



Longevity



GENETIC FOUNDATION

The foundation:
Our Predispositions (Genes)
carries the secret to our
Expressions in life, Having Clarity
on them enables Clarity on life and
hence Wellbeing.

It recognizes the relevance and
interdependencies of Genetics,
Disease burden, Lifestyle, and
other dimensions.

LONGEVITY



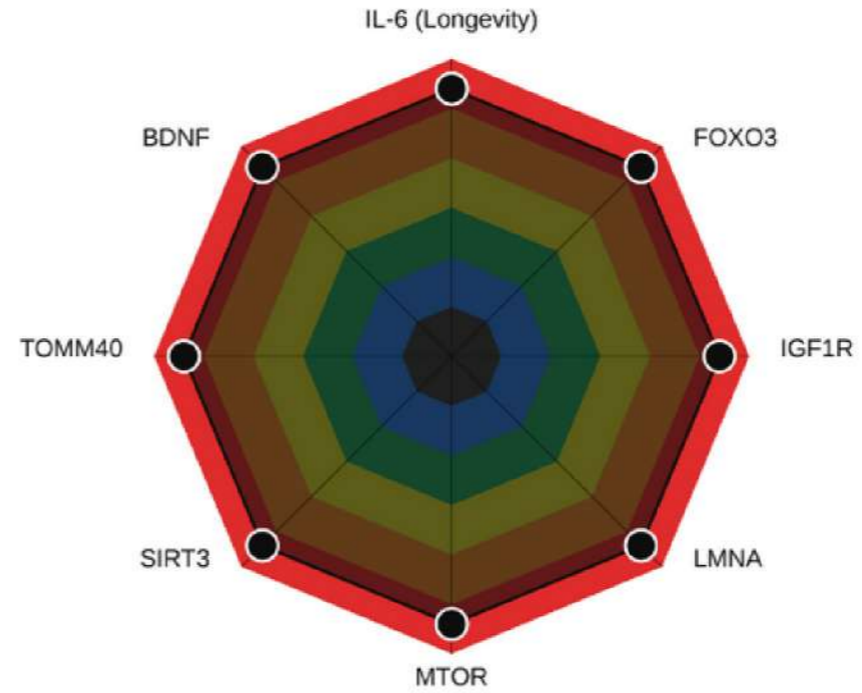
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we deeply analyze longitudinal data from our largest genomic data & biobank revealing the biological pathways that underlie aging as well as biomarkers that can be monitored to show that interventions are truly affecting the aging process.



LONGEVITY

LONGEVIDADE (VERMELHO É MELHOR)





USING OUR
PROPRIETARY ALGORITHM
WE ANALYSE

206

GENES ASSOCIATED WITH
LONGEVITY

Personalized Food
Recommendations

Personalized Supplement
Formulations

Personalized Physical
Activities

Life Style
Guidances

TP53**Cancer**

TP53 is a well-known tumor suppressor gene that regulates cell cycle progression and apoptosis. It plays a critical role in maintaining genomic stability and preventing cancer.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs1042522	C	Minus	CC	Positive

Summary:

Cancer

Allele Description:

The C allele of this SNP is associated with a higher TP53 activity, which may contribute to increased longevity due to its role in maintaining genomic stability and reducing cancer risk.

HSPA1A**Cell**

HSPA1A is a molecular chaperone that helps in the folding, stabilization, and degradation of proteins, particularly during cellular stress. It plays a role in maintaining cellular proteostasis and preventing the accumulation of damaged proteins, thus promoting longevity.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs1043618	C	Plus	Not found	Positive

Summary:

Cellular Stress

Allele Description:

The C allele of this SNP is associated with higher HSPA1A expression and may contribute to increased longevity due to its role in maintaining proteostasis and reducing cellular stress.

MTOR**Cancer**

MTOR is a protein kinase that regulates cell growth, metabolism, and survival. It plays a critical role in the insulin/IGF-1 signaling pathway, which has been implicated in aging and longevity.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs1064261	T	-	Not found	Positive

Summary:

Age-related diseases (Cancer, Cardiovascular)

Allele Description:

The T allele of this SNP has been associated with reduced MTOR expression and a lower risk of age-related diseases, potentially contributing to increased longevity.

KLOTHO**Cancer**

Klotho is a protein that has a role in regulating cellular processes, such as cell proliferation, inflammation, and oxidative stress. It is believed to promote longevity by reducing age-related diseases and maintaining cellular health.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs9536314	G	-	TT	Positive

Summary:

Age-related diseases (Cancer, Cardiovascular)

Allele Description:

The G allele of this SNP is associated with increased Klotho expression and has been linked to greater longevity, potentially due to its role in promoting cellular health.

CAT**Cancer**

CAT (Catalase): CAT encodes catalase, an antioxidant enzyme that detoxifies hydrogen peroxide, a reactive oxygen species produced during cellular metabolism. Variants in CAT may impact the efficiency of antioxidant defense and contribute to longevity.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs1001179	C	-	CC	Negative

Summary:

Age-related diseases (Cancer, Cardiovascular)

Allele Description:

The C allele of this SNP is associated with reduced catalase activity, potentially increasing the risk of age-related diseases due to decreased cellular protection against oxidative stress. The A allele is linked to normal enzyme activity, which may promote longevity by enhancing cellular stress resistance.

AMPK**Cell**

AMPK (AMPKAA2 - Protein kinase AMP-activated catalytic subunit alpha 1): AMPK is a key cellular energy sensor involved in the regulation of metabolism, autophagy, and cellular stress response. Variants in AMPK may impact cellular energy homeostasis and contribute to longevity.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs20274991	G	-	AG	Positive

Summary:

Autophagy; Cellular Stress

Allele Description:

The G allele of this SNP has been associated with increased AMPK activity, which may promote longevity by enhancing cellular stress resistance and metabolic health.

MTHFS**Metabolism**

MTHFS (Methylenetetrahydrofolate Synthetase): MTHFS is a gene that codes for methylenetetrahydrofolate synthetase, an enzyme involved in folate metabolism and nucleotide synthesis. Variants in this gene have been linked to increased lifespan.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs50156650	T	-	Not found	Positive

Summary:

Folate Metabolism

Allele Description:

The T allele of this SNP has been associated with increased MTHFS activity and may influence longevity by promoting healthy folate metabolism and nucleotide synthesis, protecting against age-related diseases. The C allele is linked to normal MTHFS activity.

IGF1R**Cancer**

This gene encodes a receptor for insulin-like growth factor 1 (IGF-1), which is involved in growth, development, and cellular metabolism. Variants in IGF1R have been associated with reduced IGF-1 signaling, which may promote longevity by reducing the risk of age-related diseases such as cancer and cardiovascular disease.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs2229705	A	Plus	AA	Positive

Summary:

Age-related diseases (Cancer, Cardiovascular)

Allele Description:

The A allele of this SNP has been associated with reduced IGF-1 signaling and increased longevity, potentially due to a lower risk of age-related diseases.

BDNF**Neuro**

BDNF (Brain-derived neurotrophic factor): BDNF is a neurotrophin that plays a crucial role in neuronal survival, growth, and maintenance. It has been implicated in cognitive function, mental health, and overall brain health, which may contribute to longevity.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs6265	G	Minus	CC	Negative

Summary:

Cognitive Function

Allele Description:

The G allele of this SNP, also known as Val66Met, has been associated with reduced BDNF secretion and may negatively impact cognitive function and brain health. In contrast, the A allele has been linked to better cognitive function and may contribute to longevity by promoting brain health.

PCN1**Cell**

PCN1 is an enzyme with antioxidant properties that protect lipids from oxidative damage. It has been associated with a reduced risk of cardiovascular diseases and other age-related diseases, potentially contributing to longevity.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs662	C	-	TT	Positive

Summary:

Oxidative Stress

Allele Description:

The G allele of this SNP is associated with higher PCN1 activity and may offer protection against oxidative stress, reducing the risk of age-related diseases and promoting longevity.

NFE2L2**Cell**

NFE2L2 is a transcription factor that regulates the expression of genes involved in cellular antioxidant response and detoxification. It is essential for maintaining cellular redox balance and protecting cells from oxidative stress.

SNP:	Allele before invert:	Orientation:	Allele Result (CSV):	Characteristics:
rs6721951	A	-	CC	Positive

Summary:

Oxidative Stress

Allele Description:

The A allele of this SNP is associated with increased NFE2L2 activity and has been linked to greater longevity, potentially due to its role in promoting cellular redox balance and reducing oxidative stress.





OPTIMIZATION FOCUS
LONGEVITY



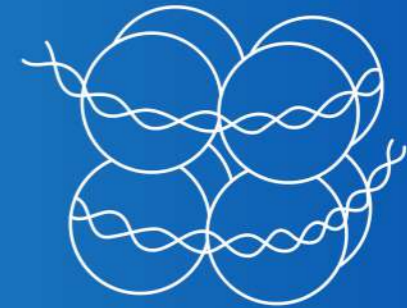
METABOLIC
PATHWAYS

CELL REPAIR



SIRTUIN, MTOR,
AMPK Pathways

MITOCHONDRIAL HEALTH



METHYLATION
DEMETHYLATION

DNA REPAIR

Let's Design your unique Lifestyle for a Longer, Healthier and Happy Life

Longevity Personalized

Addressing 180 genes related to lifespan we keep your biological functions mitochondrial health, metabolism along with strength, and mobility for longer healthier and happy life

Personalized Good Look

We manage your unique aging-related conditions such as wrinkles, skin thinning, and age spots by preventative measures and make lifestyle changes for good looks,

Mental Wellbeing

Identifying your unique predispositions for mental stress and developing strategies to manage them we can mitigate negative impacts for a pleasant life.

Sleep Personalized

Beyond medicine and tracking technology we provide information about an individual's sleep disorders, and provide preventative measures and guide treatment decisions with supplements and behavioral therapies



Your Unique Nutrition Plan

Personalized nutrition plans, recipes, and Nutricart lists - all personalized to you..

Your Personalized Supplements

Personalized supplements made in the U.S / Brazil. with the highest-quality ingredients based on the Precision health formulation

Health Optimized

Health performance encompasses a number of biological functions being optimized not just absence of diseases

Your Personalized Fitness activity

Personalized training plan considering your aerobic capacity to silent mutations and lifestyle. We personalize your exercise plans with a 360degree view of your pre-existing and health goals.

Longevity

01 DNA Sequencing
Genomic Big Data Analysis
Bioinformatics
Symbolic AI/Machine Learning
Deep neural networks/ Deep learning
Cloud computing

02 Genetics
Biological age vs Chronological Age
Telomere length
Mitochondrial Health
Microbiome
Blood biomarkers
Epigenetics (Methylation)

03 Precision health Analysis
Preventive approach to Care
Personalized Supplements
Personalized Physical Activities
Personalized Food Recommendations
Personalized Lifestyle Guidance
Continuous Monitoring every quarter.



Thank you

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