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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 support 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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