

longevity

CENTER

SWITZERLAND

OUR PACKAGES



Gut Vitality Package

The Gut Vitality Package addresses the essential connection between gut health and metabolic function, targeting issues like digestive imbalances, inflammation, and energy metabolism disruptions. By assessing your microbiome, metabolic age, and nutritional status, this package offers a science-based approach to improving gut health, boosting energy levels, and enhancing overall well-being.

- Medical/Lifestyle Questionnaire
- Medical interview with one of our Longevity Center doctors, including a review of results
- MetabolicAge assessment: weight, BMI, muscle mass percentage, water percentage, fat mass, bone mass, metabolic rate and energy metabolism
- Microbiome Test
- Extensive laboratory tests (blood) related to metabolic health

Price: 870,00 CHF

*Additional services: medical nutrition expertise, continuous glucose monitoring, full blood mineral and heavy metal test (separate fees apply)



Sport Vitality Package

The Sport Vitality Package is designed to enhance athletic performance and overall physical resilience by addressing key factors like lung capacity, cardiovascular fitness, and muscle function. This package provides a deep dive into your physical capabilities, identifying areas for improvement.

By pinpointing and optimizing the factors that impact endurance, strength, and recovery, the Sport Vitality Package helps you achieve peak performance and sustain long-term physical health.

- Medical/Lifestyle Questionnaire
- Comprehensive medical interview with one of our Longevity Center doctors, including a review of results
- Lung function test
- VO2max performance test
- Extensive laboratory tests (blood) related to sports and performance

Price: 870,00 CHF



Hormone Vitality Package (Men & Women)

The Hormone Vitality Package is designed to address the fundamental role hormones play in regulating metabolism, vitality, and overall health. This package identifies and corrects hormonal imbalances that can lead to fatigue, weight fluctuations, and reduced well-being. By assessing your metabolic health and conducting in-depth, gender-specific hormone testing, it provides a comprehensive approach to restoring hormonal harmony, optimizing metabolic function, and supporting sustained health and vitality.

- Medical/Lifestyle Questionnaire
- Comprehensive medical interview with one of our Longevity Center doctors, including a review of results
- MetabolicAge assessment: weight, BMI, muscle mass percentage, water percentage, fat mass, bone mass, metabolic rate, and energy metabolism
- In-depth, gender-adapted laboratory tests (blood)

Price: 720,00 CHF



Epigenetic & Genetic Tests

The Epigenetic and Genetic Testing Package offers a deep insight into your genetic blueprint and how lifestyle factors influence gene expression, providing a powerful tool for personalized health optimization. By analyzing your genetic and epigenetic markers, this package identifies potential health risks and opportunities for preventive care. With expert interpretation of the findings, it equips you with a tailored strategy to optimize your health based on your unique genetic profile.

- Genetic & Epigenetic Tests including a presentation of the findings by one of our Longevity Center doctors

Price: 950,00 CHF

Vitality for life

BOOK YOUR PACKAGE:

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