



Longevity  
NUTRICARE  
Where Health Gets Perfected

# The Longevity Program

Science To Slow, Halt, Or  
Reverse Biological Aging

Grounded in the nine Hallmarks of Aging, driven  
by a meticulously curated selection of  
biochemical markers, allowing you to uncover  
your distinct health blueprint and assume control  
over your well-being like never before

## YOUR HEALTH, OUR MISSION



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# Longevity, the pursuit of a prolonged and vibrant existence

This foundational panel provides a comprehensive health assessment of key biomarkers, delivering vital insights to tailor your health strategy and optimize your well-being

## Longevity Signature Blood Test 60 Analytes Tested

### General Health

1. CMP
2. HbA1C

### Inflammation

1. CRP-HS
2. Homocysteine
3. Creatine Kinase
4. LDH
5. Uric Acid

### Gut

1. Zonulin

### Mitochondrial Dysfunction

1. ROS

### Oxidative Stress

1. Glutathione

### Telomere Length

1. Telomerase

### Brain

1. Amyloid Beta (A $\beta$ ) 42/40
2. Brain-Derived Neurotrophic Factor (BDNF)
3. Total Tau Proteins (t-tau)
4. Total Phosphorylated Tau Proteins (p-tau)

### Micronutrients

1. Vitamin B2
2. Vitamin B6
3. Vitamin B9 (Folate)
4. Active Vitamin B12
5. Vitamin D 25-OH
6. Magnesium
7. Phosphorous

### Heart

1. Lipid Panel
2. Lipoprotein a (LPa)
3. Apolipoprotein A1 (ApoA1)
4. Apolipoprotein B (ApoB)

### Additional Hormones For Men

1. Free Testosterone
2. Bioavailable Testosterone
3. % Bioavailable Testosterone
4. SHBG

### Hormones

1. Cortisol
2. DHEA-S
3. Estradiol
4. Testosterone
5. Progesterone
6. Insulin
7. HCG
8. TSH
9. Free T3
10. Free T4

### Additional Hormones For Women

1. FSH
2. LH
3. Prolactin

**Patient Price: \$499.00**

Price includes convenient home collection kit



# *Prioritizing Men's Health*

Healthy lifestyle choices, regular check-ups, and early detection of health issues help prevent or manage various medical conditions

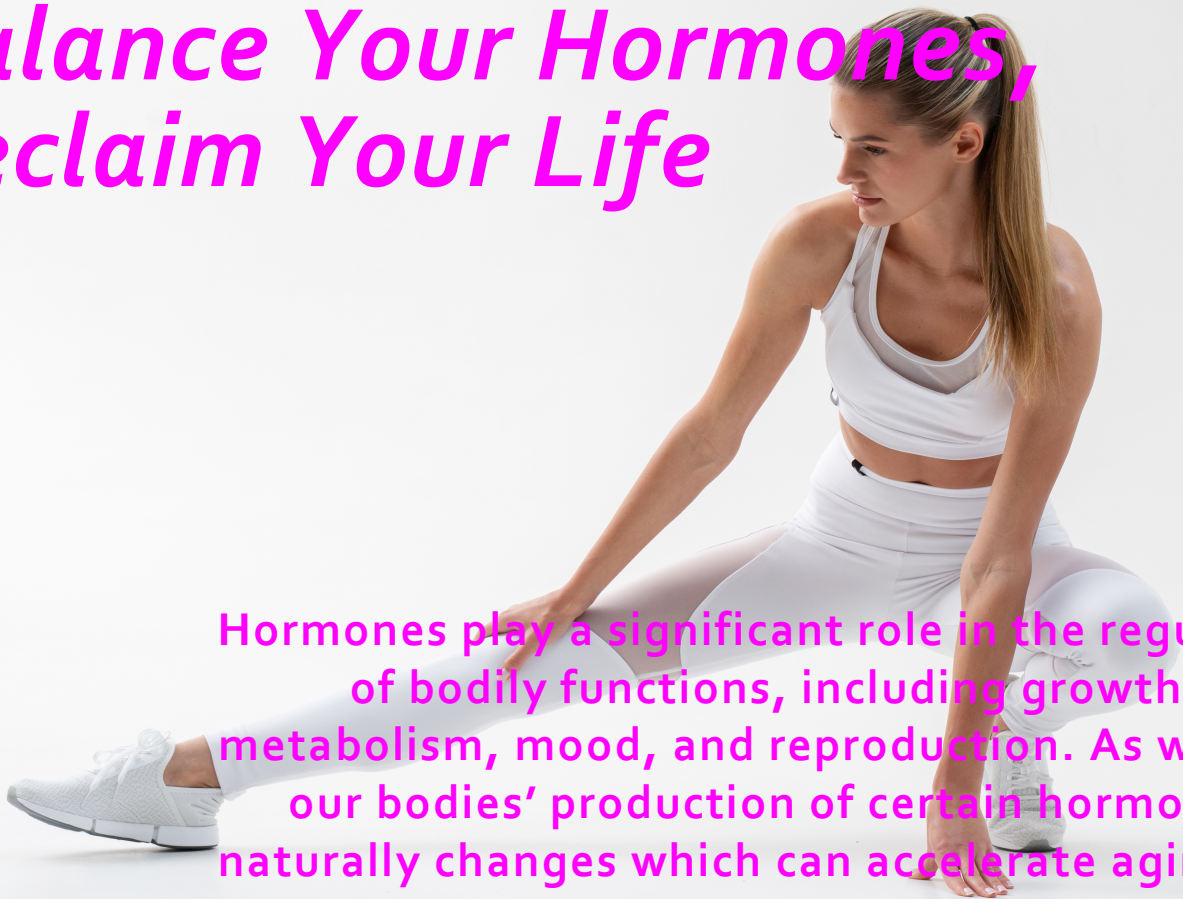
## **Longevity Men's Health Blood Test 8 Analytes Tested**

- 1) Cortisol
- 2) Sex Hormone Binding Globulin (SHBG)
- 3) Testosterone
- 4) Free Testosterone
- 5) % Free Testosterone
- 6) % Bioavailable Testosterone
- 7) Prostate Cancer Screening:
  - a) Prostate Specific Antigen (PSA)
  - b) % Free PSA

**Patient Price: \$199.00**

Price includes convenient home collection kit

# Balance Your Hormones, Reclaim Your Life



Hormones play a significant role in the regulation of bodily functions, including growth, metabolism, mood, and reproduction. As we age, our bodies' production of certain hormones naturally changes which can accelerate aging and increase disease risk.

## Longevity Hormone Blood Test 24 Analytes Tested

- 1) Cortisol
- 2) DHEA-S  
(Dehydroepiandrosterone Sulfate)
- 3) DHT (Dihydrotestosterone)
- 4) Estradiol
- 5) Estriol
- 6) Estrone
- 7) FH (Follicle-Stimulating Hormone)
- 8) GH (Growth Hormone)
- 9) IGF-1 (Insulin-Like Growth Factor-1)
- 10) Insulin
- 11) LH (Luteinizing Hormone)
- 12) Pregnenolone
- 13) Progesterone
- 14) Prolactin
- 15) SHBG (Sex Hormone Binding Globulin)
- 16) Testosterone
- 17) Free Testosterone
- 18) % Free Testosterone
- 19) % Bioavailable Testosterone
- 20) TSH (Thyroid Stimulating Hormone)
- 21) Free T3 (Triiodothyronine)
- 22) Free T4 (Thyroxine)
- 23) Reverse T3
- 24) Thyroglobulin

**Patient Price: \$299.00**

Price includes convenient home collection kit

# *Discover the Nutritional Edge: Elevate Your Health with Micronutrients!*



Micronutrients, which include vitamins and minerals, play critical roles in maintaining health and promoting longevity. They are involved in functioning of the immune & nervous system, energy production, bone health, and DNA synthesis and repair.

## Longevity Micronutrients Blood Test 14 Analytes Tested

- 1) Vitamin B2 (Riboflavin)
- 2) Vitamin B6 (Pyridoxine)
- 3) Vitamin B9 (Folate)
- 4) Vitamin B12 (Cobalamin)
- 5) Active Vitamin B12
- 6) Vitamin D 25-OH
- 7) Iron
- 8) Magnesium
- 9) Calcium
- 10) Potassium
- 11) Phosphorous
- 12) Copper
- 13) Zinc
- 14) Selenium

**Patient Price: \$249.00**

Price includes convenient home collection kit

# Weight Loss Contributes To A Longer And Healthier Life




Healthy eating,  
regular physical activity,  
and adopting a  
sustainable lifestyle

## Longevity Weight Loss Blood Test 60 Analytes Tested

- 1) Complete Metabolic Panel, CMP (18 analytes)
- 19) Complete Blood Count, CBC (21 analytes)
- 41) Lipid Panel (6 analytes)
- 48) C-Reactive Protein High Sensitivity, (CRPhs)
- 49) Cortisol
- 50) Estradiol
- 51) Gamma-glutamyl transferase (GGT)
- 52) HbA<sub>1c</sub>
- 53) Insulin
- 54) Iron
- 55) Lactic Acid Dehydrogenase (LDH)
- 56) Thyroid Stimulating Hormone (TSH)
- 57) Free T<sub>3</sub>
- 58) Free T<sub>4</sub>
- 59) Phosphorous
- 60) Uric Acid

**Patient Price: \$235.00**

Price includes convenient home collection kit



Inflammation leads to DNA damage, cellular senescence and an impaired immune response. These effects contribute to a decline in tissue and organ function, a hallmark of aging

## *Tame Inflammation for a Vibrant Life*

### Longevity Inflammation Blood Test 12 Analytes Tested

- 1) ANA (Antinuclear Antibodies)
- 2) Brain-Derived Neurotrophic Factor (BDNF)
- 3) C-Reactive Protein High Sensitivity (CRPhs)
- 4) D-Dimer
- 5) Homocysteine
- 6) Interferon Gamma (IFN- $\gamma$ )
- 7) Interleukin-1 $\beta$  (IL-1 $\beta$ )
- 8) Interleukin-4 (IL-4)
- 9) Interleukin-6 (IL-6)
- 10) Interleukin-10 (IL-10)
- 11) Reactive Oxygen Species (ROS)
- 12) TNF $\alpha$  (Tumor Necrosis Factor-Alpha)

**Patient Price: \$299.00**

Price includes convenient home collection kit



# Heart Disease Prevention

By proactively managing key cardiovascular risk factors such as cholesterol, blood pressure, and lifestyle habits, you can significantly lower the incidence of heart disease and improve long-term heart function

## Longevity Heart Blood Test 12 Analytes Tested

- 1) Lipid Panel (5 analytes)
- 6) LDL measured
- 7) Lipoprotein(a) (Lp(a))
- 8) Apolipoprotein A<sub>1</sub> (ApoA<sub>1</sub>),
- 9) Apolipoprotein B (ApoB),
- 10) Malondialdehyde (MDA),
- 11) Creatine Kinase (CK),
- 12) C-Reactive Protein High Sensitivity (CRP-HS)

**Patient Price: \$199.00**

Price includes convenient home collection kit





# *Optimizing Gut Health*

Maintaining a healthy gut through balanced nutrition, probiotics, and proper digestion is essential for supporting immune function, nutrient absorption, and overall well-being

## **Longevity Gut Blood Test 2 Analytes Tested**

- 1) Calprotectin
- 2) Zonulin

**Patient Price: \$199.00**


## **Longevity Celiac Disease Blood Test 5 Analytes Tested**

- 1) Deamidated Gliadin Peptide (DGP) Antibodies IgA
- 2) Deamidated Gliadin Peptide (DGP) Antibodies IgG
- 3) Tissue Transglutaminase (tTG) Antibodies IgA
- 4) Tissue Transglutaminase (tTG) Antibodies IgG
- 5) Total IgA

**Patient Price: \$235.00**

Price includes convenient home collection kit

# *Insulin Resistance and Aging*



Diabetes is a chronic metabolic disorder characterized by high levels of blood glucose (hyperglycemia) resulting in insulin resistance

## Longevity Diabetes Blood Test 45 Analytes Tested

- 1) Comprehensive Metabolic Panel, CMP (18 analytes)
- 19) Lipid Panel (6 analytes)
- 26) HbA<sub>1c</sub>
- 27) Cortisol
- 28) Estradiol
- 29) Sex Hormone Binding Globulin (SHBG)
- 30) Total Testosterone
- 31) Free Testosterone
- 32) Insulin
- 33) Insulin-Like Growth Factor 1 (IGF-1)
- 34) Follicle-Stimulating Hormone (FSH)

- 35) Luteinizing Hormone (LH)
- 36) Thyroid Stimulating Hormone (TSH)
- 37) Free T<sub>3</sub>
- 38) Free T<sub>4</sub>
- 39) Folate (Vitamin B<sub>9</sub>)
- 40) Vitamin B<sub>12</sub>
- 41) Vitamin D
- 42) Magnesium
- 43) C-Reactive Protein, High Sensitivity (CRP-HS)
- 44) Apolipoprotein B (APOb)
- 45) Lipoprotein(a) (Lp(a))

**Patient Price: \$299.00**

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# Early Cancer Detection Saves Lives

Genomic instability, characterized by a high frequency of mutations within the genome, is a significant driving factor for cancer development. This instability is a hallmark of many cancers and contributes to their progression.

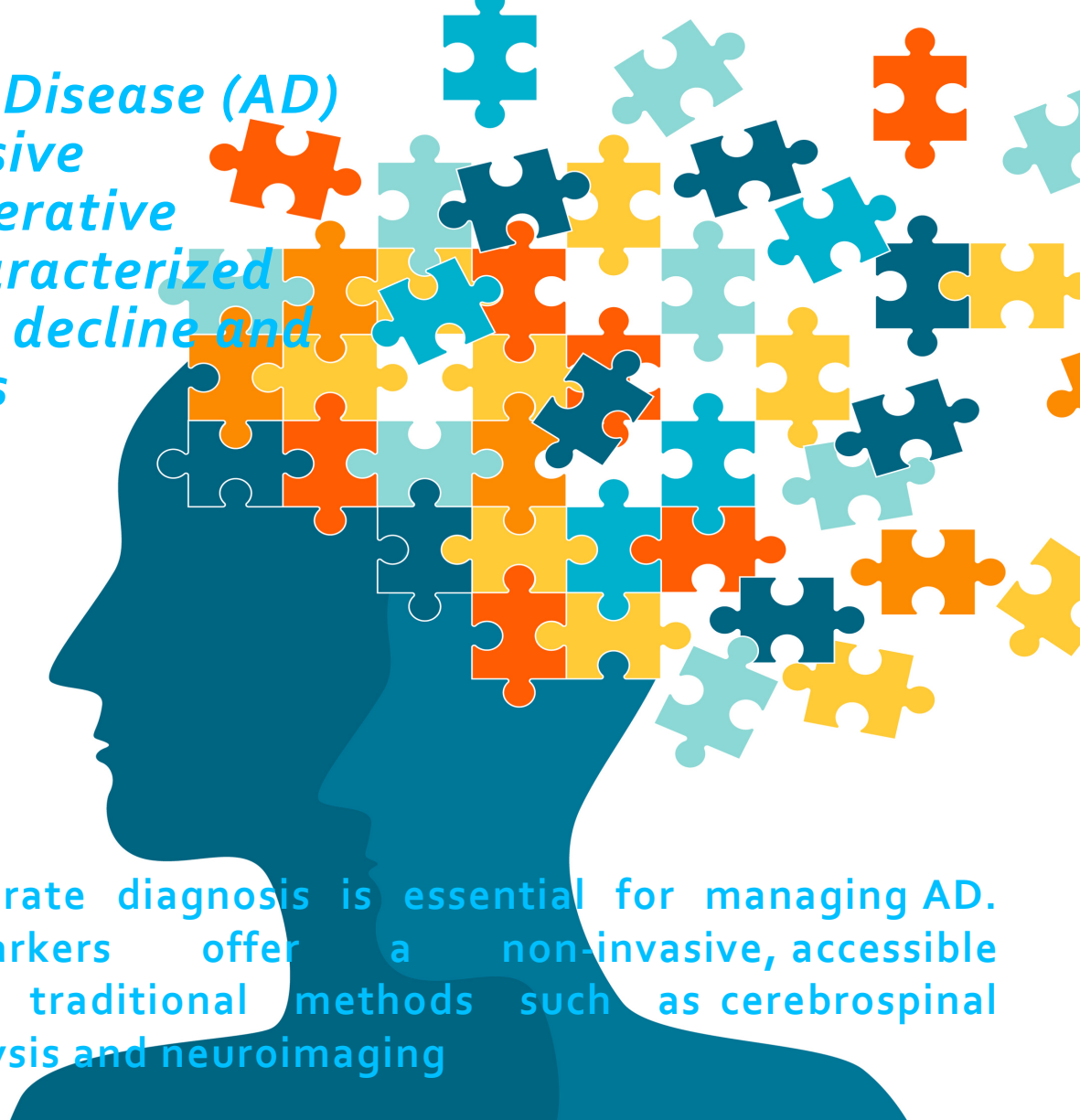
## Longevity Cancer Risk Blood Test 14 Analytes Tested

- 1) Alpha-FetoProtein (AFP)
- 2) Human Chorionic Gonadotropin (HCG)
- 3) Carcinoembryonic Antigen (CEA)
- 4) Neuron-Specific Enolase (NSE)
- 5) Beta-2-Microglobulin (B2M)
- 6) CA 125 (Cancer Antigen 125)
- 7) CA 15.3 (Cancer Antigen 15.3)
- 8) CA 27.29 (Cancer Antigen 27.29)
- 9) CA 19.9 (Cancer Antigen 19.9)
- 10) Prostate-Specific Antigen (PSA) Total
- 11) Prostate-Specific Antigen (PSA) Free
- 12) LDH (Lactate Dehydrogenase)
- 13) Calcitonin
- 14) Thyroglobulin

**Patient Price: \$299.00**

Price includes convenient home collection kit

*Alzheimer's Disease (AD) is a progressive neurodegenerative disorder characterized by cognitive decline and memory loss*



Early and accurate diagnosis is essential for managing AD. These biomarkers offer a non-invasive, accessible alternative to traditional methods such as cerebrospinal fluid (CSF) analysis and neuroimaging

## Longevity Alzheimer's Disease Blood Test

1. Amyloid Beta (A $\beta$ ) Peptides 42/40
2. Brain-Derived Neurotrophic Factor (BDNF)
3. Phosphorylated Tau 181 (p-T181)
4. Total Tau Proteins (t-tau)
5. Total Phosphorylated Tau (tp-tau)

**Patient Price: \$299.00**

## Longevity Alzheimer's Disease DNA Test

1. APOE<sub>4</sub> (Apolipoprotein E<sub>4</sub>) Allele Testing

**Patient Price: \$99.00**

Price includes convenient home collection kit



# ***Oxidative Stress: The spark that lights the fire of aging and disease***

Oxidative stress occurs when there's an imbalance between the production of reactive oxygen species (ROS) and the body's ability to detoxify these reactive intermediates repair the resulting damage

## **Longevity Oxidative Stress Blood Test 7 Analytes Tested**

- 1. Glutathione**
- 2. Malondialdehyde (MDA)**
- 3. Reactive Oxygen Species (ROS)**
- 4. Superoxide Dismutases (SODs)**
- 5. Advanced Glycation End Products (AGES)**
- 6. Total Antioxidant Capacity (TAC)**
- 7. 8-Hydroxy-2-deoxyguanosine (8-OHdG)**

**Patient Price: \$299.00**

Price includes convenient home collection kit



**Mitochondrial Dysfunction**  
*is associated with numerous  
age-related diseases*

Strategies aimed at preserving mitochondrial function or replacing damaged mitochondria could delay aging and extend healthy lifespan

## Longevity Mitochondria Blood Test 5 Analytes Tested

1. Adenosine Triphosphate (ATP)
2. Glutathione
3. NAD<sup>+</sup>/NADH
4. Reactive Oxygen Species (ROS)

**Patient Price: \$259.00**

Price includes convenient home collection kit

# *It All Starts With A Good Night's Sleep*

Sleep is a critical factor for overall health and well-being and plays a significant role in longevity. It provides the body and brain the opportunity to rest, regenerate, and repair, making it essential for maintaining optimal health

## **Longevity Sleep Hygiene Test (Basic) 2 Analytes Tested**

- 1) Cortisol (4 saliva samples collected)
  - a) morning upon waking (cortisol level is highest)
  - b) midday
  - c) early evening at 7:00 pm
  - d) late evening at 11:30 pm (cortisol level is lowest)
- 2) Melatonin (2 saliva samples collected)
  - a) morning upon waking (melatonin level is lower)
  - b) late evening at 11:30 pm (melatonin level is higher)

**Patient Price: \$179.00**

Price includes convenient home collection kit

# Nine Hallmarks Of Aging

## Primary Hallmarks Of Aging: Foundational Causes Of Cellular Damage

### Genomic Instability

AS WE AGE, OUR CELLS ACCUMULATE DNA MUTATIONS, WHICH CAN LEAD TO A VARIETY OF AGE-RELATED DISEASES, INCLUDING CANCER.

### Telomere Attrition

EACH TIME A CELL DIVIDES, ITS TELOMERES (THE PROTECTIVE CAPS ON THE ENDS OF CHROMOSOMES) SHORTEN. WHEN TELOMERES BECOME CRITICALLY SHORT, CELLS BECOME SENESCENT OR DIE.

### Epigenetic Alterations

EPIGENETICS REFERS TO CHANGES IN GENE EXPRESSION THAT DO NOT INVOLVE CHANGES TO THE UNDERLYING DNA SEQUENCE. AGE-RELATED EPIGENETIC CHANGES AFFECTS MANY BIOLOGICAL PROCESSES.

### Loss of Proteostasis

PROTEOSTASIS REFERS TO THE BALANCE OF PROTEINS IN THE BODY. AS WE AGE, OUR BODIES BECOME LESS EFFECTIVE AT PROTEIN MAINTENANCE, LEADING TO THE ACCUMULATION OF MISFOLDED OR DAMAGED PROTEINS.

## Responsive Or Compensatory Hallmarks Of Aging: Result Of The Primary Hallmarks

### Deregulated Nutrient Sensing

AGING IS ASSOCIATED WITH CHANGES IN THE BODY'S RESPONSE TO NUTRIENTS, WHICH AFFECTS CELLULAR FUNCTION AND METABOLISM.

### Mitochondrial Dysfunction

MITOCHONDRIA PRODUCE THE ENERGY THAT CELLS NEED TO FUNCTION. AGING RESULTS IN DECREASED MITOCHONDRIAL FUNCTION AND INCREASED PRODUCTION OF REACTIVE OXYGEN SPECIES, WHICH DAMAGES CELLS.

### Cellular Senescence

SENESCENT CELLS LOSE THEIR ABILITY TO DIVIDE BUT REMAIN METABOLICALLY ACTIVE. THESE CELLS CAN CONTRIBUTE TO INFLAMMATION AND OTHER ASPECTS OF AGING.

## Integrative Hallmarks Of Aging: Ultimately Lead To The Functional Decline Observed With Aging

### Stem Cell Exhaustion

AS WE AGE, OUR STEM CELLS' ABILITY TO REPAIR AND REGENERATE TISSUES DECREASES, LEADING TO A DECLINE IN ORGAN FUNCTION.

### Altered Intercellular Communication

AGING AFFECTS THE COMMUNICATION BETWEEN CELLS, LEADING TO INFLAMMATION, IMMUNE DYSFUNCTION, AND OTHER PROBLEMS.