

WELCOME
TO THE PURA
LONGEVITY
CLINIC





PURA LONGEVITY PROGRAMMES

Our Longevity programmes are expertly curated to help you achieve the dual goal of increasing your Lifespan and optimising your Healthspan, helping you to live longer and live better.

Each programme begins with prevention — the foundation of living longer — using a combination of advanced AI-enabled radiological imaging, comprehensive blood markers, detailed life style review, physiological assessments and personalised consultations to build an understanding of your current health status and risk factors.

We then build on this understanding and look at how we can help you live better — first by preventing chronic disease, and second by enhancing your quality of life, through detailed evaluations of fitness, nutrition, stress, sleep and designing optimization protocols to help you get the best out of life.



INTRODUCTION PROGRAMMES

SIGNATURE PROGRAMMES

PURA
EXPERIENCE

PURA SILVER
PROGRAMME

PURA GOLD
PROGRAMME

PURA PLATINUM
PROGRAMME

PURA DIAMOND
PROGRAMME

Designed as an introduction to the Longevity experience

- 2 Consultations
- 80+ biomarkers
- Biological age score
- Fitness assessment
- Nutrition assessment
- **Follow up: Week 6**

A baseline Prevention programme focused on disease screening

- 3 consultations
- **80+ biomarkers**
- **Advanced AI-enabled imaging**
- Biological age score
- Fitness assessment
- Nutrition assessment
- Follow up: Week 6

Advanced testing and biomarkers provide a comprehensive overview of health and disease risk

- **4 consultations**
- 80+ biomarkers
- Advanced AI-enabled imaging
- **Biological age score**
- **Gut microbiome**
- **Heavy metals**
- **Mould toxins**
- **Fitness and nutrition assessment**
- **Follow up: Week 6, Month 6**

Comprehensive longevity programme with epigenetics, early cancer screening and detailed lifestyle assessments

- **4 consultations**
- **95+ biomarkers**
- Advanced AI-enabled imaging
- Biological age score
- Gut microbiome
- Heavy metals
- **Epigenetics testing**
- **Early cancer screening**
- **Follow up: Week 6, Months 3, 6 and 12**
- **Environmental toxins**
- Heavy metals
- Mould toxin screening
- **Advanced neurotransmitter profile**
- **Annual consults with fitness, nutrition and health coaches (15 consults with each)**

The ultimate longevity membership with advanced functional testing, concierge medicine and personalised longevity therapeutics

- 4 consultations
- 95+ biomarkers
- Advanced AI-enabled imaging
- Biological age score
- Gut microbiome
- Heavy metals
- Mould toxins
- Epigenetics testing
- Early cancer screening
- Environmental toxins
- Advanced neurotransmitters
- profile
- **Advanced nutrient panel**
- **Advanced hormonal mapping**
- Annual consults with fitness, nutrition and health coaches (15 consults with each)
- Follow up: Week 6, Months 3, 6 and 12
- **12 weeks personalised supplements**
- **12 weeks IV therapy**
- **12 weeks meal plan**



PURA EXPERIENCE

An introduction to the longevity experience, including a comprehensive consultation with our expert physicians, a detailed fitness assessment (including VO2 max, strength, balance, and flexibility), a nutritional assessment, body composition analysis and a 360-degree body scan.

PURA SILVER PROGRAMME

A focused prevention programme combining thorough laboratory testing, comprehensive imaging and investigations to provide you with an overview of your health status and disease risk. This programme is designed to give you a detailed understanding of your current health status and risk factors.

CONSULTATIONS

- Longevity doctor
- Health coach

LAB TESTS

- | | | |
|-------------------------------|-------------------------|------------------------|
| • CBC | heart panel | • Renal function panel |
| • Metabolic panel Basic | • Cancer markers | • G6PD |
| • Comprehensive thyroid panel | • Hormone profile | • Biological age score |
| • Comprehensive | • Nutrients panel Basic | |

IMAGING

- ECG

LIFESTYLE ASSESSMENTS

- VO₂ max
- Body composition

CONSULTATIONS

- Longevity doctor
- Health coach
- Dietitian

LAB TESTS

- | | | |
|-------------------------------|-------------------------|------------------------|
| • CBC | heart panel | • Renal function panel |
| • Metabolic panel Basic | • Cancer markers | • G6PD |
| • Comprehensive thyroid panel | • Hormone profile | • Biological age score |
| • Comprehensive | • Nutrients panel Basic | |

IMAGING

- CT Lung (smokers over 40 years)
- CT Calcium score (over 40 years)
- Ultrasound abdomen
- DEXA
- Mammography (female over 40 years)

INVESTIGATIONS

- Vision testing and Retinal scan
- Audiometry
- Oral cancer screening
- Cervical cancer screening (female patients)
- ECG
- Spirometry

LIFESTYLE ASSESSMENTS

- VO2 Max
- Body Composition
- Nutrition



PURA GOLD PROGRAMME

A comprehensive longevity experience, combining advanced and functional laboratory testing, comprehensive imaging and investigation, advanced testing for cancer, metabolic health, liver and kidney function, nutrient deficiencies, hormones and detailed lifestyle consultations covering fitness, nutrition, sleep, and stress assessments. This programme is designed to give you a complete understanding of your current health and risk factors and set you on a path to Longevity.

CONSULTATIONS

- Longevity doctor
- Health coach
- Dietitian
- Exercise physiologist

LAB TESTS

- CBC
 - Metabolic panel basic
 - Comprehensive thyroid panel
 - Comprehensive heart panel
- Cancer markers
 - Hormone profile
 - Nutrients panel Basic
 - Renal function panel
- G6PD
 - Biological age score
 - Gut Microbiome
 - Heavy metals
 - Mould toxins

IMAGING

- CT Lung (smokers over 40 years)
- CT Calcium score (over 40 years)
- Ultrasound abdomen
- CT calcium score
- DEXA
- Mammography (female over 40 years)
- Ultrasound carotid
- Doppler
- ABPI

INVESTIGATIONS

- Vision testing and Retinal scan
- Audiometry
- Oral cancer screening
- Cervical cancer screening (female patients)
- ECG
- Spirometry

LIFESTYLE ASSESSMENTS

- V02 Max
- Body Composition
- Nutrition
- Fitness test
- 360-degree scan

PROGRAMME SCHEDULE

		Prevention	Optimisation	
		Visit 1	Week 6	Month 6
CONSULTATIONS	Longevity doctor	●	●	●
	Health coach	●	●	●
	Dietitian	●		
	Exercise physiologist	●		
INVESTIGATIONS	Imaging	●		
	Lab tests	●		●
	Gut microbiome	●		
	Biological age score	●		
	Mould toxins	●		
	Heavy metals	●		
ASSESSMENTS	V02 Max	●		
	Body Composition	●		
	Nutrition	●		
	Fitness test	●		
	360-degree scan	●		

PURA PLATINUM PROGRAMME

Our most detailed and comprehensive prevention programme. This includes all diagnostics and assessments from the Longevity Gold Programme, plus specific investigations for Heart Disease, Cancer, Alzheimer’s, and Diabetes. Gain deeper insights into your health with cutting-edge diagnostics, including biological age assessment, gut microbiome analysis, and epigenetics testing. This programme offers a complete overview of your health risks, preparing you for a life of longevity.

CONSULTATIONS

- Longevity doctor
- Health coach
- Dietitian
- Exercise physiologist

LAB TESTS

- | | | |
|--|--|--|
| <ul style="list-style-type: none">• CBC• Metabolic panel Advanced• Comprehensive thyroid panel• Comprehensive heart panel• Immunity and inflammation panel• Cancer markers• Nutrients panel advanced | <ul style="list-style-type: none">• Renal function panel• G6PD• Parathyroid panel• Stress panel• Male and Female health panels• Biological age score• Gut Microbiome• Heavy metals• Mould toxins | <ul style="list-style-type: none">• Environmental toxins• Advanced neurotransmitters profile• Early cancer screening• Epigenetics testing |
|--|--|--|

IMAGING

- CT Lung (smokers over 40 years)
- CT Calcium score (over 40 years)
- DEXA
- Mammography (female over 40 years)
- Whole body MRI
- Ultrasound carotid
- Doppler
- ABPI

INVESTIGATIONS

- Vision testing and Retinal scan
- Audiometry
- Oral cancer screening
- Cervical cancer screening (female patients over 40 years)
- ECG
- Spirometry

LIFESTYLE ASSESSMENTS

- V02 Max
- Body Composition
- Nutrition
- Fitness test
- 360-degree scan

HEALTH MANAGEMENT

- Follow up lab tests at 3 and 11 months
- Follow up consultations and lifestyle assessments at week 6, months 3, 6, 12
- Follow up gut microbiome test at month 5
- Follow up V02 Max at month 11
- Concierge medical team for 12 months



PROGRAMME SCHEDULE

		Prevention	Optimisation		
		Visit 1	Month 3	Month 6	Month 12
CONSULTATIONS	Longevity doctor ¹	●	●	●	●
	Health coach ²	●	●	●	●
	Dietitian ²	●	●	●	●
	Exercise physiologist ²	●	●	●	●
INVESTIGATIONS	Imaging	●			
	Lab tests	●	●		●
	Gut microbiome	●		●	
	Biological age score	●			
	Mould toxins	●			
	Heavy metals	●			
	Epigenetic	●			
	Early cancer screening	●			
	Environmental toxins	●			
	Advanced neurotransmitters profile	●			
ASSESSMENTS	V02 Max	●	●		
	Body Composition	●			
	Nutrition	●			
	Fitness test	●			
	360-degree scan	●			

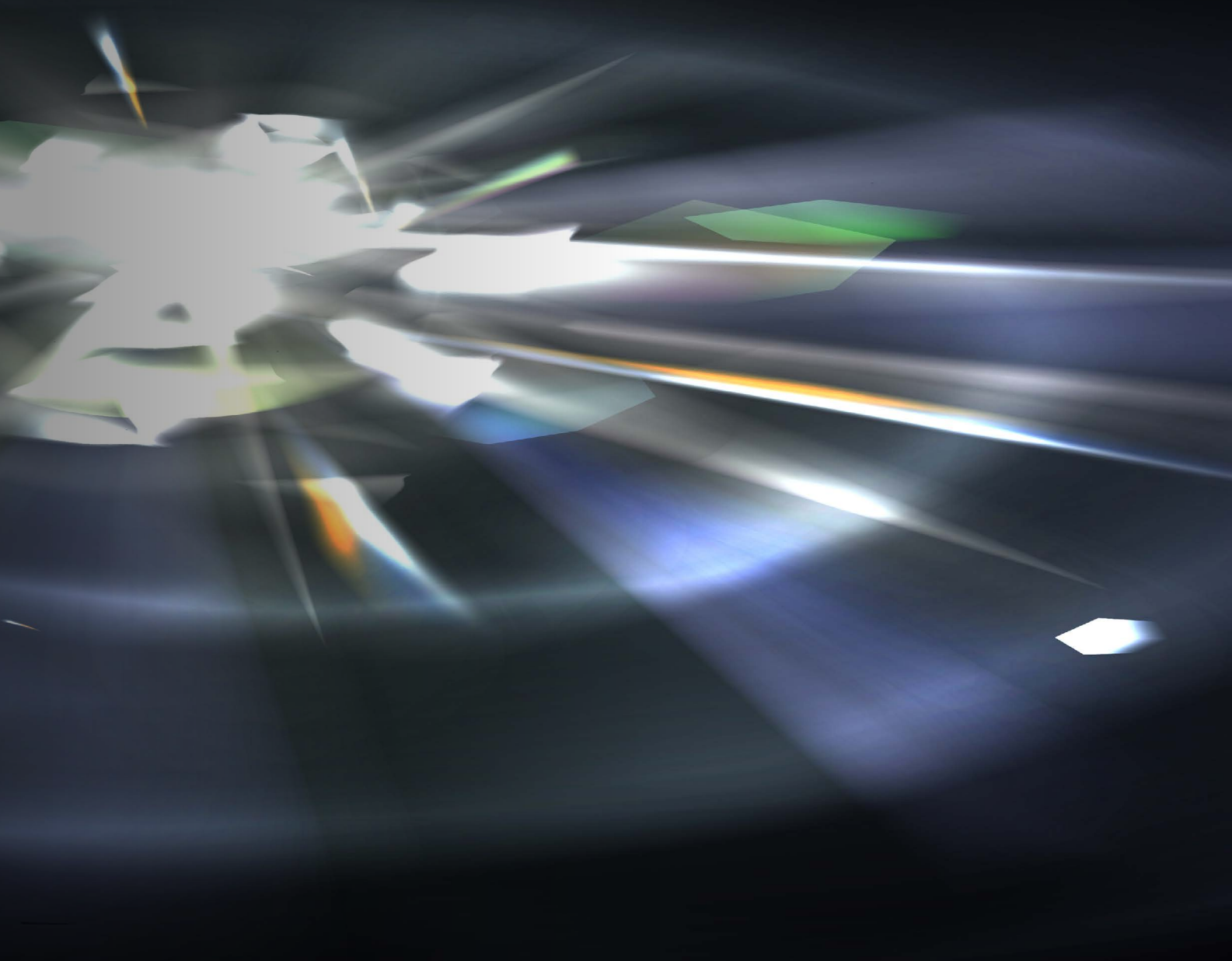
¹ Follow up at week 6
² Every 2 weeks for the first 3 months and then every month upto 12 months





PURA DIAMOND PROGRAMME

The ultimate longevity membership, our Royal Programme offers a detailed diagnostic and physical assessment, coupled with a 12-month concierge medical plan to optimise your health. Based on the PURA Platinum Programme, this bespoke programme focuses on optimising your biology and lifestyle. It includes a dedicated concierge multi-disciplinary team to manage your physical, nutritional and fitness needs, 12 weeks of longevity treatments (including IV therapies, red light therapy, and recovery treatments) and 12 weeks of personalised supplement plan. The pinnacle of personalised longevity care.



CONSULTATIONS	LAB TESTS		
• Longevity doctor • Health coach • Dietitian • Exercise physiologist	• CBC • Metabolic panel Advanced • Comprehensive thyroid panel • Comprehensive heart panel • Immunity and inflammation panel • Cancer biomarkers • Nutrients panel Advanced	• Renal function panel • G6PD • Parathyroid panel • Stress panel • Male and Female health panels • Biological age score • Gut Microbiome • Heavy metals • Mould toxins • Environmental toxins	• Advanced neurotransmitters profile • Early cancer screening • Epigenetics testing • Advanced hormonal mapping • Advanced oxidative stress and nutrient panel
IMAGING	INVESTIGATIONS		
• CT lung (smokers over 40 years) • MRI whole body • CT calcium score • DEXA • Mammography (female over 40 years)	• Vision testing and Retinal scan • Audiometry • Oral cancer screening • Cervical cancer screening (female patients) • ECG • Spirometry		
LIFESTYLE ASSESSMENTS	HEALTH MANAGEMENT		
• VO2 Max • Body Composition • Nutrition • Fitness test • 360-degree scan	• Follow up lab tests at 3 and 11 months • Follow up consultations and lifestyle assessments at week 6, months 3, 6 and 12 • Follow up gut microbiome test at month 5 • Follow up VO2 Max at month 11 • 12 weeks personalised supplements • 12 weeks IV therapy • 12 weeks meal plan • Concierge medical team for 12 months		



PROGRAMME SCHEDULE

		Prevention		Optimisation				
		Visit 1	Month 1	Month 2	Month 3	Month 6	Month 9	Month 12
CONSULTATIONS	Longevity doctor ¹	●			●	●	●	●
	Health coach ²	●	●	●	●	●	●	●
	Dietitian ²	●	●	●	●	●	●	●
	Exercise physiologist ²	●	●	●	●	●	●	●
INVESTIGATIONS	Imaging	●						
	Lab tests	●						●
	Gut microbiome	●				●		
	Biological age score	●						
	Mould toxins	●						
	Heavy metals	●						
	Epigenetic	●						
	Early cancer screening	●						
	Environmental toxins							
	Advanced neurotransmitters profile	●						
	Advanced hormonal mapping	●						
	Advanced oxidative stress and nutrient panel	●						
ASSESSMENTS	V02 Max	●						
	Body Composition	●						
	Nutrition	●						
	Fitness test	●						
	360-degree scan	●						
TREATMENTS	Supplements	●	●	●	●			
	IV therapies		●	●	●			
	Meal plan		●	●	●			

¹ Follow up at week 6
² Every 2 weeks for the first 3 months and then every month upto 12 months



GLOSSARY

INVESTIGATIONS

1. **Audiometry**

Tests hearing ability across various frequencies.
2. **Cervical cancer screening**

Examines the cervix for abnormal cells and tests for HPV infection. Includes: Pathology Gyn, MDX HPV 28 Genotypes PCR.
3. **Colorectal cancer screening**

A stool test used as a screening test for colon cancer. It tests for hidden blood in the stool, which can be an early sign of cancer.
4. **ECG**

Measures the heart’s electrical activity at rest to detect any irregularities.
5. **Oral Cancer Screening**

Examines mouth and throat tissues for signs of cancer.
6. **Spirometry**

Assesses lung function by measuring air volume and flow rate.
7. **Visual testing and Retinal scan**

Tests clarity of vision and captures images of the retina to evaluate eye health.

IMAGING

1. **ABPI**

The Ankle-Brachial Pressure Index is a simple, non-invasive test that compares blood pressure in the ankles and arms to assess circulation. It is an important tool for early cardiovascular risk assessment.
2. **CT Calcium Score**

Measures calcium deposits in coronary arteries to assess heart disease risk and guide preventive care.
3. **CT Lung**

A CT Lung scan is a low-dose, non-invasive imaging test that provides detailed views of the lungs to detect early signs of lung disease or cancer.
4. **DEXA**

Measures bone density and body composition, helping assess osteoporosis risk, muscle mass and body fat percentage, which are key to managing age-related conditions.
5. **Doppler**

A specialised ultrasound assessing blood flow and vascular function, vital for understanding cardiovascular risk and circulatory health.
6. **Mammography (for females >40 years)**

Specialized X-ray that detects early breast cancer, enabling timely intervention and prevention for improved long-term health outcomes.
7. **Ultrasound abdominal**

Ultrasound uses sound waves to visualise internal organs, helping diagnose conditions like kidney stones or liver disease, both crucial to proactive longevity care. It is also used for breast cancer screening in younger females.
8. **Ultrasound carotid**

Uses sound waves to examine blood flow through the carotid arteries, which are located on each side of the neck and supply blood to the brain. This test helps to check for blood clots and assess the thickness of the artery walls, which can indicate narrowing or stenosis, a major risk factor for stroke.

9. **Whole Body MRI**

A comprehensive, radiation-free scan providing detailed images of organs and tissues to identify early signs of disease and support proactive health strategies.

LIFESTYLE ASSESSMENTS

1. **360-degree scan**

A contactless body scanner that creates precise 3D model of your body, capturing detailed measurements from head to toe.
2. **Body Composition**

Analyzes body fat, muscle mass, and overall composition.
3. **Fitness Test**

Detailed assessment including grip strength and gait analysis.
4. **Nutrition**

Evaluates how current eating habits, nutrient intake, and metabolic health are supporting or hindering long-term vitality and disease prevention.
1. **V02 Max**

Measures maximum oxygen consumption to assess cardiovascular fitness.

LABORATORY PROFILES

1. **Cancer biomarkers**

Includes: FIT test for colorectal cancer screening . Add Prostate Specific Antigen Profile.
2. **CBC**

Complete Blood Count measures various components of blood to assess overall health.
3. **Comprehensive heart panel**

Detailed testing of cardiovascular health markers. Includes: Cholesterol total, LDL, HDL, Triglycerides, Lipoprotein (a), Apolipoprotein A, Apolipoprotein B, HsCRP, Homocystine Total.
4. **Comprehensive thyroid panel**

Tests thyroid hormone levels to assess thyroid function and screens for autoimmune thyroid disease. Includes: TSH, Free T3, Free T4, Thyroglobulin Antibody, Thyroid Peroxidase Antibody (TPO).
5. **Female health panels**

Detailed hormone analysis: Testosterone Total, Testosterone Free, Estradiol, DHEAS, Sex Hormone Binding Globulin.
6. **G6PD**

G6PD deficiency is a genetic disorder that lowers the G6PD enzyme in red blood cells. It can cause hemolytic anemia and jaundice when triggered by certain foods, medicines or infections.
7. **Hormone profile**

Hormonal analysis. Includes: Testosterone Total, Testosterone Free, SHBG, DHEA-S.
8. **Immunity & inflammation profile**

Evaluates immune function markers. Includes: ESR, Creatine Kinase, Interleukin 6, NT Pro B Type Natriuretic Peptide.
9. **Male health panels**

Detailed hormone analysis: Testosterone Total, Testosterone Free, Estradiol, DHEAS, Sex Hormone Binding Globulin.
10. **Metabolic panel Advanced**

Extensive testing for metabolic markers



for diabetes, liver markers and other conditions. Includes: GGT, Protein Total, Albumin, Bilirubin Total, Bilirubin Direct, AST, ALT, Alkaline Phosphatase, Uric Acid, Fasting Blood Glucose, Fasting Insulin, HbA1c, Insulin Like Growth Factor 1 (IGF-1), C-Peptide.

11. Metabolic panel Basic

Testing for metabolic markers for diabetes, liver markers and other conditions. Includes: GGT, Protein Total, Albumin, Bilirubin Total, Bilirubin Direct, AST, ALT, Alkaline Phosphatase, Uric Acid, Fasting Blood Glucose, Fasting Insulin, HbA1c.

12. Nutrients panel Advanced

Analysis of nutritional markers. Includes: Vitamin B12, Vitamin D 25 Hydroxy, Magnesium, Iron, Transferrin, Ferritin, Folate, Zinc, Copper, Vitamin A, Vitamin

B6, Vitamin C, Vitamin E.

13. Nutrients panel Basic

Analysis of nutritional markers. Includes: Vitamin B12, Vitamin D 25 Hydroxy, Magnesium, Iron, Transferrin, Ferritin, Folate, Zinc, Copper.

14. Parathyroid panel

Assess parathyroid function and impact on bone health. Includes: Parathyroid Hormone, Calcium Level Ionized.

15. Renal function panel

Assesses kidney health, function and electrolyte balance. Includes: Phosphate, Calcium, Urea, Electrolytes

16. Stress panel

Measures markers related to adrenal health: Cortisol AM, ACTH.

ADVANCED LABORATORY PROFILES

1. Advanced Hormonal Mapping

Gold-standard hormone test measuring cortisol, sex hormone balance, and adrenal function. Ideal for clients experiencing fatigue, poor sleep, hormonal symptoms, or stress-related aging.

2. Advanced neurotransmitters profile

Measure the levels of key neurotransmitters, providing insight into brain chemistry and nervous system function, helping assess cognitive health and neurological aging.

3. Advanced oxidative stress and nutrient panel

Providing snapshot of the body's biochemical activity and metabolic health at cellular level. The metabolites include amino acids, organic acids, fatty acids,

carbohydrate metabolism, nutrient markers and xenobiotic metabolites

4. Biological age

Measuring biological age versus chronological age through epigenetic markers, offering a science-backed view of aging and longevity potential. The test provides insights to reverse the clock through lifestyle and precision medicine.

5. Early Cancer Screening

A cutting-edge cancer screening test that detects circulating tumor cells and their origin, enabling early detection and proactive prevention strategies.

6. Epigenetics testing

Analyzing genetic variations linked to metabolism, detoxification, inflammation, and more, guiding personalized lifestyle, and supplementation for healthy aging.

7. Environmental Toxins Exposure

Gain a deeper understanding of your toxin levels and assess a wide range of environmental toxins such as BPA, phthalates, and pesticides, identifying chemical exposures that may accelerate aging and chronic disease.

8. Gut Microbiome

A comprehensive stool analysis that assesses digestive function, inflammation, and microbial balance in the gut, providing insights into gastrointestinal health and its role in aging and disease prevention.

9. Heavy Metals

Gain a deeper understanding of your long-term mineral levels and exposure to toxic heavy metals.

10. Mould toxins

Detect toxic compounds produced by various mould species that can impact your immune system, gut, brain and long-term health.

