



Unlock Your
Longevity
Potential



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Welcome to a New Era of Health & Vitality

The 6-month Longevity Program is designed for individuals seeking to optimize cellular function, enhance mitochondrial efficiency, and slow biological aging through:

- ✓ Evidence-based regenerative interventions
- ✓ Metabolic optimization
- ✓ Comprehensive detoxification strategies

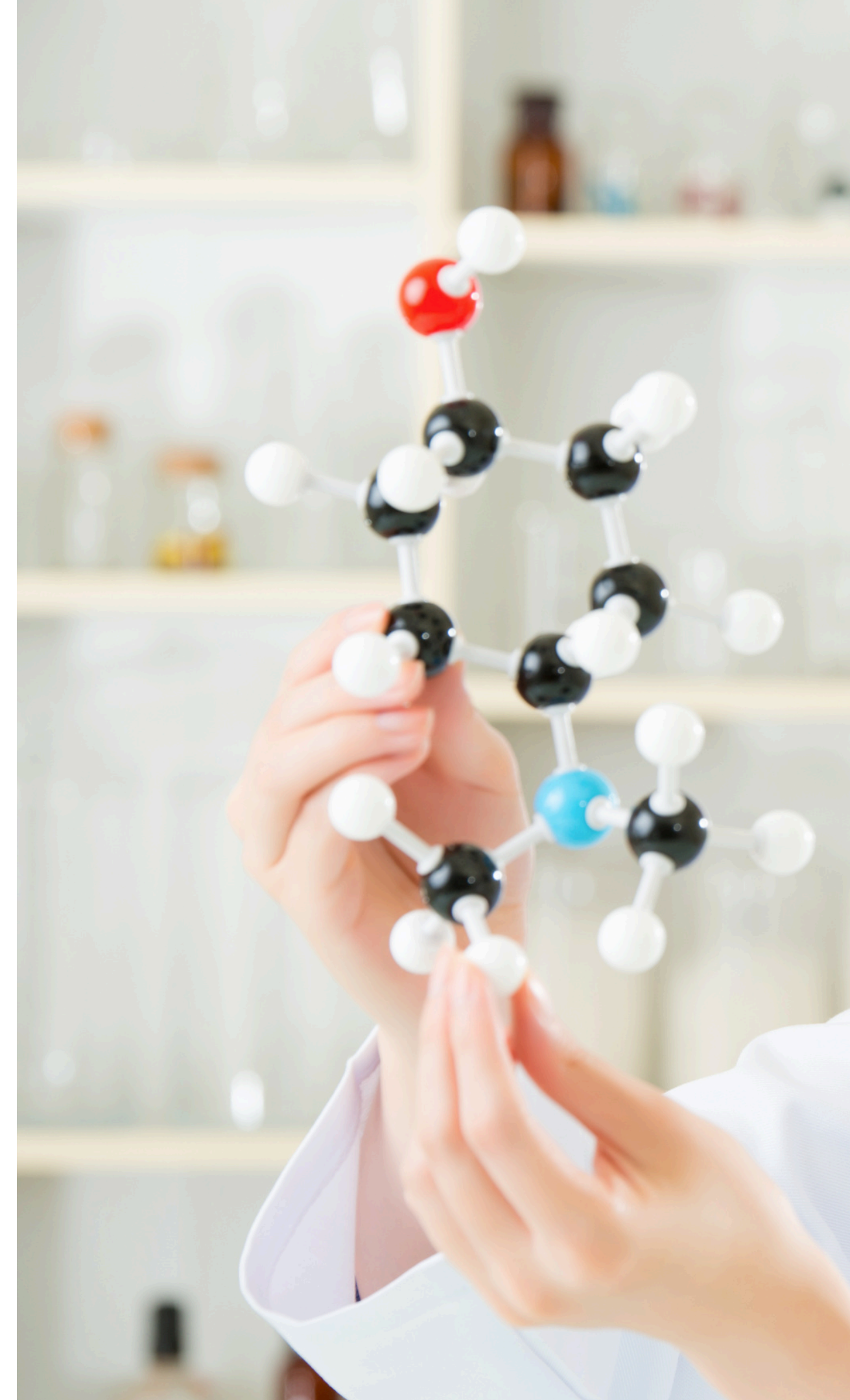
This program integrates precision medicine, biohacking methodologies, and holistic lifestyle interventions to extend healthspan and enhance physiological resilience.

Longevity Essentials

7-DAY RETREAT + 6-MONTH COACHING

A foundational program for those seeking a structured yet effective approach. The program includes:

- 7-Day Detox & Regeneration Retreat in Turkey
- Guided Metabolic Reset & Detoxification
- Foundational Regenerative Therapies:
 - Stem Cell IV Therapy (100M cells)
 - Exosome IV Therapy (5 billion exosomes per treatment)
- Ozone Therapy (rectal, sauna, blood infusion)
- Cold Exposure & Lymphatic Drainage
- Infrared Sauna & Oxygen Therapy
- Weekly Virtual Coaching (Movement optimization & fitness training)
- Monthly Expert-Led Nutrition & Mental Resilience Coaching
- Biomarker Tracking & Adaptive Health Adjustments



Longevity Prime

10-DAY RETREAT + 6-MONTH COACHING



An **advanced longevity experience**, offering deeper cellular rejuvenation and metabolic flexibility.

The program includes:

- 10-Day Detox & Regeneration Retreat in Turkey (3 extra days for extended detox & therapies)
- Enhanced Regenerative Therapies:
 - Stem Cell IV Therapy (200M cells)
 - Exosome IV Therapy (5 billion exosomes per treatment)
 - NAD+ IV Therapy (Mitochondrial enhancement)
- Full Ozone Therapy Package (Rectal, sauna, blood infusion)
- Additional Cold Plunge Therapy Sessions (2x instead of 1x)
- Supervised Colon Hydrotherapy (1 session for deep gut detoxification)
- Premium Longevity Treatments:
 - Biomeridian Massage (1x session)
 - 50-Minute Customized Therapeutic Massage
- Comprehensive Virtual Coaching & Longevity Optimization
- Final Longevity Assessment with Extended Roadmap
- VIP Membership Access for Advanced Longevity Interventions



Why Choose the Vitalio Program?

- Science-Driven Personalization – Biomarker analysis, functional health tracking, and DNA-age testing for tailored longevity interventions.
- Advanced Regenerative Medicine – Stem cells, exosomes, NAD+ IV therapy for mitochondrial restoration.
- Exclusive Wellness Retreat in Turkey – Supervised detoxification, metabolic reset, and biohacking strategies.
- Ongoing Coaching & Optimization – Continuous support for sustained results.



Who is This Program For?

- Biohackers & longevity enthusiasts
- Executives & high performers optimizing vitality
- Individuals recovering from stress, burnout, or metabolic decline
- Those committed to reversing biological aging & enhancing healthspan

“The best way to predict
Longevity is to create it.”

– PETER ATTIA



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Important notice: The contents of this brochure are provided for general information purposes only and should not, in any circumstances, be relied upon without first seeking specialist advice from a medical professional who is familiar with your personal medical situation and history, in order to decide on the correct course of treatment.