



PRESS RELEASE

FOR IMMEDIATE RELEASE

NUS Medicine partners MitoQ New Zealand to deepen mitochondria-targeted research for healthy ageing

Singapore, 6 May 2026 – The Yong Loo Lin School of Medicine, National University of Singapore (NUS Medicine) today announced a research partnership with MitoQ New Zealand to examine the potential role of MitoQ® (mitoquinol mesylate), a mitochondria-targeted antioxidant, in supporting healthy ageing. Building on existing scientific literature, the partnership aims to generate evidence on whether MitoQ® can slow or improve markers of biological ageing and support longevity potential. The joint study will also evaluate the effectiveness of biological ageing clocks in assessing health supplements and other interventions more rapidly than conventional long-term clinical trials.

Mitochondria are structures inside cells responsible for producing up to 95% of a body's energy, particularly in high-demand organs such as the heart, brain, liver, and muscles. As these structures produce energy, they also generate free radicals which contribute to oxidative stress over time—damaging cells and leading to early signs of ageing such as fatigue, brain fog, compromised immunity and slower recovery. MitoQ® (mitoquinol mesylate) is a mitochondria-targeted antioxidant developed by cellular health supplements brand MitoQ New Zealand to help reduce oxidative damage at the source to support healthy ageing, and help individuals maintain function, resilience and overall wellbeing as they age.

The partnership will enable NUS Medicine researchers to evaluate existing evidence and conduct further clinical studies. Findings from this work are expected to contribute to a more rigorous understanding of mitochondrial biology, ageing processes, and the role of emerging biomarkers in assessing health interventions. The research collaboration was formalised by the signing of a Memorandum of Understanding (MOU) between Mr Mahara Inglis, Chief Executive Officer of MitoQ New Zealand, and Associate Professor Jan Gruber from the Department of Biochemistry and Healthy Longevity Translational Research Programme at NUS Medicine, and formally commemorated at the Singapore-New Zealand Leadership Forum (SNZLF) in Singapore on 4 May 2026. The partnership was acknowledged by the Prime Minister of New Zealand, Rt Hon Christopher Luxon, alongside The Hon Nicola Willis (Minister of Finance) and The Hon Todd McClay (Minister for Trade and Investment), during the Prime Minister's official visit to Singapore, under the broader context of the Singapore–New Zealand Comprehensive Strategic Partnership, which includes science, technology and innovation as a key pillar.

Assoc Prof Jan Gruber, who will lead the research, said, “Our goal is to strengthen the evidence base on how widely used supplements work, so that individuals can make more informed, evidence-driven decisions about ageing well. This research aligns with Singapore's

long-term priorities in healthy ageing, disease prevention and productive longevity, contributes to Singapore-led research on biological ageing and supports longer-term international collaboration in healthy longevity science.”

Under the partnership, the research will apply biological ageing clocks alongside other health measures—including vascular and cognitive markers—to assess whether the supplement influences one’s biological age. NUS Medicine researchers, including Assoc Prof Jan Gruber, have previously led [studies](#) examining the effects of MitoQ® on biological ageing in pre-clinical models. This partnership provides an opportunity to extend such work into clinical studies.

The research work will be conducted in two phases. In the first phase, which is expected to take place from May to September 2026, the team will analyse samples from an existing three-month study involving 150 participants, using the LinAge3 biological ageing clock and blood samples. LinAge3 is an algorithm-based tool that provides a practical and accurate measure of biological ageing, enabling prediction of long-term mortality risk over 10- and 20-year horizons, as well as key health outcomes including disease risk and physical and cognitive function. In the second phase, beginning in July 2026, the team will conduct a controlled trial involving approximately 100 participants, combining questionnaire-based assessments with epigenetic clocks and the LinAge biological ageing clock. This phase will involve the validation of the results through analysis of multiple molecular layers from blood samples. The research is expected to be completed in December 2027, and the findings will guide the team’s plans for further clinical interventions using biological ageing clocks to inform use of supplements such as MitoQ® in a precision nutrition approach.

Dr Siobhan Mitchell, Chief Scientific Officer, MitoQ New Zealand added “Scientific research and R&D have always been at the core of MitoQ, and for decades we have focused on how mitochondria influence health and ageing. Our mitochondria-targeted antioxidant MitoQ® (mitoquinol mesylate) is supported by three decades of research and clinical data, including over 1,000 peer-reviewed publications and 29 clinical trials focused on mitochondrial health and healthy ageing. We are delighted to partner with Associate Professor Jan Gruber and his team at NUS Medicine to deepen the understanding of the role that mitochondria-targeted interventions like MitoQ® may play in supporting healthy ageing.”

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About National University of Singapore (NUS)

The National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education, research, and entrepreneurship, with a focus on Asian perspectives and expertise. We have 15 colleges, faculties, and schools across three campuses in Singapore, with more than 40,000 students from 100 countries enriching our vibrant and diverse campus community. We have also established our NUS Overseas Colleges programme in more than 15 cities around the world.

Our multidisciplinary and real-world approach to education, research, and entrepreneurship enables us to work closely with industry, governments, and academia to address crucial and complex issues relevant to Asia and the world. Researchers in our faculties, 30 university-level research institutes, research centres of excellence and corporate labs focus on themes that include energy; environmental and urban sustainability; treatment and prevention of diseases; active ageing; advanced materials; risk management and resilience of financial systems; Asian studies; and Smart Nation capabilities such as artificial intelligence, data science, operations research, and cybersecurity.

For more information on NUS, please visit www.nus.edu.sg.

About the NUS Yong Loo Lin School of Medicine (NUS Medicine)

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Our enduring mission centres on nurturing highly competent, values-driven, and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

Through a dynamic and future-oriented five-year curriculum that is inter-disciplinary and inter-professional in nature, our students undergo a holistic learning experience that exposes them to multiple facets of healthcare and prepares them to become visionary leaders and compassionate doctors and nurses of tomorrow. Since the School's founding in 1905, more than 12,000 graduates have passed through our doors.

In our pursuit of health for all, our strategic research programmes focus in innovative, cutting-edge biomedical research with collaborators around the world to deliver high impact solutions to benefit human lives.

The School is the oldest institution of higher learning in the National University Health System. It is one of the leading medical schools in Asia and ranks among the best in the world (Times Higher World University Rankings 2026 by subject and the Quacquarelli Symonds (QS) World University Rankings by Subject 2026).

For more information about NUS Medicine, please visit <https://medicine.nus.edu.sg/>

About MitoQ New Zealand

MitoQ is a New Zealand cellular health supplements brand and the inventor of MitoQ® (mitoquinol mesylate), a world-first mitochondria-targeted antioxidant developed from research into mitochondrial function and oxidative stress. Supported by more than three decades of scientific research and clinical data, including over 1,000 peer-reviewed scientific publications and 29 clinical trials involving MitoQ® (mitoquinol mesylate) and related applications, MitoQ focuses on supporting health at the cellular level, particularly mitochondrial health, energy, vitality and healthy ageing. For more information about MitoQ, please visit www.mitoq.com