Researchers have identified factors which influence the biological ageing speed:

DIET FAT CONTENT: Mice fed a high-fat diet (58% of the calories were derived from fat), but the total calorie intake did not change.

CALORIE INTAKE: Mice fed a diet where the total calorie consumption was gradually reduced (up to 40% lower), but the nutritional balance did not change.

RESPONSE TO GROWTH HORMONE: Mice modified with reduced response to growth hormone, which affects their body size and life expectancy.

Check the predicted biological age of your mice over at The Ageing Clock and fill in their ages below...

MOUSE 1: 6 months old

- ★ **DIET FAT CONTENT:** High
- **CALORIE INTAKE:** *Normal*
- **RESPONSE TO GROWTH HORMONE:** *Normal*

Biological Age: months

MOUSE 2: 6 months old

- **DIET FAT CONTENT:** *Normal*
- **CALORIE INTAKE:** *Normal*
- **RESPONSE TO GROWTH HORMONE:** *Normal*

Biological Age: months

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@BabrahamInst #AgeingClock

The Babraham Institute

RACE AGAINST THE AGEING CLOCK

The Epigenetic Clock

The Epigenetic Clock is a computer model that accurately predicts the biological age in mice, allowing researchers to study the mechanism behind ageing and ways to promote healthy ageing.

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MOUSE 1: 6 months old

- **DIET FAT CONTENT:** *Normal*
- **CALORIE INTAKE:** *Normal*
- **RESPONSE TO GROWTH HORMONE:** *Normal*

Biological Age: months

MOUSE 2: 6 months old

- **DIET FAT CONTENT:** *Normal*
- ★ **CALORIE INTAKE:** Low
- **RESPONSE TO GROWTH HORMONE:** *Normal*

Biological Age: months

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MOUSE 1: 6 months old

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Biological Age: months

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- **DIET FAT CONTENT:** *Normal*
- **CALORIE INTAKE:** *Normal*
- ★ **RESPONSE TO GROWTH HORMONE:** Low

Biological Age: months

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