



**FOUNDERS
HEALTH**

Longevity



Health Span



Vitality



Engineering Your Biological Advantage

Unlock M_{re}

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foundershealth.co

An FFG
Endorsed Venture  **FOUNDERS
FORUM
GROUP**

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Your biology is your most critical asset.
Optimise it strategically

Engineering Your Biological Advantage

Welcome to Founders Health, where we redefine the relationship between ambitious leadership and optimal well-being. We are not conventional healthcare; we are your strategic partner in architecting peak human performance, engineering extended health span, and cultivating enduring vitality.

Born from the Founders Forum Group, we understand the unique demands placed on those building the future.

This blueprint outlines your journey to unlocking your full potential.

Welcome

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Our Core Philosophy

Unlock M_re: Our Guiding Principle

“Unlock M_re” is the philosophy at the heart of Founders Health. It speaks to the inherent drive of leaders to constantly seek improvement, push boundaries, and achieve greater impact.

M_re Performance: Sharpened cognition, sustained energy, unwavering resilience.

M_re Health Span: Adding high-functioning, vibrant decades to your life.

M_re Vitality: The profound sense of well-being that fuels ambition and engagement.

M_re Impact: The capacity to lead and innovate at your peak, for longer.








Merle

The underscore _ represents your unique biology, your specific goals. It's the personalised space where our science meets your ambition.



**The
Difference**

Why We Are Uniquely Architected for You

-  **Founder-Centric by Design:** Deep empathy and understanding of your unique pressures.
-  **Integrated System:** Seamlessly connecting diagnostics, medical expertise, and coaching. No silos.
-  **Proactive & Predictive:** Identifying risks and optimising function before problems arise.
-  **Hyper-Personalised:** N-of-1 strategies based on your unique data, not generic advice.
-  **Data-Driven & Quantifiable:** Focusing on measurable outcomes and tangible biological ROI.

Our Purpose: Fueling Leadership & Longevity

Our Vision:

To be the indispensable global platform integrating science, technology, and expert guidance to unlock peak health span performance for the world's most innovative and impactful leaders.

Our Mission:

Catalyse founder potential by engineering peak health. We provide the integrated intelligence, hyper-personalised protocols, and expert partnership.

About Founders Health

The Values That Guide Us


Our actions are driven by an unwavering commitment to:

- **Founders First:** Obsessive empathy for your journey.
- **Proactive Prevention:** Engineering resilience for the future.
- **Integrated Excellence:** Systemic optimisation, no silos.
- **Personalised Precision:** Radically tailored N-of-1 strategies.
- **Data-Driven Results:** Quantifiable impact and efficacy.
- **Uncompromising Trust:** Ironclad integrity and confidentiality.
- **Continuous Innovation:** Intelligently curating leading science.
- **Empowering Partnership:** Strategic co-ownership of your health.

J_ourney

Your Personalised Health Journey
Overview





Welcome to your bespoke path towards optimised health and performance. Your journey with Founders Health is meticulously structured into distinct phases, leveraging advanced insights and personalised care every step of the way. From initial discovery to ongoing evolution, we partner with you to navigate and master your unique biology.

Foundation & Discovery

Understanding Your Blueprint

Your Experience: Engage in a strategic consultation with a Founders Health expert to explore your core objectives, health goals, needs, and concerns, after which we will design a personalised, optimal pathway to support your journey to vitality.

FH Action: Assign the right testing and journey scheduling.

Your Experience: Engage in a personalised program tailored to your needs with advanced testing methods, and holistic support from an Expert Physician and Nutritional Therapist.

FH Action: Deep dive into your results to create your personalised longevity and health strategy health optimisation strategy.

Your Experience: Understanding your unique operation environment to build a holistic treatment plan customised to you.

FH Action: Understanding your unique health status to build a holistic treatment plan customised to you.



YOUR
LONGEVITY
JOURNEY



Uncover

The Depth of
Our Diagnostics



Our Diagnostic Approach

Beyond the Surface: Uncovering Your True Biological State

Standard health screenings offer a limited view. Founders Health employs a multi-modal diagnostic strategy to build an unparalleled, high-resolution map of your biology. We don't just look for overt disease; we identify subtle imbalances, early risk signals, and crucial optimisation opportunities that define your potential for peak performance and extended health span.

Our approach integrates:

- Comprehensive Blood & Metabolic Panels
- Advanced Genomics & Epigenetics
- Cellular Health & Microbiome Analysis
- Proactive Imaging & Organ Health
- Cognitive & Physiological Performance Testing
- Continuous Real-World Data Streams



Advanced Blood Science: Your Internal Dashboard

We analyse hundreds of biomarkers, far exceeding typical screens, to assess:

Cardiometabolic Health: Advanced lipid profiles (particle size/number), insulin sensitivity, glucose regulation, inflammation.

Hormonal Balance: Comprehensive sex hormone panels, thyroid function, adrenal stress markers.

Nutritional Status: Vitamins, minerals, fatty acids, amino acids, oxidative stress markers.

Organ Function: Detailed liver, kidney, and systemic health indicators.

Inflammatory Pathways: Broad cytokine panels and specific inflammatory markers.

Decoding Your Blueprint: Genomics, Epigenetics & Beyond

Understanding your health at the molecular level unlocks profound personalisation:

Genomic Insights: Identify genetic predispositions for targeted preventative strategies.

Epigenetic Analysis (Biological Age): Measure how your lifestyle impacts gene expression and track your biological aging rate.

Gut Microbiome Profiling: Assess the trillions of microbes influencing your immunity, metabolism, and even mood.

Liquid Biopsy Technology: Advanced screening for early cancer signals through a simple blood test.

Your Blueprint for Health Capital: The Longevity Plan

Following comprehensive analysis, your Personalised Longevity Plan is meticulously developed. This isn't a generic checklist; it's your strategic, actionable roadmap targeting:

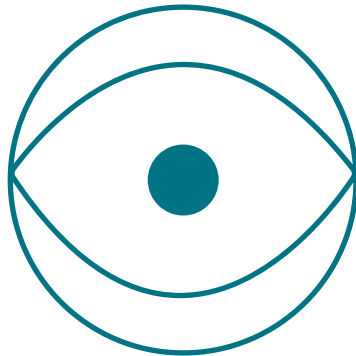
Identified Risk Mitigation: Prioritised strategies for any flagged health concerns.

Performance Optimisation Levers: Specific interventions for cognitive, energy, and resilience goals.

Health Span Extension Protocols: Evidence-based approaches to modulate aging pathways.

Lifestyle Architecture: Tailored nutrition, exercise, sleep, and stress management protocols.

Supplementation & Therapeutic Recommendations: Precision guidance based on your unique needs.



Health Optimisation is a Dynamic Process

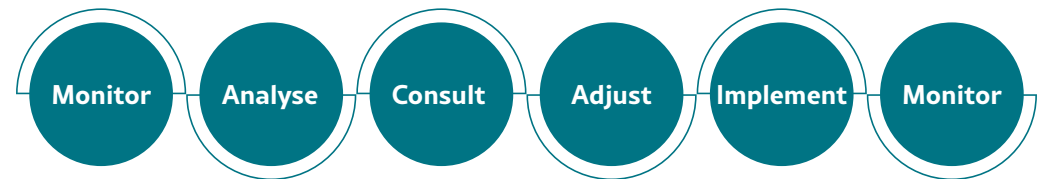
Your initial plan is the starting point. Founders Health provides an ongoing partnership:

Continuous Monitoring: Leveraging your wearable data and periodic check-ins.

Regular Reviews: Scheduled consultations with your Medical Team to assess progress, address challenges, and refine your strategy.

Periodic Reassessments: Comprehensive diagnostic updates to track biological changes and update risk priorities.

Adaptive Protocols: Your plan evolves as your biology responds and your goals shift.



Founders Health Pathways

Founders Health offers structured services, each designed as a strategic investment in your most critical asset: your biological capital. Each pathway provides curated access to our integrated ecosystem, diagnostics, and expert guidance. A personal consultation is essential to define your precise pathway and confirm investment.



Our Services



Your

Longevity

Journey

Embark on a transformative odyssey to redefine healthy ageing, ignite peak performance, and cultivate unbreakable vitality. Rooted in cutting-edge science, these immersive programmes fuse advanced diagnostics, hyper-personalised nutrition, physiological mastery, and regenerative therapies into a bespoke blueprint aligned with your ambitions. Choose your path to biological excellence.

**Longevity
Programmes**

INTRODUCTORY LONGEVITY PROGRAMME

£2000

A focused entry point into personalised longevity medicine ideal for those beginning their journey towards improved energy, digestion, and long-term health.

Initial Assessments & Diagnostics

- **Initial Nutritionist Deep Dive (1 hour):** A detailed discussion of your current health, lifestyle, and wellness goals, and an in depth understanding of your health status.
- **Longevity Advanced Blood Panel:** Detailed testing of key biomarkers for inflammation, metabolism, and cardiovascular health
- **Gut Integrity Test:** Screens for leaky gut, fungal imbalance, and endotoxin exposure to evaluate how gut function impacts systemic health.
- **Joint Physician & Nutritionist Results Consultation (1 hour):** A combined session to review your results and create your personalised optimisation plan.
- **Nutrition Execution Consultation (1 hour):** Clear, actionable steps to implement your tailored nutrition and supplement strategy.
- **Ongoing Nutritional Support:** Support to help you stay on track and maximise results.

Optional Upgrade with Genetics:

Upgrade to the **INTRODUCTORY LONGVITY PROGRAMME + GENETICS** for a deeper level of insight for those ready to personalise their health journey through genetics and advanced biomarker analysis.

£3500

Methylation, Hormone & Metabolic Genetic Testing:

Genetic analysis revealing how your body processes hormones, nutrients, detoxification and metabolic health with actionable nutrition and supplement recommendations.

COMPREHENSIVE LONGEVITY PROGRAMME

£2500

A full-spectrum evaluation and optimisation plan designed to uncover the key drivers of ageing, energy, digestion, and cellular performance. Ideal for those seeking a deep understanding of their body's longevity potential.

Initial Assessments & Diagnostics

- **Initial Nutritionist Deep Dive (1 hour):** A thorough review of your current nutrition, lifestyle, and longevity goals to establish a personalised foundation.
- **Longevity Advanced Blood Panel:** A wide-ranging analysis of biomarkers related to inflammation, metabolism, cardiovascular health, nutrient status and organ health.
- **Gut Integrity Test:** Screens for leaky gut, fungal imbalance, and endotoxin exposure to evaluate how gut function impacts systemic health.
- **Joint Physician & Nutritionist Results Consultation (1 hour):** Collaborative interpretation of all results with actionable recommendations tailored to your health goals.
- **Nutrition Execution Consultation (1 hour):** Step-by-step guidance to integrate dietary, supplement, and lifestyle strategies.
- **Performance Assessment with Specialist MSK Consultant (30 mins):** Expert movement and strength evaluation with custom resilience strategies.
- **Ongoing Nutritional Support:** Continuous expert support throughout the programme for accountability and fine-tuning.

Optional Upgrade with Genetics:

Upgrade to the **COMPREHENSIVE LONGVITY PROGRAMME + GENETICS** for an advanced, data-driven longevity programme combining cutting-edge testing and precision genetics to create a truly personalised blueprint for healthy ageing and peak performance.

£4000

Methylation, Hormone & Metabolic Genetic Testing:

An in-depth understanding of how your genes influence longevity, hormones, detoxification, metabolism, and cellular health, with actionable results leveraging nutrition and supplementation.

A foundational journey blending precision diagnostics, tailored nutrition, and performance optimisation for vibrant, proactive ageing.

Initial Assessments & Diagnostics

- **Nutritionist Deep Dive (1 hour):** An intimate exploration of your health history, eating patterns, lifestyle, and aspirations—crafting the cornerstone of your personalised longevity roadmap.
- **Longevity Advanced Blood Panel:** State-of-the-art biomarker profiling to illuminate nutrient levels, inflammation markers, heart health, metabolic prowess, hormone harmony, and resilience against time.
- **Gut Integrity Screen:** Profound insights into gut barrier function, fungal balance, and endotoxins—unlocking how your microbiome fuels immunity, energy, and systemic harmony.

Performance & Physiological Testing

- **VO₂ Max Test:** The ultimate gauge of aerobic power, endurance, and heart efficiency—pinpointing training zones for metabolic fire and athletic edge.
- **Body Composition Scan:** Detailed mapping of muscle, fat, bone, and visceral stores—your baseline for sculpting a leaner, stronger physique.
- **Performance Assessment with Specialist MSK Consultant:** Elite analysis of mobility, strength, posture, and injury vulnerabilities, with custom tactics to fortify function and defy decline.
- **2 x MSK & Performance Follow-Up Consultations:** Swift, focused tune-ups to track gains, refine techniques, and adapt on the fly.

Planning & Personalisation

- **Joint Physician & Nutritionist Results Consultation (1 hour):** A dynamic team debrief of your diagnostics, forging a science-infused plan for diet, supplements, movement, and habits.
- **Nutrition Execution Consultation (1 hour):** Practical, actionable strategies to embed your protocol—meal blueprints, supplement schedules, and routines that deliver instant momentum.

Ongoing Support & Monitoring

- **Nutrition Consultation (30 mins):** Mid-journey recalibration to conquer hurdles, celebrate wins, and sustain progress.
- **Joint Follow-Up Consultation (30 mins):** Physician-nutritionist review to evaluate results, tweak protocols, and optimise ongoing care.
- **2 x 15 Min Review Calls with Nutritionist:** Agile, on-demand support for motivation, tweaks, or quick fixes.
- **2-Week CGM & Health Wearable Data Analysis + Nutritionist Review:** Continuous glucose and wearable metrics (HRV, sleep, activity) decoded for stabilised energy, sharper recovery, and blood sugar mastery.
- **Nutritional Support (Emails & Messages):** Ongoing expert advice—recipes, supplement adjustments, and real-time guidance whenever you need support.

Skin Regeneration & Aesthetics: 6 x Skin Regenerative Aesthetic Treatments: Innovative, non-invasive rituals (e.g. microneedling, LED, exosomes) to ignite collagen, erase ageing signs, and revive radiant, youthful skin.

Training & Movement: 6 x Performance-Oriented PT/Physio Sessions: Tailored sessions blending strength, mobility, endurance, and functional prowess—engineering a resilient, age-defying body.

Optional Upgrade with Genetics:

Upgrade to the **SIGNATURE LONGEVITY PROGRAMME + GENETICS** to elevate your foundation with genetic intelligence for hyper-targeted interventions and accelerated biological optimisation.

£17,000

Methylation, Hormone, Metabolic, APOE, Detoxification Genetic Reports: Precision DNA insights into detoxification, hormone regulation, metabolism, cellular repair, and Alzheimer's risk—unlocking targeted nutrition, supplements, and lifestyle optimisation.

The pinnacle of proactive health full-body imaging, cancer screening, and elite specialist oversight for total mastery and early threat detection.

Initial Assessments & Diagnostics

- **Nutritionist Deep Dive (1 hour):** A thorough one-on-one to map your health, habits, and goals—setting the stage for transformative change.
- **Longevity Advanced Blood Panel:** Advanced biomarker analysis of inflammation, metabolic health, hormones, nutrients, and cardiovascular resilience.
- **Gut Integrity Screen:** In-depth gut health evaluation—permeability, microbiome balance, and endotoxin impact on systemic wellness.
- **Trucheck Cancer Screening Blood Test:** Cutting-edge liquid biopsy detecting circulating tumour cells for early, proactive vigilance.
- **Full Body MRI Scan:** Comprehensive, non-invasive imaging of organs, tissues, and structures—your internal health panorama.
- **Liver Fibroscan:** Non-invasive assessment of liver stiffness and fat content to protect metabolic command.
- **CT Coronary Angiogram:** State-of-the-art coronary artery calcium scoring and angiography for the gold standard in cardiovascular risk detection.
- **Functional Brain MRI Scan:** Advanced neural imaging to evaluate cognitive function, brain ageing, and neurological health.
- **Mammogram (female) or Prostate MRI (male):** Gender-specific screening for early detection and peace of mind.

Performance & Physiological Testing

- **VO₂ Max Test:** Elite cardiopulmonary assessment to benchmark endurance and guide metabolic training.
- **Body Composition Scan:** Detailed body fat, muscle, and bone analysis—your foundation for physique optimisation.
- **Performance Assessment with Specialist MSK Consultant:** Comprehensive mobility, strength, and injury-risk evaluation with personalised performance protocols.
- **2 × MSK & Performance Follow-Up Consultations:** Rapid check-ins to monitor progress and fine-tune movement.

Planning & Personalisation

- **Joint Physician & Nutritionist Results Consultation (1.5 hours):** A meticulous integration of all diagnostics into your tailored longevity strategy.
- **Nutrition Execution Consultation (1 hour):** Actionable implementation—meal frameworks, supplement regimens, and lifestyle integration for immediate impact.

Ongoing Support & Monitoring

- **Nutrition Follow-Up Consultation (30 mins):** Mid-journey adjustments to sustain progress and address challenges.
- **Joint Physician & NT Follow-Up Consultation (30 mins):** Multidisciplinary review to evaluate outcomes and refine protocols.
- **2 × 15-Min Review Calls with Nutritionist:** On-demand support for motivation and micro-adjustments.
- **2-Week CGM & Health Wearable Data Analysis + Nutritionist Review:** Real-time glucose and wearable data decoded for energy stability and recovery optimisation.
- **Nutritional Support (Emails & Messages):** Direct, responsive guidance—recipes, supplement tweaks, and expert support throughout.

Specialist Evaluations

- **Dermatologist – Full Body Skin Screening:** Expert mole mapping, lesion analysis, and skin cancer risk assessment.
- **Neuroradiology Brain Health Assessment / Cognitive Screen:** Precision evaluation of memory, processing speed, and brain resilience.
- **Cardiologist Consultation:** Dedicated review of CT coronary angiogram and cardiovascular biomarkers with prevention and optimisation protocols.

Skin Regeneration & Aesthetics: 6 × Skin Regenerative Aesthetic Treatments: Advanced, non-invasive procedures to boost collagen, diminish ageing, and restore radiant skin.

Training & Movement: 6 × Performance-Oriented PT/Physio Sessions: Bespoke training to build strength, mobility, and functional longevity.

Optional Upgrade with Genetics:

Upgrade to the **PREMIUM LONGEVITY PROGRAMME + GENETICS** for a genetic mastery fused with comprehensive screening to deliver unmatched personalisation and proactive, future-proof longevity.

£30,000

APOE, Methylation, Hormone, Detoxification, Metabolic Genetic Reports: Full genomic profiling revealing detoxification capacity, hormone pathways, metabolism, Alzheimer's risk, and cellular repair guiding hyper-targeted interventions.

6-WEEK MEN'S HEALTH PROGRAMME

A focused, data-driven programme for men looking to gain deep insight into their overall health, hormone balance, and cardiometabolic performance.

£3500

Inclusions

- **Initial Physician Consultation (30 mins):** A detailed review of your current health, goals, and performance concerns.
- **Longevity Advanced Blood Analysis:** In-depth laboratory testing to assess key biomarkers for hormones, energy, inflammation, and longevity.
- **Gut Integrity Test:** Screens for leaky gut, fungal imbalance, and endotoxin exposure to evaluate how gut function impacts systemic health.
- **Methylation & Metabolic Genetic Testing:** Advanced genetic profiling to optimise your body's energy regulation, detoxification, cardiometabolic health and longevity through specialised nutrigenomic testing.
- **Joint Results Consultation (1.5 hrs):** A collaborative session with your physician and nutritionist, combining medical and nutritional expertise to create your personalised plan.
- **Nutrition & Execution Consultation (1 hour):** Practical, tailored guidance on nutrition, supplementation, and lifestyle optimisation.
- **Follow-up Review (30 mins at Week 5–6):** Reassessment with your doctor and nutritionist to evaluate progress and fine-tune recommendations.
- **Compounded TRT Prescription / Supplement Credit (£300):** Credit toward customised testosterone replacement therapy or precision-formulated supplements.

3-MONTH MEN'S HEALTH PROGRAMME

A comprehensive, high-performance health optimisation journey for men seeking to enhance longevity, vitality, and overall resilience.

£8000

Inclusions:

Month I:

- **Initial Physician Consultation (30 mins):** An in-depth assessment of your goals, health background, and performance indicators.
- **Longevity Advanced Blood Analysis:** In-depth laboratory testing to assess key biomarkers for hormones, energy, inflammation, and longevity.
- **Gut Integrity Test:** Screens for leaky gut, fungal imbalance, and endotoxin exposure to evaluate how gut function impacts systemic health.
- **Methylation & Metabolic Genetic Testing:** Advanced genetic profiling to optimise your body's energy regulation, detoxification, cardiometabolic health and longevity through specialised nutrigenomic testing.
- **Joint Physician & Nutritionist Results Consultation (1.5 hrs):** A dual-expert consultation where your results are analysed and transformed into a clear, personalised action plan.
- **Nutrition Execution Consultation (1 hour):** A structured plan for dietary, supplement, and lifestyle optimisation tailored to your genetic and biochemical profile. stay on track and maximise results.

Month II:

- **Follow-up Consultation (30 mins):** A mid-program review with your doctor and nutritionist to monitor progress and refine your approach.

Month III:

- **Repeat Advanced Blood Panel:** To measure results and assess improvements in key markers.
- **Joint Review Consultation (1 hour):** Further review with your physician and nutritionist to optimise performance and your longevity plan with the results of the repeat tests.

Additional

- **Musculoskeletal & Performance Assessment (1 hour):** Evaluation by a Specialist Longevity MSK physician to assess physical performance, strength, and recovery potential tailored to longevity optimisation.
- **Two Follow-up MSK Consultations (15 mins each):** Targeted sessions to refine your performance protocol.
- **Choice of Specialised Test: Gut Zoomer:** A detailed analysis of gut microbiome and digestive health, or **Hormone Zoomer:** Advanced hormone metabolite profiling for precision optimisation.
- **Compounded TRT Prescription / Supplement Credit (£300):** Credit towards bespoke testosterone therapy or advanced longevity supplementation.

Men's Health Programmes

6-WEEK WOMEN'S HEALTH PROGRAMME

A focused, expert-led programme designed to help you optimise and rebalance your hormones, metabolism, and overall vitality.

£3500

Inclusions

- **Initial Physician Consultation (30 mins):** A comprehensive discussion of your health goals, symptoms, and medical history.
- **Longevity Advanced Blood Analysis:** In-depth laboratory testing to assess key biomarkers for hormones, energy, inflammation, and longevity.
- **Gut Integrity Test:** Screens for leaky gut, fungal imbalance, and endotoxin exposure to evaluate how gut function impacts systemic health.
- **Hormone & Methylation Genetic Testing:** Actionable insights into how your genes influence hormone metabolism, detoxification, and methylation pathways.
- **Joint Physician & Nutritionist Results Consultation (1.5 hrs):** Your physician and nutritionist review all findings together, providing a clear, personalised strategy for optimal hormonal and metabolic balance.
- **Nutrition Execution Consultation (1 hour):** Practical guidance to implement your plan, including dietary, supplement, and lifestyle optimisation.
- **Follow-up Review (30 mins at Week 5–6):** Reassessment with your doctor and nutritionist to track progress and fine-tune your program.
- **BHRT Prescription / Supplement Credit (£300):** Credit towards bespoke bioidentical hormone replacement therapy or premium supplements.

3-MONTH WOMEN'S HEALTH PROGRAMME

A comprehensive, data-driven approach to optimise hormonal health, metabolism, and long-term wellbeing — ideal for women seeking deeper insights and sustained transformation.

£8000

Inclusions:

Month I:

- **Initial Physician Consultation (30 mins):** Holistic assessment of your goals, health history, and symptoms.
- **Longevity Advanced Blood Analysis:** In-depth laboratory testing to assess key biomarkers for hormones, energy, inflammation, and longevity.
- **Gut Integrity Test:** Screens for leaky gut, fungal imbalance, and endotoxin exposure to evaluate how gut function impacts systemic health.
- **Hormone & Methylation Genetic Testing:** Actionable genetic insights into your body's unique hormonal, detoxification and methylation profile.
- **Joint Physician & Nutritionist Results Consultation (1.5 hrs):** A collaborative session where your team interprets your results and presents your personalised health blueprint.
- **Nutrition Execution Consultation (1 hour):** Practical guidance to implement your plan, including dietary, supplement, and lifestyle optimisation.

Month II:

- **Follow-up Consultation (30 mins):** Progress review with both your doctor and nutritionist to adjust protocols as needed.

Month III:

- **Repeat Advanced Blood Panel:** To measure progress and refine your ongoing program.
- **Comprehensive Hormone Metabolite Testing (Hormone Zoomer):** A deeper insight into hormone pathways and metabolites to ensure balanced and safe optimisation.
- **Joint Review Consultation (1 hour):** Review consultation to consolidate progress and outline your long-term strategy with the results of your repeat tests.

Additional

- **Biweekly Breathwork & Therapy Sessions (6 total):** Supportive mind-body sessions to enhance resilience, stress regulation, and emotional wellbeing.
- **BHRT Prescription / Supplement Credit (£300):** Credit towards customised bioidentical hormones or targeted longevity supplements.

Women's Health Programmes

6-WEEK POSTPARTUM RECOVERY PROGRAMME

A compassionate, science-led 6-week recovery programme crafted exclusively for new mothers, blending advanced diagnostics, hormonal and nutritional expertise, and targeted support to restore energy, balance hormones, heal the body, and nurture long-term vitality during the transformative postpartum phase.

£2750

Inclusions:

- **Initial Physician Consultation (30 minutes):** A dedicated one-on-one session with a women's health physician to review your birth experience, current symptoms, recovery goals, and any concerns, establishing a safe and personalised foundation for postpartum healing.
- **Longevity Advanced Blood Panel:** Comprehensive biomarker testing to assess nutrient deficiencies, thyroid function, iron status, inflammation, hormone levels (including cortisol and sex hormones), and metabolic recovery pinpointing imbalances that impact energy, mood, and physical restoration.
- **Gut Integrity Test:** Specialised screening for gut permeability, microbial balance, and fungal markers to screen how childbirth, stress, or dietary shifts may have affected digestive health critical for postpartum energy and immune resilience.
- **Joint Physician & Nutrition Therapist Results Consultation (1 hour):** Collaborative in-depth review of all test results by your physician and nutrition therapist, translating complex data into a clear, actionable postpartum recovery plan with tailored nutrition, supplementation, and lifestyle strategies.
- **Nutrition Execution Consultation (1 hour):** Hands-on guidance from your nutrition therapist to implement your bespoke plan, including postpartum-appropriate meal frameworks, breastfeeding-compatible supplements, stress-reducing routines, and sustainable habits to support healing and daily function.
- **Follow-up Joint Consultation (30 minutes at week 5/6):** Physician and nutrition therapist check-in to track progress, celebrate wins, refine protocols based on your body's response, and equip you with a sustainable wellness roadmap for the months ahead.
- **Supplement Credit £300:** Credit towards premium, evidence-based supplements (e.g., postnatal multivitamins, omega-3s, probiotics, or collagen) recommended specifically for your profile.

Your

Longevity

Journey

Postpartum Recovery Programme

ANNUAL MAINTENANCE PROGRAMME

A dedicated 12-month membership crafted to preserve and amplify your longevity achievements, ensuring sustained vitality through continuous monitoring, expert recalibrations, and proactive adjustments—empowering you to maintain peak performance and biological resilience year-round. **Eligible for those who have completed a Founders Health Longevity Programme.**

£289/month or £3,499 upfront

Monthly Review Consultation with your Nutritionist:

Regular, personalised check-ins with your nutritionist and personal coach to assess progress, troubleshoot challenges, celebrate milestones, and fine-tune your diet, supplements, and habits for ongoing optimisation.

Quarterly Physician Review (4x per year):

In-depth medical oversight with your physician to assess clinical trends, interpret evolving biomarker data, evaluate risk factors, and ensure your longevity strategy remains safe, evidence-based, and optimally aligned with your physiology as it adapts over time.

Repeat Longevity Advanced Blood Panel:

Comprehensive re-testing of key biomarkers to track inflammation, metabolic efficiency, hormone balance, nutrient status, and cardiovascular health—providing data-driven insights for timely interventions.

Repeat Gut Integrity Panel:

Repeated evaluation of gut permeability, fungal markers, and endotoxins to monitor microbiome integrity and its impact on immunity, energy, and systemic wellness—safeguarding long-term harmony.

Follow-Up Joint Results Consultation with Physician and Nutritional Therapist:

An integrated session with your physician and nutrition therapist to review repeat test results, synthesise insights, and evolve your personalised longevity blueprint with actionable refinements.

Nutrition Execution Consultation:

Hands-on guidance following this consultation to redesign your personalised health and longevity protocol – with refreshed meal frameworks, supplement regimens, and lifestyle integrations designed for effortless adherence and amplified results.

Support Throughout from your Nutritionist:

Dedicated administrative and nutritional assistance via emails, messages, and resources, offering real-time support, recipe ideas, accountability check-ins, and expert answers to sustain momentum across the year.

Annual Maintenance Programme – Membership Terms & Conditions:

- 1) Minimum 12-month commitment.
- 2) Non-refundable, non-transferable.
- 3) Cancellations after the initial 12 months require 1 month's notice.
- 4) Testing can be exchanged for tests of similar value.
- 5) Additional testing or appointments outside of membership inclusions are chargeable.
- 6) Members eligible for 10% off other Founders Health services.

Annual Maintenance Programme



Your

Longevity

Journey

Curated by Founders Health. Designed to elevate your biology, physiology, and long-term vitality.

At Founders Health, every practitioner and partner is meticulously selected for their depth of expertise in functional medicine, longevity science, regenerative health, and high-performance wellbeing. Each service has been designed to extend the impact of your personalised strategy supporting metabolic optimisation, nervous system mastery, emotional resilience, and biological regeneration.

**Additional
Services**

Advanced, longevity-driven clinical expertise from hand-selected specialists.

Our consultations are deeply investigative, rooted in functional and preventative medicine, and designed to identify the underlying drivers of your symptoms and biology. Every practitioner is trained in longevity-focused methodologies, ensuring your care is proactive, personalised, and strategically oriented toward extended health span.

Consultation Type	60 Minutes	30 Minutes
Nutritional Therapy <i>Precision nutrition for metabolic optimisation, gut integrity, inflammation reduction, and regenerative health.</i>	£250	£150
Functional & Longevity Medicine <i>A systems-based evaluation of physiology, biomarkers, and risk to engineer long-term health span.</i>	£595	£300
BHRT (Bioidentical Hormone Replacement Therapy) <i>Advanced holistic hormone optimisation supporting energy, mood, cognition, and healthy aging.</i>	£595	£300
Testosterone Replacement / Men's Health <i>Comprehensive male hormone and metabolic optimisation through a performance and longevity lens.</i>	£595	£300
Rheumatology <i>Inflammatory and autoimmune expertise with a regenerative, root-cause approach.</i>	£595	£300
Cardiology <i>Precision cardiovascular evaluation blending imaging, biomarkers, and preventative insights.</i>	—	£325
Regenerative Orthopaedics & MSK / Sports Medicine <i>Longevity-led structural, joint, and movement optimisation.</i>	TBC	TBC

Founders Health Consultations

High-resolution insights for early detection, targeted optimisation, and precise longevity planning.

Through our elite diagnostic partners, we offer comprehensive imaging and performance testing to map your biological profile with unparalleled accuracy. These tools support early identification of risk, metabolic mapping, cardiovascular optimisation, and a deeper understanding of your structural and functional health.

Whole-Body & Organ Imaging

- Full Body MRI
- MRI (any body part)
- Ultrasound (any body part)
- Mammogram
- Liver Fibroscan

Performance & Metabolic Testing

- VO₂ Max Testing
- Resting Metabolic Rate
- CPET (Cardiopulmonary Exercise Testing)
- DEXA Scan
- Body Composition Analysis

Cardiovascular Imaging & Stress Testing

CT Calcium Score	Stress Echocardiogram	Cardiac MRI
CT Coronary Angiogram	ECCG	Tilt table testing
Echocardiogram	Exercise ECG	24 hour Holter / BP Monitoring

These diagnostics enable a high-resolution understanding of your metabolic efficiency, cardiovascular resilience, organ function, body composition, and early pathological signatures providing the foundation for precision longevity interventions.

Advanced Diagnostics (via Specialist Referral Partners)

Michelin-trained Chef & Senior Functional Nutritional Therapist

Olivier Sanchez blends elite culinary artistry with advanced functional nutrition to transform food into a therapeutic, performance-enhancing tool. Michelin-trained and with experience in leading Michelin-starred kitchens, Olivier brings precision, creativity, and clinical insight to every session.

Delivered in your home, this service turns your personalised nutrition plan into a deeply practical and delicious experience bridging scientific recommendations with real-world implementation.

Your session may include:

Bespoke menu design tailored to your biomarkers and longevity goals

In-home cooking sessions focused on metabolic, anti-inflammatory, and gut-supportive nutrition

Education on sourcing, preparation, food synergy, and functional ingredients

Pantry reset and meal-prep strategies

Integration of longevity-focused culinary protocols into daily life

£100 per hour / per person (up to 4 hours; additional charges apply for extra guests)



Chef Services by Olivier Sanchez



A powerful experience for clients who want cuisine to become part of their therapeutic and performance toolkit.

Expert Breathwork Facilitator – Clinical & Somatic Respiratory Training for Nervous System Mastery

Breathwork is a profound gateway to autonomic balance, cognitive clarity, emotional resilience, and enhanced recovery. Faith McAllister is an internationally trained facilitator specialising in clinical, somatic, and performance-based breathwork modalities—helping leaders restore regulation and operate from a grounded, high-capacity state, and delicious experience bridging scientific recommendations with real-world implementation.

Single Sessions:

60-minute private session — **£350**

Single Sessions:

90-minute private session — **£395**

Packages:

3-Session Package (10% saving)

3 × 60-minute sessions — £945

3 × 90-minute sessions — £1,067

Packages:

5-Session Package (15% saving)

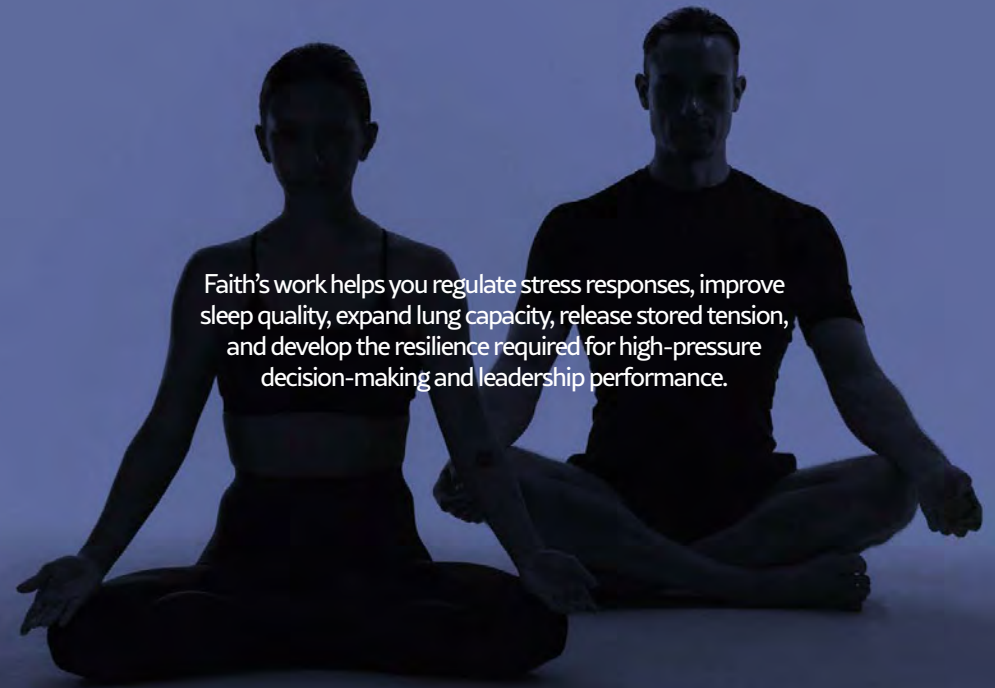
5 × 60-minute sessions — £1,488

5 × 90-minute sessions — £1,679



Faith's work helps you regulate stress responses, improve sleep quality, expand lung capacity, release stored tension, and develop the resilience required for high-pressure decision-making and leadership performance.

Breathwork with Faith McAllister



Neuromuscular Regulation, Trauma-Informed Somatic Therapy & Nervous System Restoration

Nahid de Belgeonne is a leading global specialist in somatic healing, known for her precision in restoring nervous system regulation, emotional balance, and embodied resilience. Her work combines movement therapy, breath-based somatic techniques, neurological patterning, hands-on table work, and trauma-informed practices.

The Soothe Programme (Online – 12 Weeks) £3,995

A deeply therapeutic programme designed to unravel chronic stress patterns and rebuild long-term autonomic stability.

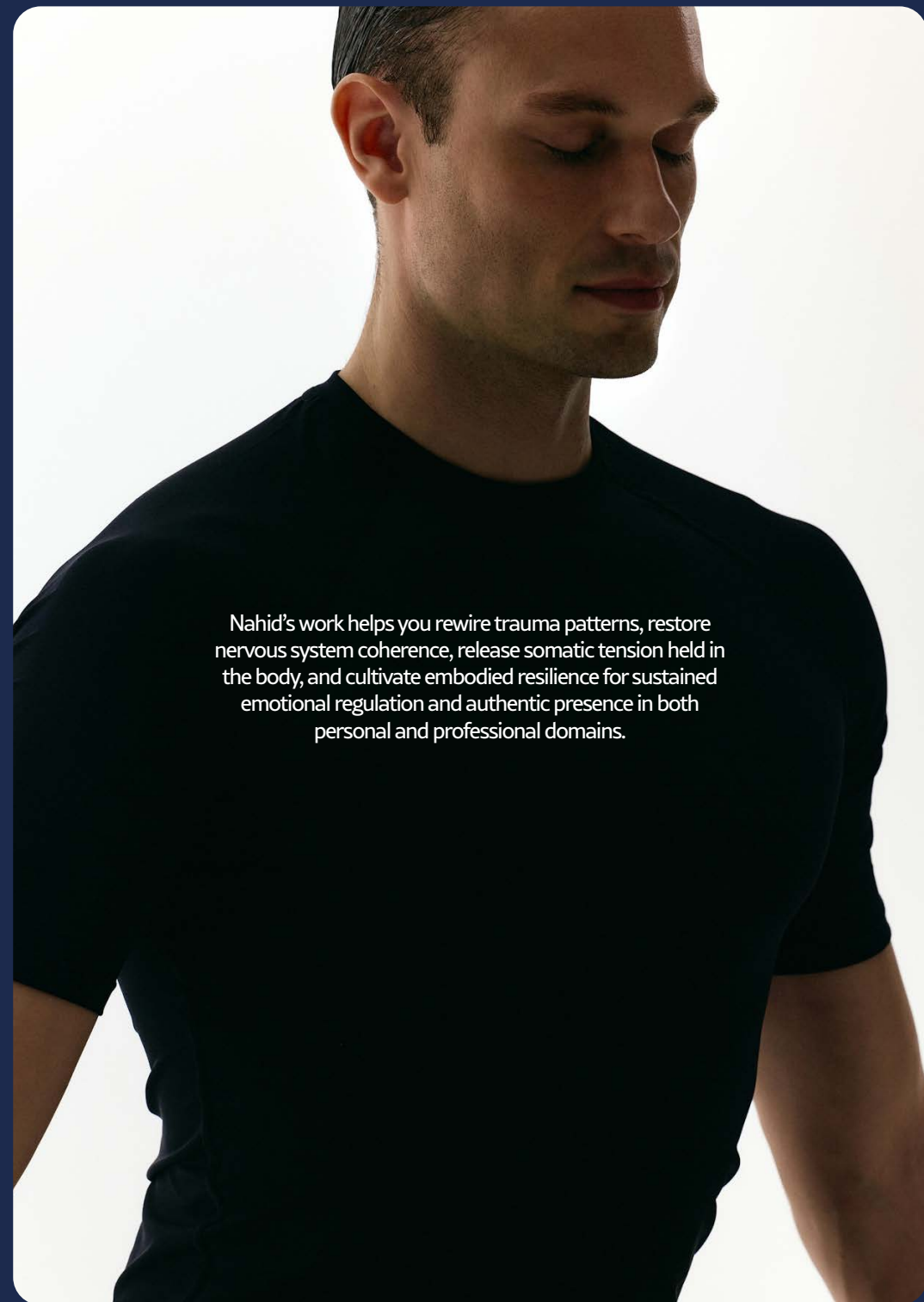
In-Person Sessions £500 per session

Full-Day In-Person Intensive £1,500 per day + travel time + VAT (where applicable)

An immersive, accelerated reset for clients requiring immediate physiological and emotional recalibration.



Somatic Healing with Nahid de Belgeonne



Nahid's work helps you rewire trauma patterns, restore nervous system coherence, release somatic tension held in the body, and cultivate embodied resilience for sustained emotional regulation and authentic presence in both personal and professional domains.



Regenerative Orthopaedics and Sports Medicine at Founders Health delivers specialist, non-surgical care for musculoskeletal, orthopaedic, and sports-related conditions. Led by Dr Ralph Rogers, an experienced consultant in musculoskeletal and interventional orthopaedic medicine, the service focuses on accurate diagnosis, advanced image-guided treatments, and regenerative therapies designed to relieve pain, restore function, and support long-term tissue health.

Patients benefit from comprehensive in-person and telemedicine consultations, including initial assessments, follow-up reviews, second opinions, and expert MRI interpretation. Diagnostic precision is enhanced through specialist musculoskeletal ultrasound, enabling real-time assessment of joints, tendons, ligaments, nerves, and soft tissues.

Regenerative Orthopaedics and Sports Medicine at Founders Health

This service is ideal for athletes, active individuals, and patients with chronic joint, tendon, ligament, or spinal conditions seeking cutting-edge, minimally invasive alternatives to surgery. Every treatment plan is personalised, evidence-based, and delivered with a focus on safety, precision, and measurable outcomes.

Consultations are available face-to-face or via secure telemedicine, ensuring continuity of care throughout your treatment journey.

Consultations	Fee
Initial Consultation	£425.50
Follow-up Consultation	£287.50
Second Opinion Consultation	£414
Initial Telemedicine Consultation (phone/video)	£345
Follow-up Telemedicine Consultation (phone/video)	£230
MRI Reading (MRI not requested by RRMG)	£287.50

Diagnostic Ultrasound Services	Fee
Soft Tissue or Tendon Ultrasound (Carpal Tunnel Diagnostics)	£460
Limb or Joint Diagnostic Ultrasound	£414



Specialist Services and Treatments

Dr Rogers offers a wide range of advanced outpatient and interventional procedures, including:

Diagnostic Services

- Limb, joint, and soft tissue ultrasound
- Carpal tunnel diagnostic ultrasound
- MRI interpretation and second-opinion reviews

Image-Guided Injections

- Image-guided joint and soft tissue injections
- Viscosupplementation (Ostenil Plus)
- Ultrasound-guided nerve blocks
- Piriformis and intramuscular injections
- Trigger point injections
- Aspiration under ultrasound guidance

Regenerative and Biologic Therapies

- Platelet-Rich Plasma (PRP) injections (single or package treatments)
- Cellular Matrix injections (PRP combined with hyaluronic acid)
- Lipogems® adipose-derived regenerative therapy (single or multiple joints)

Minimally Invasive Tendon & Pain Procedures

- Tenex® percutaneous ultrasonic tenotomy (one or two areas)
- Radiofrequency nerve blocks for knee and shoulder pain
- Ilioinguinal and iliohypogastric nerve blocks

Spinal and Interventional Pain Procedures

- Transforaminal epidural steroid injections (lumbar spine)
- Facet joint injections
- Sacroiliac joint injections (bilateral)
- Lumbar spine radiofrequency ablation



Image-Guided & Injection Therapies

Fee

Image Guided Injection (unilateral)	£920
Ostenil Plus – Viscosupplementation Injection (unilateral)	£828
Ultrasound Guided Nerve Block (unilateral)	£828
Intramuscular Injection – Piriformis (unilateral)	£828
Trigger Point Injection (without ultrasound, multiple injections)	£1,150
Aspiration under Ultrasound Guidance	£977.50

Regenerative & Biologic Treatments

Fee

PRP (Platelet-Rich Plasma) – per injection	£1,173
PRP – Package of 3 injections	£2,875
Cellular Matrix (PRP with Hyaluronic Acid)	£1,840

Minimally Invasive Tendon & Pain Procedures

Fee

Radiofrequency Nerve Block – Knee	£2,300
Radiofrequency Nerve Block – Shoulder	£3,220
Tenex® Procedure – 1 area	£4,416
Tenex® Procedure – 2 areas	£5,796
Ilioinguinal & Iliohypogastric Nerve Block	£977.50

Lipogems® Regenerative Therapy

Fee

Lipogems® – 1 Joint (includes 1 follow-up telemedicine consultation)	£8,625
Lipogems® – 2 Joints (includes 1 follow-up telemedicine consultation)	£10,925
Additional Joint (more than 2, per joint)	£862.50

Spinal Injection Procedures (Insurance with Fluoroscopy)

Fee

Transforaminal Epidural Injection (Lumbar) – 1 or 2 levels	£4,025
Facet Joint Injection	£3,450
Sacroiliac Joint Injection – Bilateral	£3,277.50
Lumbar Spine Radiofrequency (one side)	£3,220
Lumbar Spine Radiofrequency (bilateral)	£3,795

Specialist Services and Treatments



Testing

At Founders Health we offer cutting-edge diagnostics designed to go beyond traditional testing. Our advanced functional and longevity tests provide a deep, personalised insight into your health, helping you optimise performance, prevent disease, and slow the effects of aging.

We partner with globally accredited laboratories to deliver the most accurate and comprehensive assessments available. No matter your concern, we have a test to uncover the root cause.

To see our full Testing Menu, please reach out to us;

Require the Full Testing Menu

Our Testing Portfolio

ADVANCED BLOOD PANEL

Our Advanced Blood Panel provides a comprehensive overview of your health, capturing key markers across multiple systems. It includes full blood count, kidney and liver function, lipid and cardiovascular profiles, metabolic and diabetes indicators, thyroid and hormonal assessments, as well as bone, iron, and nutritional status. In addition, it screens for inflammation, immune health, infection, pancreatic function, digestive health, and metabolic syndrome, offering a holistic view of your current wellbeing. This panel is ideal for those seeking a detailed baseline of their overall health, uncovering potential imbalances early, and providing actionable insights to optimise diet, lifestyle, and personalised interventions.

ADVANCED PANEL MARKERS INCLUDED:

Full Blood Count:

Haemoglobin
Haematocrit
Mean Cell Haemoglobin (MCH)
Mean Cell Haemoglobin Concentration (MCHC)
Mean Cell Volume (MCV)
Red Blood Cell Count (RBC)
Basophil Count
Lymphocyte Count
Eosinophil Count
Monocyte Count
Neutrophil Count
White Blood Cell (WBC) Count
Platelet Count

Kidney Health:

Creatinine
eGFR
Chloride
Potassium
Phosphate
Sodium
Urea
Cystatin C

Heart Health (Lipid / Cardiovascular):

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol / HDL Ratio
Cholesterol Ratio
Triglycerides
High Sensitivity C-Reactive Protein (hs-CRP)
Apolipoprotein A-I
Apolipoprotein B
Apolipoprotein B / A-I Ratio
Cardiovascular Risk Score
Lipoprotein (a)
Homocysteine

Liver Health:

Alkaline Phosphatase (ALP)
Alanine Aminotransferase (ALT)
Aspartate Aminotransferase (AST)
Gamma-Glutamyl Transferase (GGT)
Total Bilirubin
Albumin

Diabetes / Metabolic:

Glucose
HbA1c (Glycated Haemoglobin)
Insulin
C-Peptide
HOMA-IR Index Calculation

Bone Health:

Alkaline Phosphatase (bone)
Calcium (Adjusted)
Phosphate
Vitamin D (25-OH)
Parathyroid Hormone (PTH)

Iron Status:

Ferritin
Iron
Total Iron Binding Capacity (TIBC)
Transferrin
Transferrin Saturation

Thyroid Health:

Thyroid Stimulating Hormone (TSH)
Free Tri-iodothyronine (Free T3)
Free Thyroxine (Free T4)
Anti-Thyroglobulin Antibody (Anti-Tg)
Anti-Thyroid Peroxidase Antibody (Anti-TPO)
Tumour Markers
Total Prostate Specific Antigen (PSA) – males
CA-125 – females

Muscle & Joint Health:

Creatine Kinase (CK)
Uric Acid
Rheumatoid Factor (RF)

Nutritional Health:

Folic Acid (Folate)
Red Cell Folate
Vitamin B12
Active B12
Total Antioxidant Status (TAS)
Magnesium
Zinc

Hormonal Health:

Oestradiol
Follicle Stimulating Hormone (FSH)
Luteinising Hormone (LH)
Progesterone
Prolactin
Testosterone (males & females)
Sex Hormone Binding Globulin (SHBG)
Free Androgen Index (FAI)
DHEA-S
Cortisol

Infection & Inflammation:

C-Reactive Protein (CRP)
Albumin
Complement Component 3 (C3)
Complement Component 4 (C4)
Immunoglobulin A (IgA)
Immunoglobulin G (IgG)
Immunoglobulin M (IgM)
Anti-Streptolysin O (ASO)

Pancreatic Health:

Pancreatic Amylase
Lipase

Digestive Health:

Helicobacter pylori (H. pylori)
Anti-Tissue Transglutaminase Antibodies (anti-tTGA)

Allergy Evaluation:

Immunoglobulin E (IgE)

Urinalysis:

Bilirubin (urine)
Glucose (urine)
Ketones (urine)
Nitrite (urine)
pH (urine)
Protein (urine)
Red Blood Cells (urine)
Urobilinogen (urine)
White Blood Cells (urine)

HORMONE PLUS BLOOD PANEL

Our Hormone Plus Panel is ideal for optimizing hormonal health, metabolism, and vitality, or for those considering peptides and advanced interventions. This comprehensive panel assesses metabolic and diabetes markers, adrenal and stress hormones, thyroid function, reproductive hormones, cardiovascular health, liver function, nutritional status, iron levels, inflammation markers, and includes a full blood count. It provides detailed insights into hormone balance and metabolic function, enabling personalized interventions to enhance energy, support healthy aging, and optimize performance.

HORMONE PLUS PANEL MARKERS INCLUDED:

Diabetes / Metabolic Health:

Glucose
HbA1c
Insulin

Stress / Adrenal Health:

Cortisol
DHEA-S

Heart Health / Lipids:

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol / HDL Cholesterol Ratio
Triglycerides
Vitamin D

Nutritional Health / Electrolytes:

Chloride
Phosphate
Potassium
Sodium
Urea

Full Blood Count (FBC):

Haemoglobin
Haematocrit
Mean Cell Haemoglobin (MCH)
Mean Cell Haemoglobin Concentration (MCHC)
Mean Cell Volume (MCV)
Red Blood Cell Count (RBC)

Basophil Count
Eosinophil Count
Lymphocyte Count
Monocyte Count
Neutrophil Count
White Blood Cell Count (WBC)
Platelet Count

Liver Health:

Alanine Aminotransferase (ALT)
Alkaline Phosphatase (ALP)
Aspartate Aminotransferase (AST)
Gamma-Glutamyltransferase (GGT)
Total Bilirubin
Albumin

Iron / Iron Status:

Ferritin
Iron
TIBC
Transferrin
Transferrin Saturation

Thyroid Health:

Thyroid Stimulating Hormone (TSH)
Free Thyroxine (FT4)
Free Tri-iodothyronine (FT3)
Anti-Thyroglobulin Antibody
Anti-Thyroid Peroxidase Antibody (TPO-Ab)

Hormonal Health:

Oestradiol
Follicle Stimulating Hormone (FSH)
Luteinising Hormone (LH)
Progesterone
Prolactin
Testosterone
Sex Hormone Binding Globulin (SHBG)
Free Androgen Index (FAI)
IGF-1

Inflammation / Infection

C-Reactive Protein (CRP)

Your

Longevity

Journey



Advanced Diagnostic Testing

COMPREHENSIVE STOOL ANALYSIS

Gain a complete understanding of your gut health with our most advanced stool testing available. Analysing the gut microbiome, inflammation markers, metabolites, leaky gut indicators, parasitology, virology, and fungal growth, this test identifies imbalances that may contribute to digestive issues, immune dysfunction, or chronic disease.

SIBO TESTING

Small Intestinal Bacterial Overgrowth (SIBO) can cause bloating, digestive discomfort, and nutrient malabsorption. Our advanced testing screens for bacterial overgrowth and hydrogen/methane production, providing actionable insights for targeted treatment and gut restoration.

WHOLE BLOOD NUTRIENT PROFILES, INCLUDING OMEGA-3 INDICES

Comprehensive nutrient profiling, including omega-3 and omega-6 fatty acids, gives a clear picture of your nutritional status and informs personalised supplementation strategies.

CANCER SCREENING

We offer the latest advancements in cancer diagnostics, including:

- TruCheck: Screening for over 70 solid organ tumours.
- Cancer Genetic Testing: Analysis of 94 genes associated with inherited cancer risk, empowering proactive management.

NUTRIGENOMIC GENETIC ANALYSIS

Our most comprehensive genetic testing informs personalised nutrition, supplementation, and lifestyle strategies. Panels include:

- Methylation and detoxification pathways
- Hormone regulation and metabolic health
- Longevity-associated genes
- APOE4 and cardiovascular risk screening

ADVANCED HORMONE METABOLIC TESTING

Optimise hormonal balance with detailed analysis of hormone levels and their key metabolites. This includes:

- Cortisol awakening response and cortisol metabolites: Screening for adrenal dysfunction and stress-related hormonal imbalances.
- Female cycle mapping: Assessment of menstrual irregularities and ovulatory patterns.

Sex hormones, thyroid hormones, and key metabolites: Providing insights into metabolism, detoxification, and overall endocrine health.

TOXIC BURDEN ANALYSIS

Identify environmental exposures with advanced testing for heavy metals, mould, and other toxins. Understanding your toxic load allows targeted interventions to improve detoxification and overall wellness.

BIOLOGICAL AGE TESTING

Using GlycanAge, we measure inflammation-associated aging to provide a clear picture of your biological age and guide interventions to slow the aging process.

NEUROTRANSMITTER TESTING

Evaluate neurotransmitter balance to understand mood, sleep, cognitive function, and neurological health.

AUTOIMMUNE PANELS

Identify autoimmune activity early with comprehensive testing, helping prevent long-term tissue damage and chronic disease progression.

FOOD SENSIVITY TESTING

Discover how your body reacts to specific foods with comprehensive food sensitivity panels. Detect immune-mediated reactions and inflammatory triggers, enabling a precision approach to dietary changes and nutritional optimisation.

ORGANIC ACIDS TESTING

Assess mitochondrial function, energy production, and metabolic pathways. This test identifies biochemical imbalances that may contribute to fatigue, cognitive decline, and chronic disease.

VIRAL PANELS

Screen for latent and active viral infections that may impact immunity, metabolism, and overall health.

ADVANCED METHYLATION BLOOD PANELS

Evaluate key methylation nutrients often missed in standard blood tests, offering insights into DNA repair, detoxification, and cardiovascular health.

OXIDATIVE STRESS ANALYSIS

Oxidative stress is a key driver of aging and disease. This test measures your oxidative burden, allowing targeted interventions to reduce risk and support long-term cellular health.



At Founders Health, we combine advanced testing with expert interpretation to create personalised, actionable strategies for longevity, wellness, and optimal performance.

Ready to Architect Your Biological Capital?

Your journey to sustained peak performance, strategic longevity, and enduring vitality begins with a confidential Discovery Call. Understand your unique potential. Define your path.

**Click Here to Begin
Your Journey**

FOUNDERS HEALTH



FOUNDERS
HEALTH

Longevity



Health Span



Vitality



Unlock M_re

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An FFG
Endorsed Venture



FOUNDERS
FORUM
GROUP