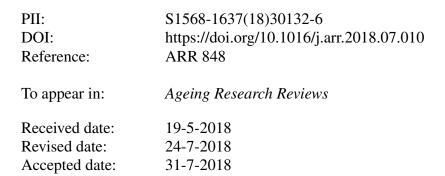
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Please cite this article as: Majidinia M, Reiter RJ, Shakouri SK, Yousefi B, The role of melatonin, a multitasking molecule, in retarding the processes of ageing, *Ageing Research Reviews* (2018), https://doi.org/10.1016/j.arr.2018.07.010

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-Review manuscript-

The role of melatonin, a multitasking molecule, in retarding the processes of ageing

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Highlights

- Ageing brings about deterioration of circadian rhythmicity and thereby also deregulates melatonin synthesis.
- Recent studies supprot melatonin as an anti-ageing compound whose multifaceted functions may lessen the processes of ageing.
- This review depicts four categories of melatonin's protective effects on ageing-induced molecular and structural alterations.

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