

Benefits of Spermidine Supplements

So many things happen as we age that we can see—the hair greys or falls out, the skin wrinkles, and the mind slows. But, many things happen inside that we can't see: for example, the risk of disease increases—the average fifty year old has a higher risk of heart disease than the average five year old. Sadly, there's no quick fix for the effects of aging. But, there is a way to help the body combat time for the things we can see and the things we can't (yes, really).

Spermidine

Spermidine is a potent polyamine. It is naturally produced by the body, but natural levels decrease as we age. Ingestion of spermidine contained in food or supplements can restore your levels to those of earlier days and is well-tolerated and processed by the body.

The known health benefits of spermidine are many including increasing lifespan and, on a beauty note, prevent the greying of hair. See more benefits below:



Results you can see:

Reduced hair loss

Increased hair growth and fullness (including eyelashes)

Reduced grey hair

Strengthened nails

Rejuvenated skin

What will happen (but you won't see):

Increased autophagy

Reduced telomere loss

Reduced cellular stress

Reduced age-related memory impairment

More balanced hormones

*Central to its effectiveness is the induction of autophagy, a recycling mechanism that “cleans up” the obsolete, damaged, or otherwise unneeded cell contents – via the cell’s very own Marie Kondos – plays a prominent role. Thank you, autophagic Maries! Among the benefits of increased autophagy are increased lifespan, suppressed tumor growth, enhanced immune response to cancer, and improved protection against heart disease; and these are only a few of its known effects.

Where to find Spermidine

When I read this list of benefits, I too think, sign me up! So, where can you find spermidine?

Spermidine can be found in many foods such as aged cheeses and wheatgerm. Though, if we

had to incorporate one spermidine-rich food into our diet on a daily basis, we would do what the long-lived Okinawans do and eat their version of natto, a Japanese delicacy and a long-

fermented tofu that has the highest spermidine content by weight. The Okinawan version is

fermented for one year in limestone caves. (That’s an anti-aging secret right there!)

Unfortunately, it is time-consuming to make (with or without a cave) and hard to find (depending on where you live); additionally, it has a unique smell, texture and taste that can put off even the hardiest of longevity enthusiasts.

If you’re not a natto enthusiast, perhaps the easiest way to maintain spermidine levels is

through supplements.

Not sure what to look for? I've done the work (and the research!) for you.

For more info about [spermidine supplements](#) please visit our website