

Scientists of the Institute of Medical and Biological Problems of the Russian Academy of Sciences have found that the Mots-C peptide, known as the “hormone of mobility”, is able to protect the muscles from exhaustion in the absence of physical exertion. This substance is produced in cells during activity and increases endurance.

The experiment was carried out on rats: animals were introduced by MOTS-C during a seven-day imitation of zero gravity. As a result, their muscles retained strength and endurance, and the volume of muscle mass did not decrease by 10-15%, like rats that did not receive the drug.

According to the project manager Kristina Charlo, the problem of muscle mass loss is relevant not only for astronauts, but also for many people on Earth. Today, about a third of adults lead a sedentary lifestyle and are faced with the risk of muscle weakness.

Scientists plan to continue research and study how the content of calcium affects the work of muscle fibers and their ability to resist fatigue.

The results of the work were published in the International Scientific Journal with the support of the Russian Scientific Fund.

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