HOME

Scientists Discover a Compound That Extended Lifespan in Mice—Could Humans Really Live to 150?

By bestfolkmedicine · 28/10/2026 · 9 min read



What if aging wasn't simply something we had to accept?

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Imagine a future where scientists could slow certain biological processes responsible for age-related decline, helping people remain healthier for longer.

A growing area of longevity research is exploring exactly that possibility.

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At the center of recent attention is a naturally occurring compound called procyanidin C1 (PCC1), found in grape seeds and investigated for its potential to target aging-related cells.

In laboratory experiments, researchers reported that PCC1 improved physical function and extended survival in elderly mice.

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The findings helped fuel extraordinary speculation about whether humans might eventually live to 150 years.

But behind the excitement lies a complicated scientific story involving promising animal experiments, unanswered safety questions, and a research integrity warning that emerged in 2026.

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So what exactly did scientists discover, and how close are we to a genuine anti-aging treatment?

The Natural Compound Attracting Attention in Longevity Research

Procyanidin C1 belongs to a family of plant compounds known as polyphenols.

These compounds occur naturally in various plant foods and are studied for their biological activities.

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PCC1 is particularly associated with grape seed extract, although its concentration can vary depending on the source and processing method.

Researchers became interested in PCC1 because of its potential effects on a specific type of cell involved in aging.

These are known as senescent cells.

Unlike ordinary cells, which divide, perform their functions, and eventually die, senescent cells stop dividing but may remain alive within tissues.

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Some of these cells can release inflammatory molecules that affect surrounding healthy cells.

As people age, certain populations of senescent cells accumulate, potentially contributing to chronic inflammation and tissue dysfunction.

This has made them an important target in the search for treatments that may improve health during older age.

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What Are Zombie Cells, and Why Do Scientists Want to Remove Them?

Scientists sometimes refer to senescent cells as “zombie cells.”

The nickname comes from their unusual behavior.

They are no longer actively dividing, yet they can remain metabolically active and influence neighboring tissues.

Some develop a condition called the senescence-associated secretory phenotype, or SASP.

This involves releasing inflammatory signals, enzymes, and other molecules into the surrounding environment.

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Over time, excessive senescent cell activity may contribute to age-related tissue damage.

Researchers are investigating possible connections between cellular senescence and conditions such as cardiovascular disease, metabolic dysfunction, and neurodegenerative disorders.

However, senescent cells are not always harmful.

They also participate in normal biological processes, including wound healing and certain responses that help prevent damaged cells from multiplying.

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That makes selectively targeting harmful senescent cells more complicated than simply eliminating every cell showing signs of aging.

The Study That Sparked the Excitement

In December 2021, researchers published a study in Nature Metabolism examining the biological effects of PCC1.

The scientists screened natural products for their ability to influence senescent cells.

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PCC1 emerged as an especially interesting candidate.

Their experiments suggested that the compound behaved differently depending on its concentration.

At lower concentrations, it appeared to suppress some inflammatory signals associated with senescent cells.

At higher concentrations, it appeared capable of selectively eliminating certain senescent cells.

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Compounds that remove senescent cells are known as senolytics.

Substances that modify their harmful signaling without necessarily killing them are sometimes called senomorphics.

The study suggested PCC1 might have both types of activity.

This raised the possibility that a plant-derived compound could eventually be developed into a treatment targeting some biological processes associated with aging.

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But the researchers needed to determine whether these cellular effects translated into meaningful benefits in living animals.

The Lifespan Results That Made Headlines

One of the most attention-grabbing findings came from experiments involving naturally aged mice.

Researchers began administering PCC1 to mice that were already approximately 24–27 months old.

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These mice were considered very old within the context of laboratory mouse aging.

The published study reported two particularly striking results.

First, treated mice had a 64.2% longer median remaining lifespan after treatment began compared with untreated controls.

Second, this represented approximately a 9.4% increase in overall lifespan.

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These numbers may sound similar, but they describe very different measurements.

The larger figure refers only to how long the animals lived after treatment started late in life.

The smaller figure describes the reported increase relative to their entire lifespan.

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Researchers also reported improvements in certain measurements of physical function.

Although these findings were intriguing, they were obtained in mice under controlled laboratory conditions.

They do not establish that PCC1 produces comparable results in people.

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Could This Really Help Humans Live to 150?

This is where scientific findings and commercial speculation begin to diverge.

A biotechnology company called Lonvi Biosciences has attracted attention for developing a longevity product associated with PCC1.

Public discussion surrounding the company has included the possibility of people eventually living to 150 years.

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However, that prediction is not supported by human lifespan trials.

The mouse experiments cannot be directly translated into an equivalent increase in human life expectancy.

Humans and mice differ substantially in metabolism, immune function, disease patterns, and the biological mechanisms influencing longevity.

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Even compounds that appear highly effective in animal experiments frequently fail to demonstrate comparable benefits in human clinical trials.

At present, there is no convincing clinical evidence that PCC1 extends human lifespan.

The idea of a pill that reliably allows people to live to 150 remains speculative.

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A Serious Warning Published in 2026

There is another important development that deserves attention.

On February 23, 2026, Nature Metabolism published an official Editorial Expression of Concern regarding the original PCC1 study.

The journal reported concerns about an image appearing highly similar to one in a separate scientific publication.

The authors were unable to retrieve the underlying raw data necessary to resolve the issue.

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As a result, the journal advised readers to interpret the affected findings cautiously.

An Expression of Concern is not the same as retracting a study, and it does not automatically mean every reported result is incorrect.

However, it raises questions about the reliability of part of the evidence.

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For a compound being discussed as a potential breakthrough in longevity research, this distinction is particularly important.

Independent replication and stronger research are needed before the reported benefits can be accepted with confidence.

Is PCC1 Being Tested in Humans?

Research into senolytic compounds is gradually moving from laboratory experiments toward human studies.

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Some early clinical investigations have examined other senolytic substances, including combinations of dasatinib and quercetin.

These studies explore whether reducing senescent cell activity might improve certain biological markers or age-related conditions.

However, evidence that senolytic therapies extend human lifespan remains insufficient.

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For PCC1 specifically, a registered clinical study has examined its potential role in skin rejuvenation.

That research focuses on cosmetic and skin-related outcomes rather than longevity.

A treatment improving skin appearance would not establish that it delays biological aging throughout the body.

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As of October 2026, no published clinical trial has demonstrated that PCC1 makes humans live longer.

Does Eating Grapes or Taking Grape Seed Extract Produce the Same Effects?

Because PCC1 is associated with grape seeds, some people may assume that drinking grape juice, eating grapes, or taking grape seed supplements can reproduce the experimental findings.

That assumption is not supported by the available evidence.

Grape seed extract contains a mixture of polyphenols, and the amounts of PCC1 may vary substantially.

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The original animal experiments involved specifically controlled preparations and experimental dosing.

Those conditions cannot be equated with consuming ordinary grape products.

Furthermore, the human body's absorption, metabolism, and elimination of PCC1 may differ substantially from what was observed in laboratory animals.

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There is no established oral dose of PCC1 that has been shown to safely extend human lifespan.

People should not attempt to reproduce experimental doses or use concentrated extracts for unproven anti-aging purposes.

Why Scientists Are Still Excited About Senolytics

Despite the uncertainty surrounding PCC1, the broader field of cellular senescence research remains scientifically important.

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Aging is not controlled by one single biological process.

It involves a complex network of changes, including:

- Accumulation of cellular damage
- Alterations in mitochondrial function
- Chronic low-grade inflammation
- Changes in immune system activity
- Declining tissue repair capacity
- Disruption of normal cellular communication
- Changes in metabolism and gene regulation

Senescent cells may contribute to several of these processes.

If scientists can identify ways to target harmful senescent cells without interfering with their beneficial functions, new therapeutic opportunities may emerge.

Researchers are particularly interested in extending healthspan—the years people spend living without major disease or disability.

This is different from simply increasing the number of years someone lives.

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A person who reaches 95 while maintaining mobility, cognitive function, and independence may experience a better quality of life than someone who gains additional years with severe illness.

That is one reason longevity research increasingly focuses on healthier aging rather than lifespan alone.

The Biggest Challenge: Proving Safety

Developing an anti-aging medicine requires more than showing that a compound influences aging-related cells.

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Researchers must establish whether the treatment is safe when administered to humans, potentially over extended periods.

Because senescent cells can serve beneficial biological functions, eliminating them indiscriminately could produce unexpected consequences.

Scientists must also investigate whether a compound affects healthy cells, immune responses, tissue repair, or the body's defenses against cancer.

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Drug interactions and long-term effects are additional concerns.

Even if a treatment improves certain aging-related markers, that does not necessarily mean it prevents disease or increases lifespan.

Large, carefully designed human trials would be necessary to establish meaningful clinical benefits.

What Actually Helps People Live Longer Today?

While longevity pills attract attention, many of the most reliable strategies for healthier aging are already familiar.

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Regular physical activity is associated with lower risks of cardiovascular disease, type 2 diabetes, and premature death.

A balanced diet emphasizing vegetables, fruit, legumes, nuts, whole grains, and other minimally processed foods supports long-term health.

Adequate sleep, avoidance of tobacco, and limiting alcohol exposure also matter.

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Maintaining healthy blood pressure, blood glucose, and cholesterol levels can help reduce the risk of major chronic diseases.

Social connection, preventive healthcare, and age-appropriate medical screening contribute to healthier aging as well.

These habits cannot guarantee extraordinary longevity, but they have substantially stronger human evidence than experimental PCC1 treatments.

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The Bottom Line: A Scientific Breakthrough or an Overhyped Longevity Promise?

The discovery of PCC1's potential effects on senescent cells represents an intriguing direction in aging research.

Scientists reported that the compound improved physical function and extended survival in elderly mice.

Those findings generated excitement about the possibility of developing treatments that target biological aging.

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But several critical questions remain unanswered.

The reported benefits have not been established in humans. The original study has also been subject to an official scientific Expression of Concern.

And the widely circulated suggestion that PCC1 could allow humans to live to 150 years has no direct clinical support.

The most exciting possibility is not that scientists have already discovered a pill for living to 150. It is that researchers are beginning to uncover biological mechanisms that may one day help people age more healthily.

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Until rigorous human studies establish safety and effectiveness, PCC1 should be viewed as an experimental research compound rather than a proven longevity treatment.

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