

THE SCORECARD

Every intervention in this guide. One page. Start here.

AVAILABLE NOW

INTERVENTION	EVIDENCE	ACCESS	ANNUAL COST	ONE-LINE VERDICT	PG
Exercise (VO2 Max + Strength)	●●●●●	5/5 Self / Trainer	\$0–3,000	Highest-evidence longevity intervention. Nothing else in this guide comes close.	9
Sleep Optimization	●●●●●	5/5 Self / Specialist	\$0–500	7–9 hours of quality sleep. Non-negotiable foundation. Under-rated by biohackers.	10
Rapamycin	●●●○○	3/5 Rx (off-label)	\$900–3,500	Most robust single-drug longevity data in mammals. Human trials now confirming.	11
Metformin	●●●○○	3/5 Rx (easy)	\$48–200	60+ years of safety data. TAME trial will settle the longevity question.	14
GLP-1 Agonists	●●●●●	5/5 Rx	\$1,800–16,200	Best-proven anti-inflammatory + metabolic drug. Cardiovascular mortality data is real.	16
NAD+ Precursors	●●○○○	2/5 OTC	\$300–1,200	Clear cellular mechanism. Human performance data still mixed.	12
Senolytics (D+Q)	●●●○○	3/5 Rx + OTC	\$200–600	Strong mouse data. Human trials underway for multiple conditions.	15
HBOT	●●○○○	2/5 Clinic	\$4,000–25,000	One strong Israeli dataset (telomere lengthening). Limited independent replication.	21
Plasma Exchange	●●●○○	3/5 Clinic	\$5,000–10,000/session	Exciting mouse/pilot data. No large RCTs yet. Watch this space.	13
Epigenetic Testing	●●●●○	4/5 Mail-order	\$299–499	Diagnostic, not intervention. TruAge is current gold standard.	30
Peptide Therapies	●●○○○	2/5 Rx / Clinic	\$1,200–6,000	Varied evidence by peptide. BPC-157 popular but human data thin.	17
Hormone Optimization	●●●●○	4/5 Rx	\$360–6,000	TRT/BHRT well-supported when indicated. HGH for anti-aging: consensus says don't.	20
Exosome/Stem Cell IV	●○○○○	1/5 Clinic (offshore)	\$5,000–50,000+	Mostly preclinical. High cost, low evidence. Proceed with extreme caution.	22

CLINICAL STAGE — Different columns below. These interventions aren't available yet — status and timeline replace evidence/access/cost.

INTERVENTION	STATUS	TIMELINE	THE HEADLINE	PG
Cellular Refresh (ER-100)	PHASE 1	2027+	First-in-human partial reprogramming. The technology that could change everything.	23
Lysosomal Refresh (RTR242)	PHASE 1	2026–2027	First-in-human lysosomal re-acidification. Restarts cellular cleanup.	27
TRIIM-X (Thymus Regeneration)	PHASE 2	2026–2027	Only trial to reverse biological age in humans. Recruiting now.	26
Senolytic Combos (SENIOR, STOMP-AD)	PHASE 2	2026–2027	Testing D+Q beyond proof-of-concept. Bone, brain, kidney.	29
Rapamycin Optimization (PEARL, REACH)	PHASE 2	2026	Dose-finding and disease-specific applications in healthy humans.	29
Small Molecule Reprogramming	PRECLINICAL	3–5+ years	Chemical cocktails that could replace gene therapy. The longevity pill.	28