Eternal life coming soon? Scientists create anti-ageing pill to give you DECADES more

SCIENTISTS are on the verge of a mind-blowing discovery by creating a pill that could add DECADES to our lives.

By [SEAN MARTIN](http://www.express.co.uk/search/Sean+Martin?s=Sean+Martin&b=1)

PUBLISHED: 11:32, Fri, Apr 8, 2016 | UPDATED: 13:08, Fri, Apr 8, 2016

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | |  | http://cdn.images.express.co.uk/img/static/comments/newshare/fb.png |  | | |  |  |  | | --- | --- | --- | |  | http://cdn.images.express.co.uk/img/static/comments/newshare/tw.png |  | | |  |  |  | | --- | --- | --- | |  | http://cdn.images.express.co.uk/img/static/comments/newshare/g-plus.png |  | | |  |  |  | | --- | --- | --- | |  | http://cdn.images.express.co.uk/img/static/comments/newshare/m.png |  | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | |  | http://cdn.images.express.co.uk/img/static/comments/newshare/sh.png |  | | **338** | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | |  | http://cdn.images.express.co.uk/img/static/comments/newshare/c.png |  | | **27** | |

The anti-ageing tablet has moved is closer than ever after experts identified a protein that is responsible for making us older.

The molecule in question is known as GSK-3 according to a study led by scientists from the University College London.

In an experiment conducted with fruit flies, the team found that the GSK-3 protein could essentially be shut down by low doses of lithium.

As a result, the insects' lives were extended by a staggering 16 per cent.

Additionally, a better understanding of the protein could also help scientists battle diseases such as Alzheimer’s and Parkinson’s.

Although lithium is not lethal to humans, it does come with some unwanted side effects such as nausea, diarrhoea, dizziness, muscle weakness and fatigue, so it is likely the scientists will look for an alternative with the same effects.

Dr Jorge Ivan Castillo-Quan, who was of University College London but has since moved to Harvard University, and lead author of the study, said: “We’re excited about GSK-3. It could mean that all sorts of diseases related to ageing could be prevented for the near future if it was to become a therapy starting in middle age.

“I think that’s an even more exciting perspective than life extension.

“There’s a lot of controversy about lifespan extension. But this also concerns extension of health.

“For example if this drug could delay Alzheimer’s from the age of 75 to the age of 90 that would be extremely good.

“We don’t necessarily want to live to 110 or 120 but we want to live healthier for longer.”

The next step in the research, which was assisted by scientists at the Max Planck Institute for Biology of Ageing and the European Molecular Biology Laboratory, is to now see how GSK-3 can be manipulated in small mammals such as mice, with primate and human research the ensuing steps.

However, the study, published in Cell Biology, says that the pills might not be available for several decades.