ABSTRACT

A method of increasing the lengths of telomeres in animal cells is practiced by administering an aqueous extract of an *Uncaria* species to an animal. The animal may be a human and the *Uncaria* species may be *Uncaria tomentosa.* Human subjects receiving a daily dose of an aqueous extract of *Uncaria tomentosa* for a sufficient period of time exhibited an increase in telomere length relative to a baseline measurement taken prior to treatment. The extract may be administered topically or systemically.

[No suitable figure]