

# Daily vitamin 'may slow ageing process'

The Plymouth Herald · 10 Mar 2026

**TAKING** a daily multivitamin may slow down biological ageing, a study has suggested. Experts calculated that two years of daily vitamins cut biological ageing by about four months on average.

Biological ageing refers to how old the body is in terms of health and function rather than the number of years a person has lived.

Previous studies on the use of multivitamins and health have given mixed results, with one large study in 2024 showing no benefit when it comes to preventing early death and others showing they may have some effect.

In the latest trial, published in *Nature Medicine*, experts concluded that multivitamins may lead to “healthier, higher-quality” ageing.

Dr Howard Sesso, associate director of the division of preventive medicine at the Mass General Brigham Department of Medicine in the US, and lead author, said: “There is a lot of interest today in identifying ways to not just live longer, but to live better. It was exciting to see benefits of a multivitamin linked with markers of biological ageing.

“This study opens the door to learning more about accessible, safe interventions that contribute to healthier, higher-quality ageing.”

However, other experts cast doubt on the findings. The study looked at biological ageing based on tiny changes to DNA.

The blood samples of 958 randomly selected healthy people with an average chronological age of 70 were examined.

They found that, compared with people taking dummy drugs, those in the multivitamin group had slowing in all five ‘epigenetic’ clocks.