



longevity

CENTER

SWITZERLAND

Your Medical Partner for
preventive self-care & longevity



- ADDITIONAL LONGEVITY DIAGNOSTICS -

Longevity *Diagnost*ics

At the Longevity Center, we understand that every individual's health journey is unique. Depending on your specific needs and health goals, we offer a range of advanced diagnostic options. From comprehensive cardiovascular assessments to specialized metabolic and genetic testing, our bespoke approach ensures that you receive the most relevant insights and interventions to support your optimal well-being and longevity.

- **Aging Biomarkers:** Metabolic Age, Blood Age, Cardio Age, Pulmo Age, Glycan Age, Immuno Age, Cognitive Age, Physiological Age, Epigenetic Age, Telomere Age.
- **Sport and Performance:** Vo2Max Test.
- **Stress & Resilience Markers:** HRV Monitoring, CNS test, Oxidative Stress, Cortisol Daily Profile, Resilience Questionnaire, Mitochondrial Activity, Neurotransmitters.
- **Metabolic and Hormonal Health:** Microbiome Analysis, Food Intolerance, DutchTest, Glucose Monitoring.
- **Brain Health:** APOE Test, Sniffing Test, BrainKey, CNS Test.
- **Cardiovascular Risk:** Carotid Ultrasound, Resting ECG, Exercise ECG, AGE Reader.
- **OncoScore:** Trucheck™, Prevention Panel.
- **Environmental Markers:** Heavy Metal Analysis, Microplastic Analysis.
- **Sleep Quality:** Sleep Quality and Sleep Apnea Risk Assessment.



- LONGEVITY PACKAGES -



Gut Vitality
PACKAGE

Elevate Your Digestive Health

The Gut Vitality Package offers a targeted approach to enhancing gut health, metabolic function and helps restore balance, boost energy, and support overall well-being.

Package includes:

- Medical consultation
- Metabolic age assessment
- Microbiome testing
- Comprehensive laboratory tests.



Sport Vitality
PACKAGE

Achieve Peak Performance

Designed for athletes and fitness enthusiasts, the Sport Vitality Package enhances physical performance by evaluating lung capacity, cardiovascular fitness, and muscle function.

Package includes:

- Medical interview
- Lung function
- VO2max test
- Specialized blood tests to optimize endurance, strength, and recovery.



Hormone Vitality
PACKAGE

Restore Balance and Vitality

The Hormone Vitality Package focuses on achieving hormonal harmony to enhance metabolism, vitality, and overall health.

Package includes:

- Comprehensive medical interview
- Metabolic age assessment
- In-depth, gender-specific hormone testing to provide tailored strategies for improved well-being.



Rejuvenate Skin

TREATMENT

*Radiant,
Youthful Skin*

The Rejuvenate Skin Package offers a deep, lasting boost to skin vitality and radiance. Ideal for those with acne or hormonal imbalances.

Treatment includes:

- Medical consultation
- PRP face treatment
- Red light therapy to enhance skin health from within, promoting a refreshed and youthful glow.



Immuno-Boost

TREATMENT

*Strengthen Your
Natural Defenses*

Designed to boost immunity, energy, and resilience. This holistic approach enhances physical and mental vitality, supporting recovery and long-term well-being.

Treatment includes:

- Medical consultation
- Personalized intravenous (IV) infusions.
- IHHT treatment to improve energy, enhance performance, and restore overall vitality.



Reawaken Vitality

TREATMENT

*Recharge Body
and Mind*

The Reawaken Vitality Package revitalizes both body and mind, perfect for those needing a powerful reset.

Treatment includes:

- Medical consultation
- Whole-body red light therapy
- IHHT treatment to improve energy, enhance performance, and restore overall vitality.

