

Compounds in apple peel, tomato may prevent muscle wasting

The compounds were found to counteract a protein that causes muscles to age.
By Stephen Feller | Sept. 10, 2015 at 11:51 AM



Ursolic acid from apple peels and tomatidine from green tomatoes were found to be equally effective at preventing muscle tissues from the effects of aging. Photo by ArtShotPhoto/Shutterstock

IOWA CITY, Iowa, Sept. 10 (UPI) -- Researchers at the University of Iowa discovered a protein that causes aging in muscles, and found that compounds in apple peels and tomatoes can counteract the effects of the protein, according to a new study.

The largest cause of muscle weakness and atrophy is aging, and researchers said they may be able to help muscles recover from the effects of aging using the compounds.

"Many of us know from our own experiences that muscle weakness and atrophy are big problems as we become older," said Dr. Christopher Adams, a professor of internal medicine at the University of Iowa, said in a [press release](#). "These problems have a major impact on our quality of life and health."

