

# 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