- Biological rhythm

HEALTH

Omega-3 might slow your biological clock

A new study has shown that the supplement can knock months off your body's age

There are so many supplements claiming to help you defy the ageing process that it's easy to think a veritable home pharmacy is needed to keep you healthy into old age. But a new study points to just one supplement that can have a real benefit to your longevity: omega-3. Regular capsules of the fatty acid could slow down your biological ageing. Unlike chronological age (the number of birthdays you've had), biological age is a more accurate predictor of lifespan as it reflects the rate of change in your DNA.

For the study, published in the journal *Nature Ageing*, an international team of researchers compared the effects of omega-3 against vitamin D and regular exercise in over 700 adults aged over

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