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Highlights:

- Studying nutrition, diet and metabolism is key for the understanding of healthy ageing and longevity.
- Metabonomics is ideally positioned to study models systems and human metabolism in a minimally or even non-invasive manner.
- There is a high potential in exploring the aromatic amino metabolism by the intestinal microbiota the biological impact of these bioactive compounds in inflammageing.
- Longitudinal modelling of multivariate data should enable the identification of influential diet-metabolic processes in the course of an individual's healthy or unhealthy ageing trajectory.

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