# Article information:

FGF21 is required for protein restriction to extend lifespan and improve metabolic health in male mice - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8991228/>

# Article summary:

1. Dietary protein restriction has been shown to improve metabolic health and extend lifespan in various organisms.

2. FGF21 is a hormone that mediates the metabolic effects of protein restriction in young mice.

3. This study demonstrates that FGF21 is essential for the anti-aging effect of dietary protein restriction in aging male mice, as mice lacking FGF21 fail to exhibit metabolic responses to protein restriction and experience reduced lifespan.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article “FGF21 is required for protein restriction to extend lifespan and improve metabolic health in male mice” is generally reliable and trustworthy, as it provides evidence from multiple studies conducted on various organisms, including rodents, fruit flies, and yeast. The article also cites relevant literature to support its claims and provides detailed information about the mechanisms underlying the beneficial effects of dietary protein restriction.

However, there are some potential biases present in the article that should be noted. For example, the study only focuses on male mice, so it is unclear if similar results would be seen in female mice or other species. Additionally, while the article does provide evidence from multiple studies conducted on different organisms, it does not explore any potential counterarguments or alternative explanations for its findings. Furthermore, while the article does mention possible risks associated with dietary protein restriction (i.e., increased mortality), it does not provide any evidence to support this claim or discuss any potential long-term risks associated with this type of dieting.

In conclusion, while this article is generally reliable and trustworthy due to its use of evidence from multiple studies conducted on various organisms, there are some potential biases present that should be noted when evaluating its trustworthiness and reliability.

# Topics for further research:

* Dietary protein restriction risks
* Long-term effects of dietary protein restriction
* Female mice and dietary protein restriction
* Alternative explanations for dietary protein restriction
* FGF21 and lifespan extension
* Metabolic health and dietary protein restriction

# Report location:

<https://www.fullpicture.app/item/89e2c67a50c2cb13c45577e77feecc1e>