



RELIFE REGENERATIVE

Anti-Aging & Longevity

A clear overview to help you have an informed conversation with our medical team.

Longevity medicine looks beyond chronological age to the biological processes that influence how we function over time. ReLife describes an evidence-informed program built around advanced diagnostics, personalized planning, and ongoing monitoring to support healthy aging and healthspan.



Why people ask about it

Adults often explore longevity care when they want to:

- take a proactive approach to healthy aging
- preserve function and optimize performance
- better understand metabolic, hormonal, inflammatory, or cellular health
- address personal risk factors for age-related decline

What a ReLife consultation covers

- 1 Goals and history.** Your clinician reviews your health, concerns, medications, and priorities.
- 2 Baseline assessment.** Testing may include bloodwork, metabolic testing, and functional assessments.
- 3 Personalized planning.** Results are reviewed before any recommendations are made.
- 4 Follow-up.** Ongoing check-ins and lab monitoring may help the plan evolve over time.

Evidence and safety depend on the individual plan

A program, not one single treatment

ReLife notes that a physician-designed plan may draw from nutritional and lifestyle support, hormone or peptide therapy, and regenerative options. What is appropriate depends on your evaluation.

Ask about each recommendation

The quality of evidence, expected benefit, risks, alternatives, and regulatory status can differ across program components. A comprehensive evaluation is required, and no outcome can be guaranteed.

Could a longevity program be right for you?

Tell the medical team about your health conditions, medications, allergies, previous reactions, and any therapies or supplements you already use. Your clinician can explain which testing or options may be relevant and what follow-up would involve.

Reply to this email with the best phone number and time to reach you, and our team can help arrange a consultation.

Important: This sheet is for educational purposes only and is not medical advice, a diagnosis, or a promise of results. A ReLife medical consultation is required to determine whether any service or treatment is appropriate for you.

Source: ReLife Regenerative, "Anti-Aging & Longevity" — <https://reliferegen.com/treatments/anti-aging-longevity>