

Specifically, Dr Cabo's research focuses on testing compounds that might mimic benefits of calorie restriction, as shown in some animal models. A significant reduction in calories causes the body to adjust how it creates and processes energy, generating a mild biological stress, which contributes to the reported health benefits. Metformin works, at least in part, by also controlling the body's energy use and production. The study offers evidence that metformin might provide some of the positive effects of calorie restriction.