Epitalon

In-vitro evidence; human claims remain unestablished.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

Epitalon, also spelled epithalon, is a synthetic four-amino-acid peptide investigated in aging-related biology. Cell studies involving telomeres have drawn attention, but a change in a cellular marker is not evidence that people live longer or healthier lives. [1]

02 Potential benefits

Studied in aging, circadian, and telomere-related research. Its short tetrapeptide structure makes it scientifically interesting. [1]

03 Evidence & its limits

Human cells in a dish are not a human clinical trial. Telomere length and telomerase activity do not by themselves establish longer life, better health, or long-term safety. Research involving related pineal extracts also cannot automatically be assigned to synthetic epitalon. [1]

04 Risks & unknowns

Anti-aging and lifespan claims remain unproven. Evidence is limited, regionally concentrated, and contested. [1]

05 Status & scope

Human anti-aging and lifespan benefits remain unproven. Cell findings and research on related extracts do not establish efficacy or safety of synthetic epitalon. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] Epithalamin clinical study / related extract, not direct Epitalon evidence
[3] Epithalon telomerase cell-culture report, 2003
[4] FDA epitalon safety information

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.