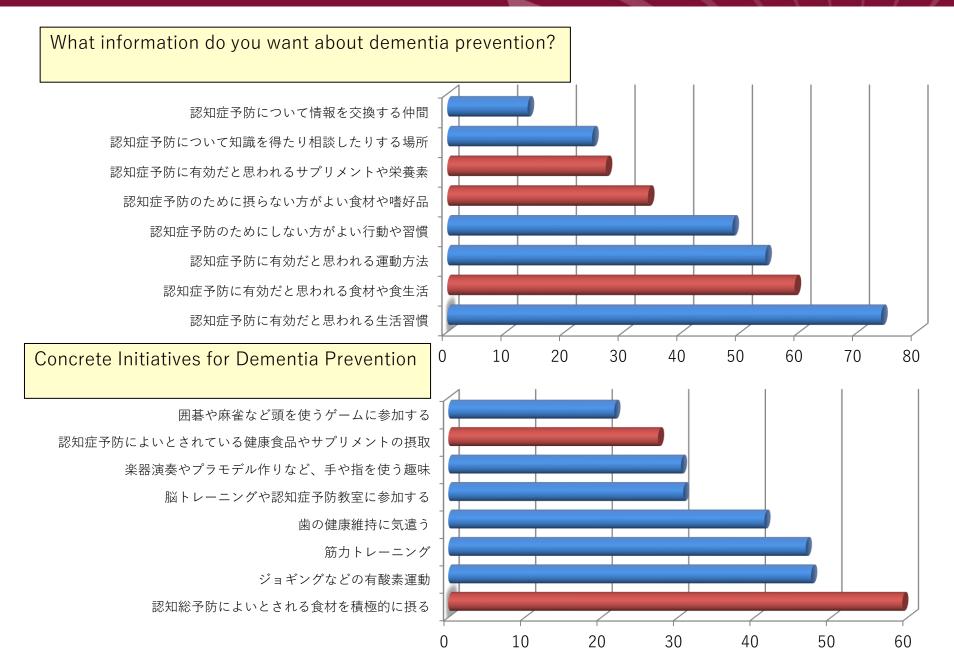
#### **Diseases to avoid in old age Dementia**



"A Study on Future Estimation of the Elderly Population with Dementia in Japan"

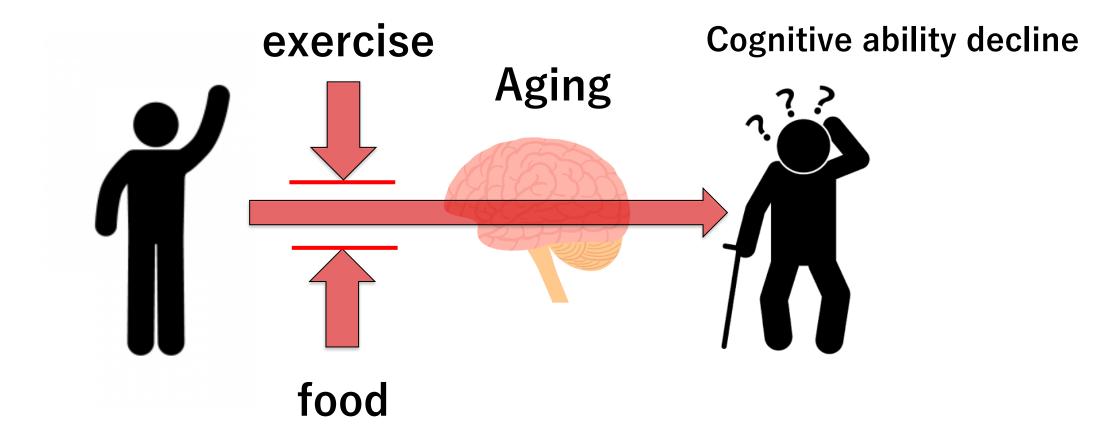
(Preliminary figures by Professor Ninomiya, Kyushu University)

# How to deal with dementia?

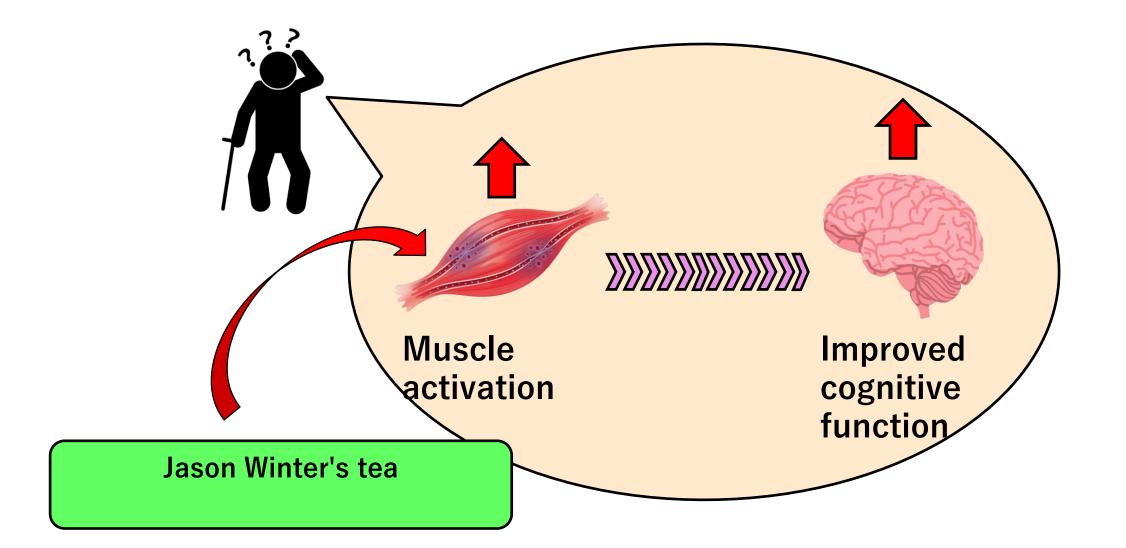


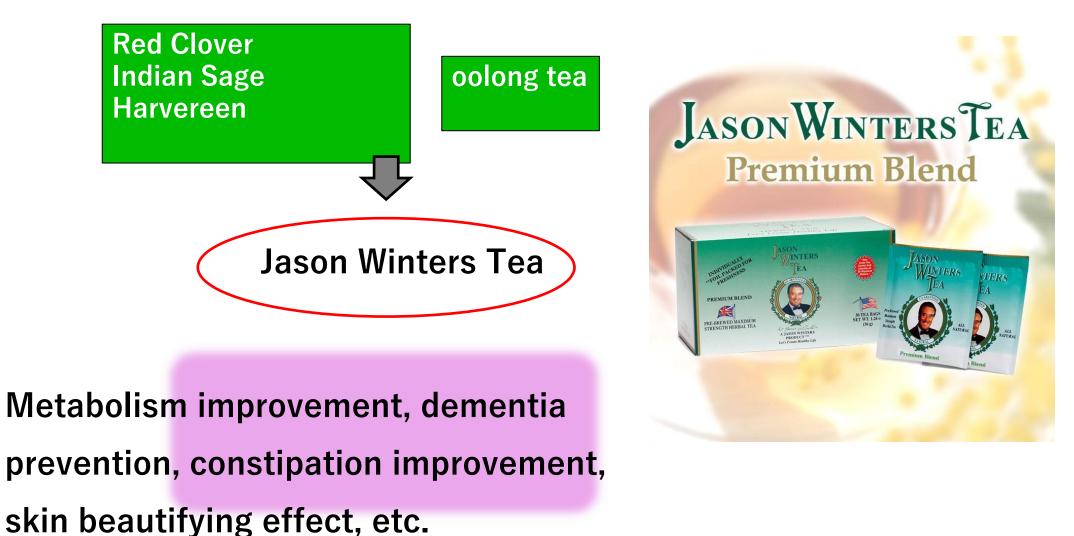
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# How to deal with dementia?

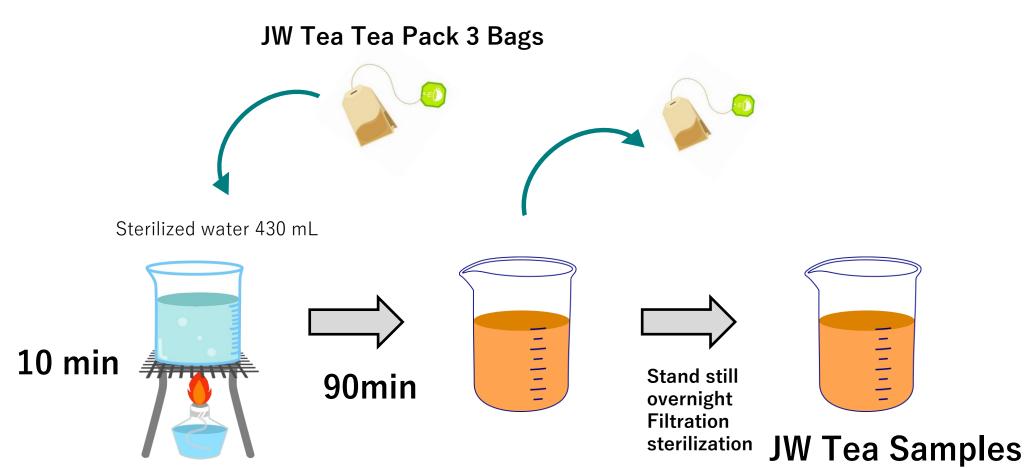


# How to deal with dementia?





## **Sample preparation**



Learn how to prepare samples. First boil 430 mL of Milli-Q water and put 3 bags of JWT in it. After measuring for 10 minutes, turn off the heat and leave the tea pack in place for 90 minutes. The tea packs were then removed, laid overnight, and filtered and sterilized as samples.

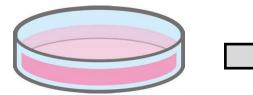
## **Experimental method**



JW Tea Samples

Analysis of changes in gene expression in muscle cells





Muscle cells



Were muscle cells activated?

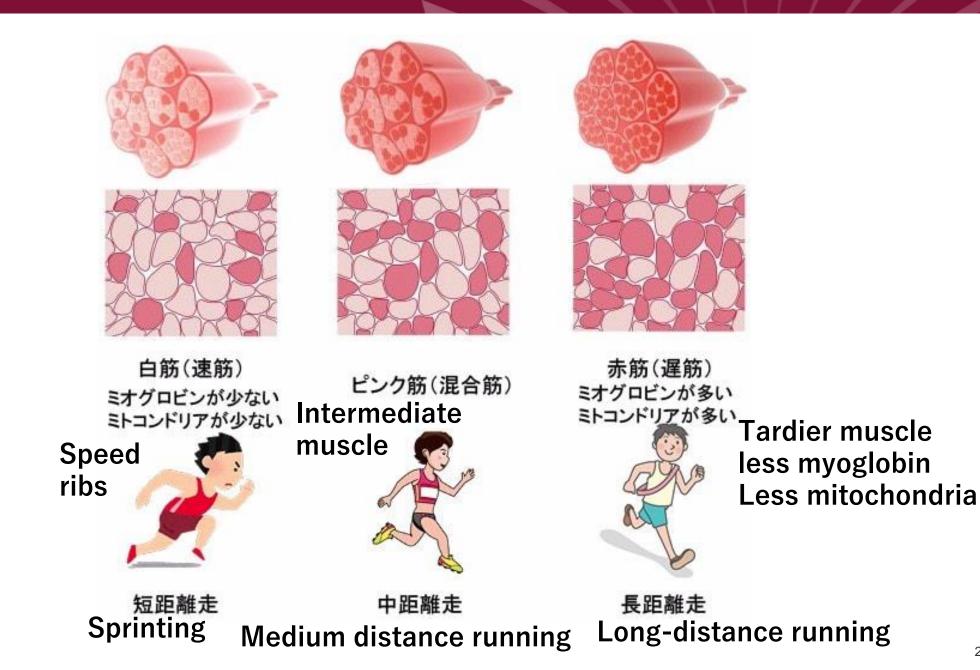
# **Types of Muscles**



How mitochondria work



### Types of Muscles



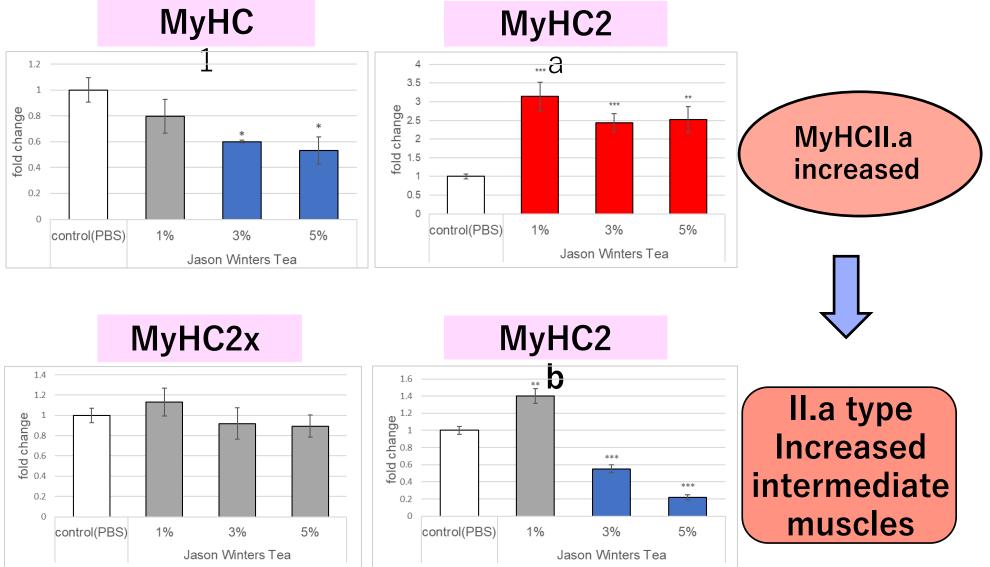
## Types of Muscles

	支配筋繊維	瞬発力	持久力	ミトコンドリア
Tardier muscle	MyHC I		$\bigcirc$	many
Intermediate muscle	MyHC II a		$\bigcirc$	middle
Speed ribs	MyHC II b	$\bigcirc$		few

	支配筋繊維	瞬発力	持久力	ミトコンドリア
muscle fibe	er types. Firs	st, I will explay	ain the muse	ver. And the
Muscles ca	n be broadly	y divided int	o slow muse	
and interme	ediate musc	les with inte	rmediate pro-	
The tardier	muscle is a	muscle with	n excellent e	
of mitochon	ndria, and th	e fast musc	le is a muse	
mitochondri	ia with exce	ellent instant	aneous pow	
intermediate	e muscle is	a muscle fit	per with rela	



# JW tea increased the middle muscle

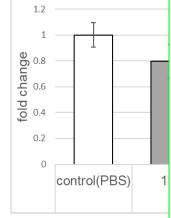


# JW tea increased the middle muscle



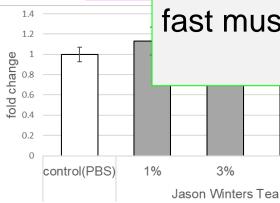
0.0 0.6 0.4

0.2



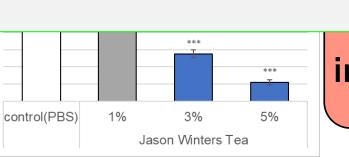
Muscle fibers are the result of type changes about. As a result of RT-PCR, not only MyHC1, a slow-myo-myoization marker, but also MyHC2b, a fast-myopathization marker, decreased, and MyHC2a was significantly increased, so it was thought that the intermediate muscle having the M property intermediate between slow and fast muscles increased.

MyHC2



3%

5%







.a type mcreased intermediate muscles

# **Types of Muscles**

	支配筋繊維	瞬発力	持久力	ミトコンドリア
Tardier muscle	MyHC I		$\bigcirc$	many
Intermediate muscle	MyHC II a	$\bigcirc$	$\bigcirc$	middle
Speed ribs	MyHC II b	$\bigcirc$		few

#### Types of Muscles

Tardier

muscle

muscle

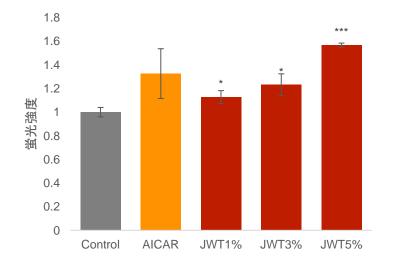
Speed

ribs

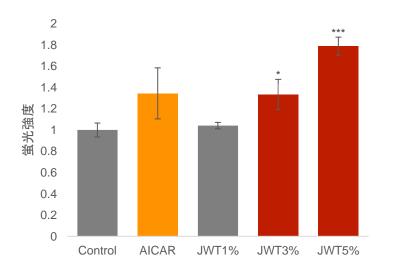
Next, we examined how Jason Winters Tea caused changes in muscle fiber types. First, I will explain the muscle fiber type. Muscles can be broadly divided into slow muscles, fast muscles, and intermediate muscles with intermediate properties in between. The tardier muscle is a muscle with excellent endurance and a lot of Intermediat mitochondria, and the fast muscle is a muscle with few mitochondria with excellent instantaneous power. And the intermediate muscle is a muscle fiber with relatively high instantaneous power, endurance, and mitochondrial count. ew

nany iddle

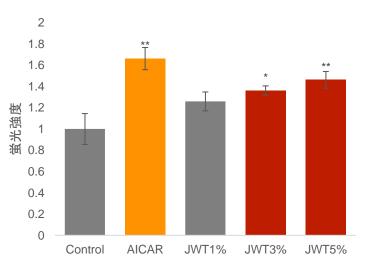
#### Mitochondrial number



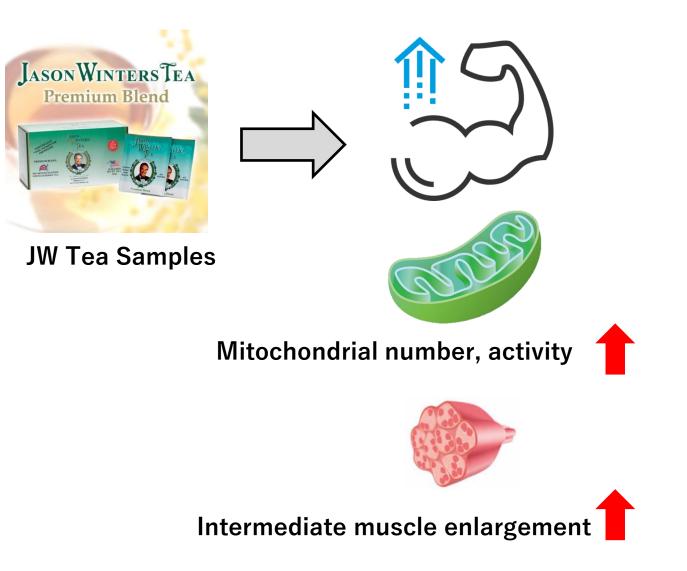
#### Mitochondrial area



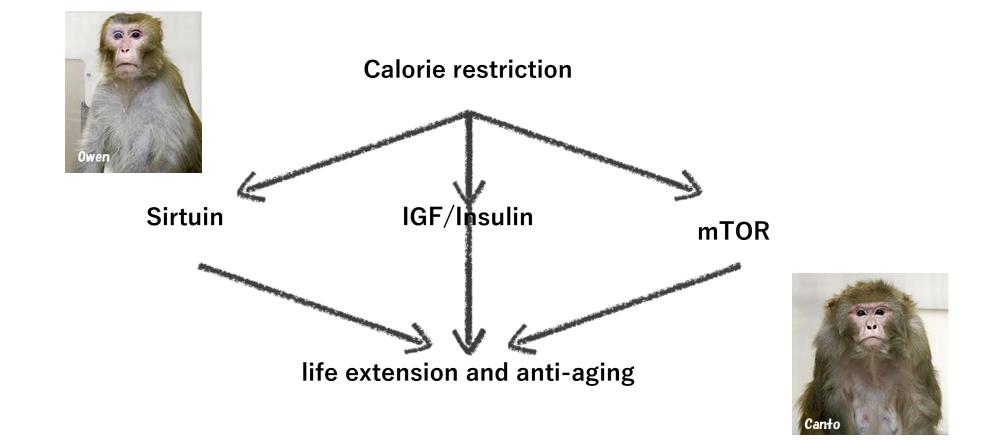
#### Mitochondrial activity



#### JW teas Rejuvenate Muscles



# Anti-aging targets seen from the viewpoint of aging and longevity <sup>20</sup>



サーチュイン	局在	機能	
SIRT1	核·細胞質	代謝・炎症・寿命延長	
SIRT2	細胞質	細胞周期・運動性・ミエリン形成	
SIRT3	ミトコンドリア	脂肪酸酸化・抗酸化制御	
SIRT4	ミトコンドリア	インスリン分泌・脂肪酸酸化抑制	
SIRT5	ミトコンドリア	尿素回路	
SIRT6	核	ゲノム安定性・代謝・寿命延長	
SIRT7	核小体	rDNA転写	

Nat Rev Drug Discov., 11: 443 (2012)

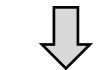
#### Experimental method (effect on longevity gene)

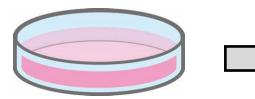


JW tea



Analysis of changes in gene expression in muscle cells





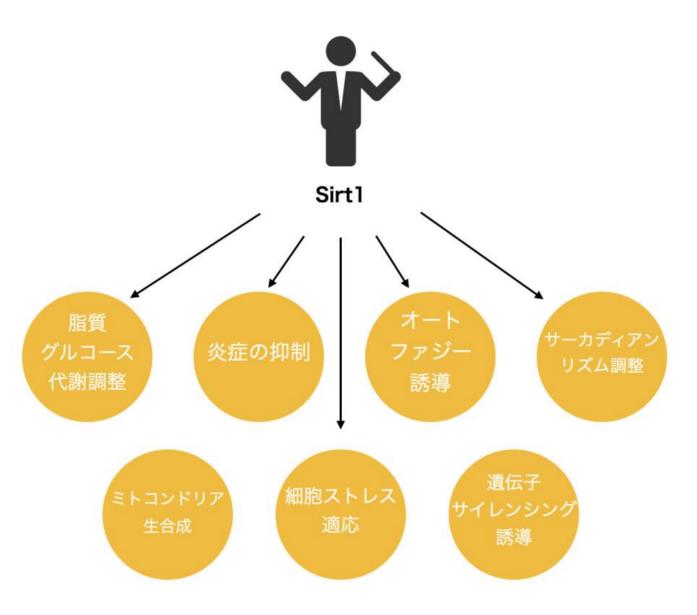
Muscle cells



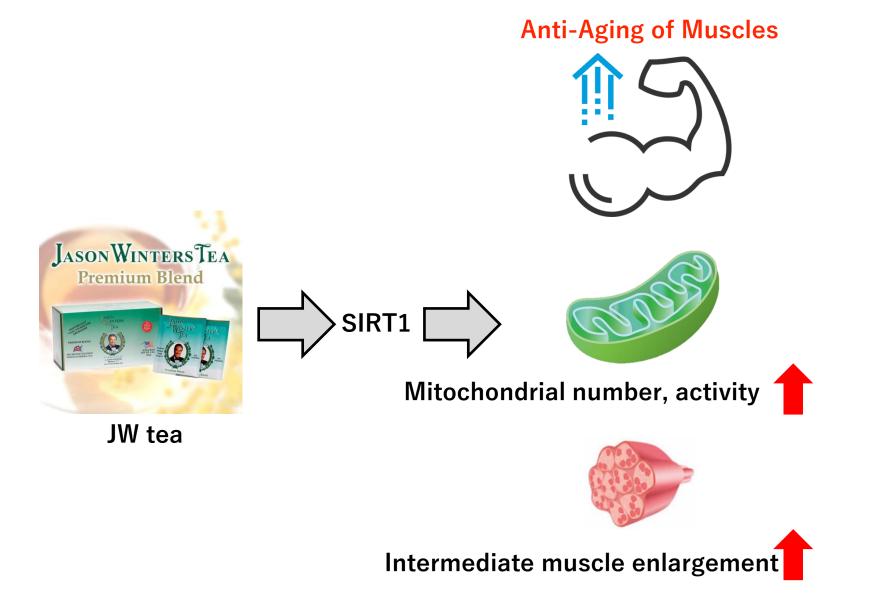
Were muscle cells activated?

SIRT1 2.5 \*\*\* 2 fold change \*\*\* \*\*\* 0.5 0 control(PBS) 1% 3% 5% Jason Winters Tea

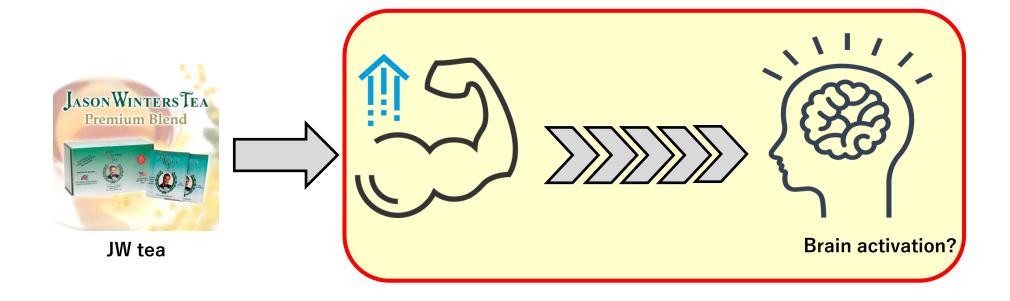
# Effects of longevity gene enhancement



# Anti-aging of muscles with JW tea



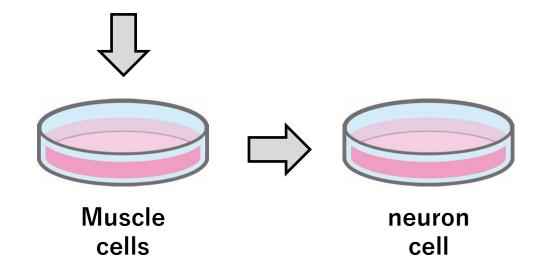
# Improvement of brain function through muscle anti-aging of JW tea



# **Experimental method**

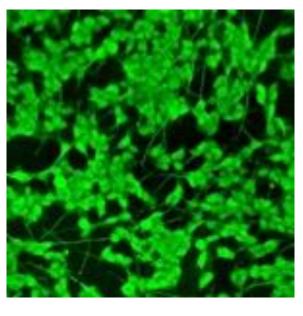


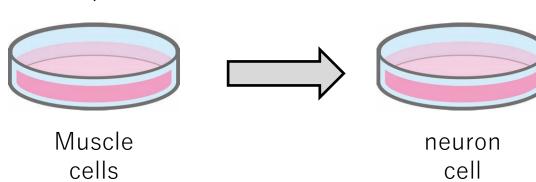
JW Tea Sample



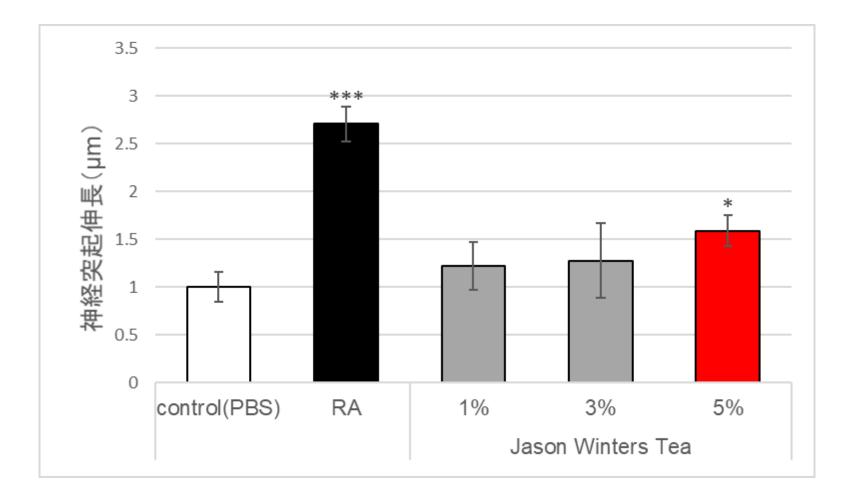
# Muscle-mediated neuronal activation of JW teas



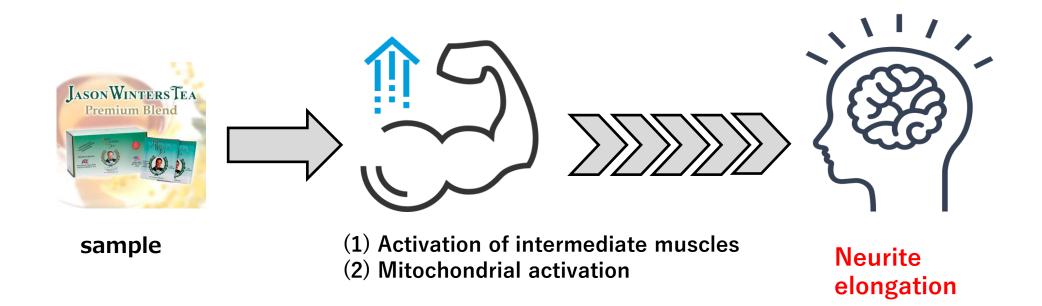




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# Improvement of brain function through muscle anti-aging of JW tea



Jason Winters Tea rejuvenates the muscles, As a result, nerve activation was promoted.

# Anti-aging of the whole body through muscle activation of JW tea 31

