



COMPREHENSIVE HEALTH  
RESEARCH CENTRE

6th CHRC ANNUAL  
SUMMIT

Sept 22 & 23  
2025 | Évora



# CERTIFICATE

This is to certify that **Luís Pedro Ferreira Rato** presented an Oral Communication entitled **“White Tea Intake Mitigates SIRT1 Suppression in Prediabetes Skeletal Muscle: A Nutraceutical Approach to Redox Balance”** at the 6<sup>th</sup> Comprehensive Health Research Centre Annual Summit, held on September 22<sup>nd</sup> & 23<sup>rd</sup> 2025 at the University of Évora. The work presented is authored by Bruno Fernandes, Alexandra Penha, Ana Capitão, Cátia Sousa, Branca M. Silva, Luís Rato.

  
Ana Rodrigues, MD, PhD  
CHRC Coordinator



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