



The Maximon Longevity Compendium

A Practical Guide to Extending Your Healthy Lifespan

At Maximon, we know that healthy aging is possible. And we know that it will be easier to stay healthy until high-age by each year passing. What we also know is that you should not wait with longevity interventions. You can (and should) act today. With this compendium we want to show you what you can do - today and tomorrow. Enjoy reading - and stay healthy.





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Introduction

Let us be honest - would it not be great to stay young?

The experience and wisdom that may come with aging is positive, however, the cracking joints, backache, sagging skin and more serious issues such as age-related diseases like diabetes, Alzheimer's, Parkinson's, cancer, hypertension and cardiovascular disease are a burden.

These diseases are the leading cause for what makes the last years of life miserable for a lot of people, and are the leading cause of death in old age. In Switzerland, the average lifespan is 83.4 years - earning us second place on the list of countries with the highest life expectancy, right behind Japan with 84.3 years¹.

Our "health span" - the time we live without any age-induced illnesses - is only 71 years on average, which leaves a gap of pretty unpleasant 12 years. At Maximon and our ventures, we focus primarily on this 12-year gap - to help you avoid being miserable for about a decade. Instead, live those years healthy and in great shape - and in the best case, enjoy an active life for even a few more additional years. However, as stated on the front page, you must start preparing now, and this compendium will give you guidance.

Please note that we are not talking about "sick care" here - we are not about treating diseases that could have been avoided in the first place. Instead we want to prevent the actual underlying causes: we help you slow down aging, and, in some cases, even achieve a certain rejuvenation at the cellular and molecular level.

To achieve this goal, Maximon is continuously looking for the latest scientific research advancements and makes them available to as many people as possible through the companies we build. With our cutting-edge in-house research teams which collaborate with leading researchers, scientists and doctors around the world, we have a second-to-none longevity know-how - and with this compendium, we want to share our insights with you.



While today, eternal life is not possible, there are many interventions to extend your health span by 5, 10 or even more years. A lot of the actions in this compendium will seem painfully obvious (hint: yes, it helps to stop smoking). Some interventions, however, are only about to become accepted science, and some topics are very promising, but yet to be proven through larger scale scientific studies and human trials.

The goal of this compendium is to give you practical tips on how to live longer and healthier, which you can integrate in your life today!



Why do we age?

Aging is something that we seem to accept without questioning it.

While the inevitability of aging is obvious to everyone, it was not long ago that we started understanding it.

About a decade ago, scientists identified the 9 reasons for aging. The rate of aging is controlled by genetic pathways and biochemical processes in cells at least to some extent - or in other words: we age, because our cells age and the body systems start to deteriorate. The scientific community described the mechanisms of aging in a seminal paper called "The Hallmarks of Aging"².

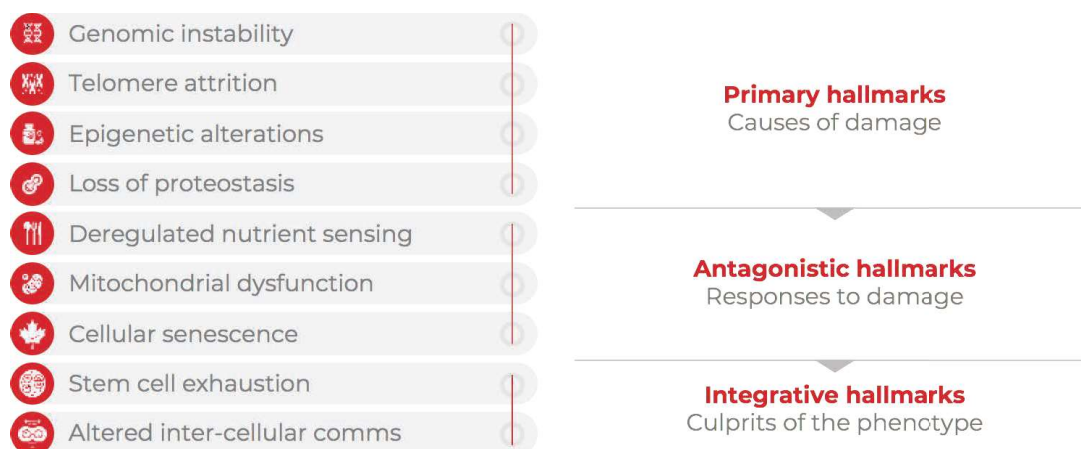


Fig. 1: The 9 Hallmarks of Aging (image adapted from López-Otín C et al.)

After the problem has been formulated - which is always the first step in science - the good news is: Now that we know the reasons which lead to the problem, we also know some (potential) approaches to it and can start working on practical solutions.



Science has a good understanding of what needs to be done to tackle the major hallmarks of aging, as shown in the graphic below. For each of them, there is a specific approach to address the impact on our bodies' decline. However, while for every one of the hallmarks, theoretical interventions exist, *practical* interventions are not ready for all of them.

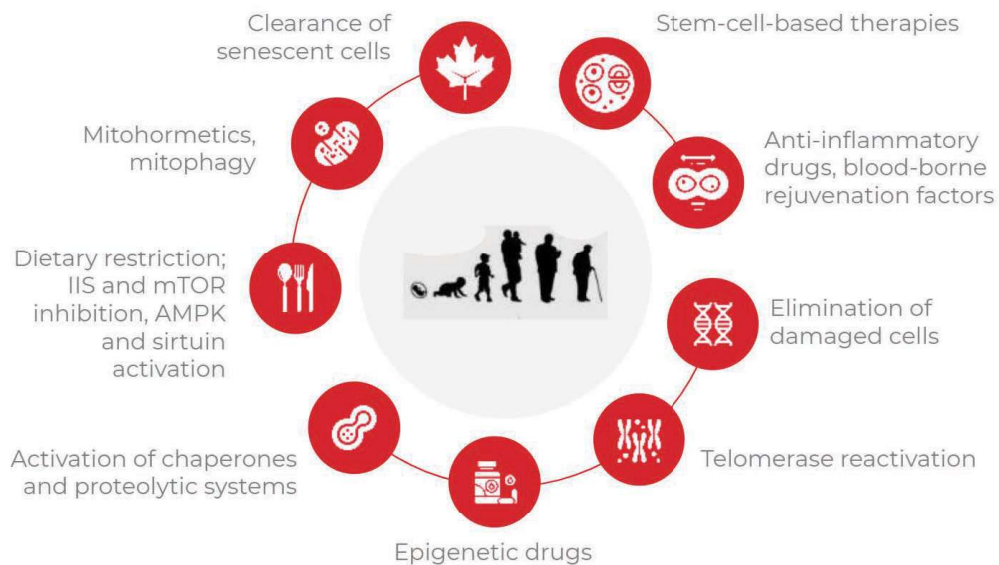


Fig. 2: What needs to be done to fight aging?

At this point in time, some of the approaches shown above have only been proven in the lab but are not yet ready for human trials. For others, a working solution is still being researched, and there is some discussion between scientists if “simply” tackling these hallmarks individually is really all we are going to need to fix aging, or if a more holistic approach is needed (we are quite sure of that at Maximon). In this compendium, we will focus on what is possible and practicable today.

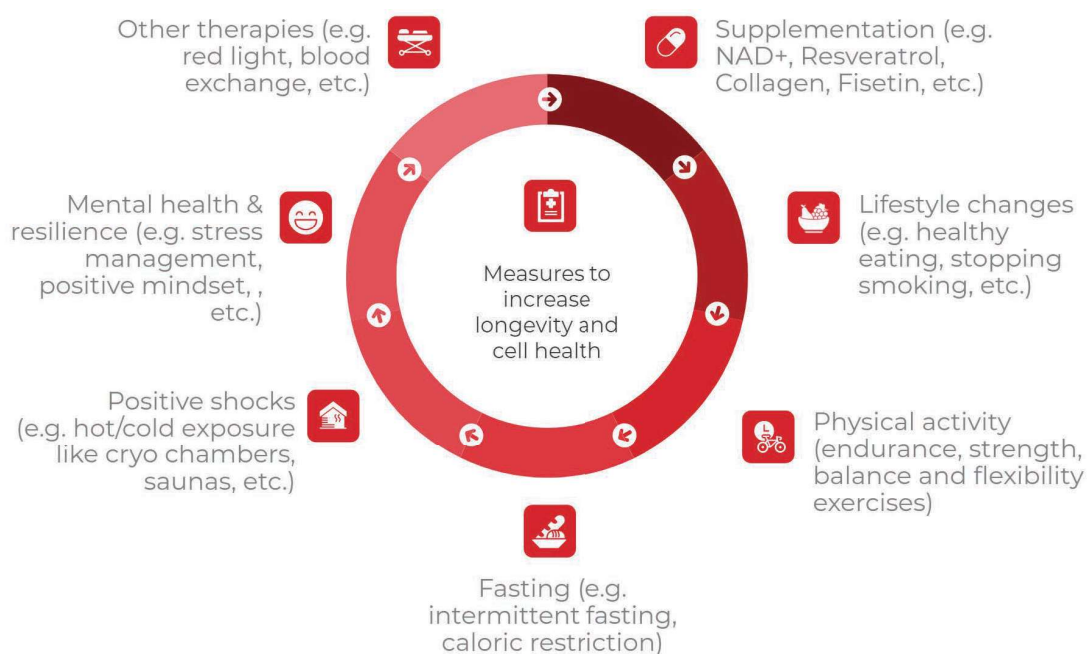


Fig. 3: Interventions to tackle aging

As you can see from the graphic above, it is not a single intervention that counts - it is a holistic approach to aging which includes lifestyle and diet changes, staying active, etc. while at the same time making use of the latest scientific discoveries in the form of supplements, senolytics and therapies to complement.