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Identification of a sustainable two-plant diet that effectively prevents age-related metabolic syndrome and extends lifespan in aged mice

Xiang-Yong Li^{1,2*}, Ying-Hua Liu^{2,3*}, Bin Wang², Chih-Yu Chen², Hong-Man Zhang²,
Jing X. Kang^{2#}

¹ Institute of Biochemistry and Molecular Biology, Guangdong Medical University, Zhanjiang, Guangdong 524023, China

² Laboratory for Lipid Medicine and Technology (LLMT), Massachusetts General Hospital and Harvard Medical School, Boston, MA 02129, USA

³ Nutrition Department, People's Liberation Army General Hospital, Beijing 100853, China

*These authors contributed equally to this work.

#Author to whom correspondence should be addressed:

Jing X. Kang, M.D., Ph.D.
Laboratory for Lipid Medicine & Technology
Department of Medicine
Massachusetts General Hospital
149 -13th Street, Room 4001
Boston, MA 02129

Tel: (617) 726-8509

Fax: (617) 726-6144

E-mail: kang.jing@mgh.harvard.edu

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