



Showcasing research from Professor Meihong Xu's laboratory, Department of Nutrition and Food Hygiene, School of Public Health, Peking University, Beijing, China.

Association of methyl donor nutrients dietary intake and sleep disorders in the elderly revealed by the intestinal microbiome

The findings provide preliminary insights into the potential association between Methyl donor nutrients dietary intake and sleep disorders in the elderly and indicate that the composition and diversity of gut flora may play an important role. Furthermore, the study emphasizes the importance of maintaining appropriate nutrients intake for sleep health in older adults, and provides clues for improving sleep disorders through targeted modulation of gut flora, further indicating the importance of maintaining homeostasis of gut flora for neurological health in the elderly.

As featured in:



See Meihong Xu *et al.*, *Food Funct.*, 2024, 15, 6335.