

11 health benefits of Urolithin A on aging, muscle endurance and gut health

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What is urolithin A?

Urolithin A (UA) is produced in the human gut and is introduced through dietary polyphenolic compounds ellagic acid (EA) and ellagitannins (ET) [1]. ET converts into EA in the upper part of the human gastrointestinal tract.

People's gut microbiomes vary. Factors like diet, age and genetics are involved in this and cause the variance in producing [urolithin A](#) at varied levels.

Individuals who don't have bacteria, particularly from the *Clostridiales* and *Ruminococcaceae* families in their gut, cannot produce UA. Even those who can create urolithin A do not make nearly enough of it. It can be said that as infrequent as 1 in 3 people have [urolithin A](#) sufficiently.

The process of mitophagy and the mitochondrial function The [key benefit of UA](#) across species is the improvement of mitochondrial health, an impact followed in cells, mice,

worms and humans [2]. This benefit is driven by removing and reclaiming dysfunctional mitochondria, also known as a selective autophagy process called mitophagy.

Mitophagy degrades as we age and in several age-related diseases. Restoring proper levels of mitophagy is a favourable approach to neutralise the age-related decline of organ function.

90% of your cellular energy is produced by mitochondria. [Click here](#) to learn how Mitopure can help boost it.

Unfortunately, as mitochondrial function declines with age, its capacity to create adequate energy is lessened. Mitochondrial dysfunction is included in the “[nine hallmarks of aging](#)” that generate cellular and molecular damage to the body and leads to age-related illness. Also considered an aggressive hallmark, mitochondrial dysfunction can provoke muscle strength loss, which many individuals experience when they reach their 40s.

Benefits of urolithin A

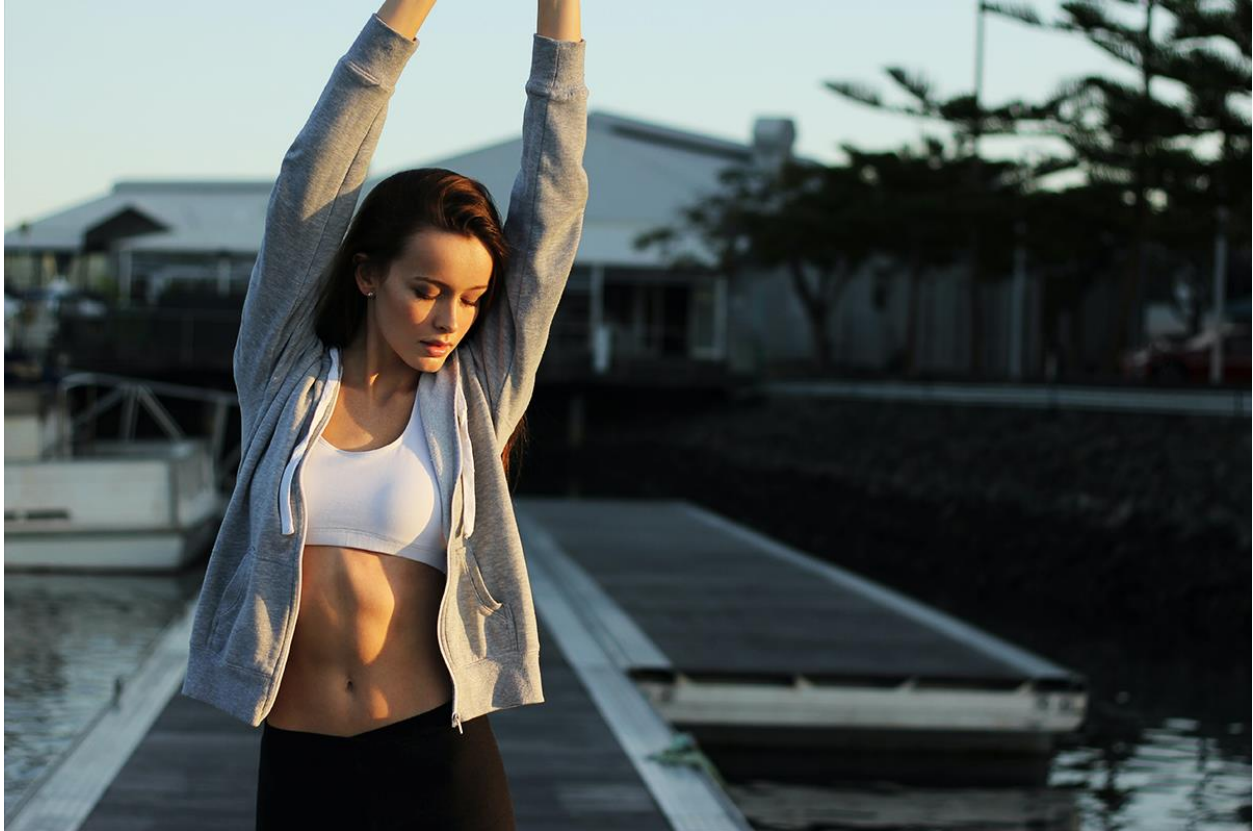
Quickly running through the advantages of urolithin A on aging, muscle endurance and gut health, it [3]:

1. Boosts longevity for the whole organism (C. elegans)
2. Improves healthspan
3. Upgrades muscle endurance
4. Increases muscle strength
5. Lowers age-related muscle dysfunction
6. Decreases myocardium dysfunction
7. Enhances brain neuroprotection
8. Lowers brain protein aggregates
9. Diminishes joint cartilage degeneration
10. Improves gut barrier integrity
11. Glucose intolerance in the liver and pancreas

Urolithin A and the gut microbiome

Gut health usually concerns health and longevity. The gut’s role to skilfully process food is just one of its numerous roles [4]. There is increasing evidence that a healthy [gut microbiome](#) is critical for mental health and an effective immune system.

From the esophagus to the bowel, gut health is accountable for the health of the whole digestive system – the parts of our body responsible for breaking down food into diverse nutrients used to power our bodies. Every piece of the gut has a particular task, and different colonies of microorganisms break down food into more digestible structures.



It demands commitment and conscious effort to sustain [gut health](#). Our everyday decisions, even straightforward ones like choosing what food to consume, can affect overall health and wellbeing. Your gut bacteria are critical for many facets of health.

Numerous studies have shown that a disrupted microbiome can lead to multiple chronic conditions. The most valuable way to improve and maintain a healthy microbiome is to consume a range of fresh, whole foods, notably from plant sources like beans, fruits, legumes and vegetables.

Muscle recovery and age-related fatigue

Diving into muscle recovery, it is known that rest is a vital aspect of daily bodily functions, aside from caring for your gut health. As we grow older, we get tired faster and have less energy. Although it seems universally acknowledged, it doesn't have to stay this way.

Don't neglect muscle recovery through daily physical exercises or sports for leisure or professional pursuits. Aside from diet and good lifestyle practices, supplements are one way to support the body's healing function. This way, you can also do more of the physical activities you love.