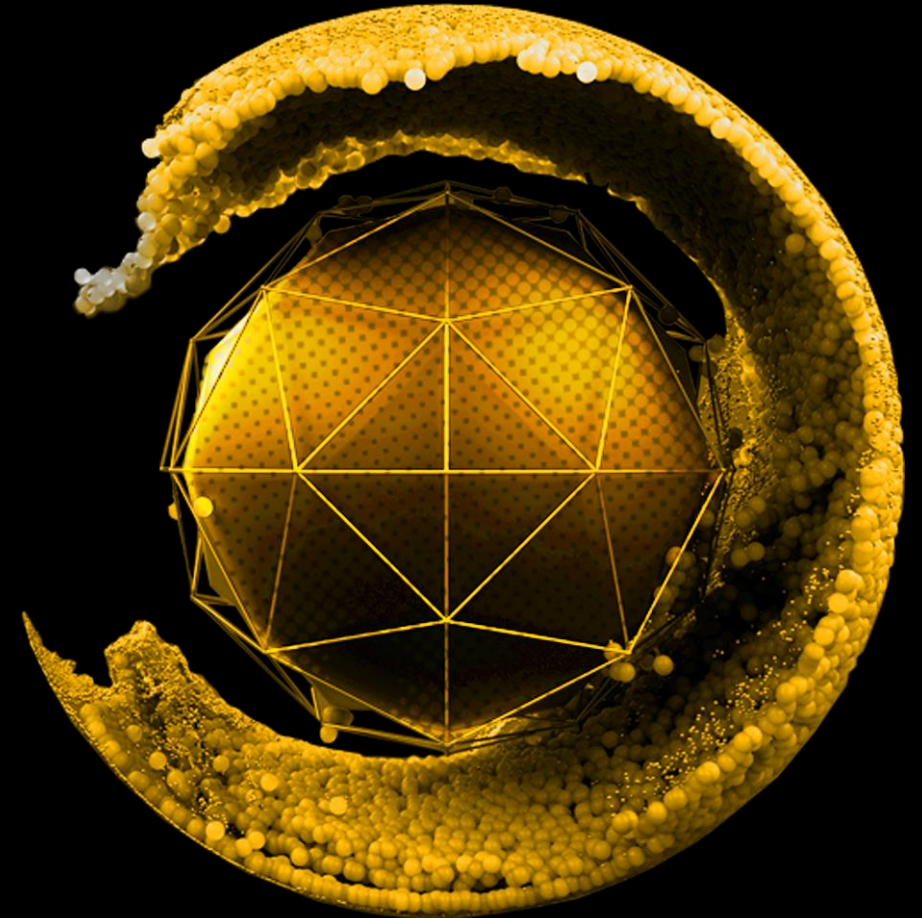


# THE SCIENCE OF AGEING WELL

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**DR NICHOLA CONLON**

CEO, NUCHIDO LABORATORIES



**NUCHIDO**   
LABORATORIES

“

**WITHIN OUR LIFETIMES WE WILL TAKE  
DRUGS TO SLOW AGEING.**

”



**DR NICHOLA CONLON**  
**CEO and Lead Scientist**  
**Nuchido Laboratories**

- **Specialist in cellular ageing**
- **9 years in drug development**
- **Developing drugs, supplements and topicals that slow ageing**



**SNAKE  
OIL**

For Rheumatism  
For Stomach  
For Aching Bones

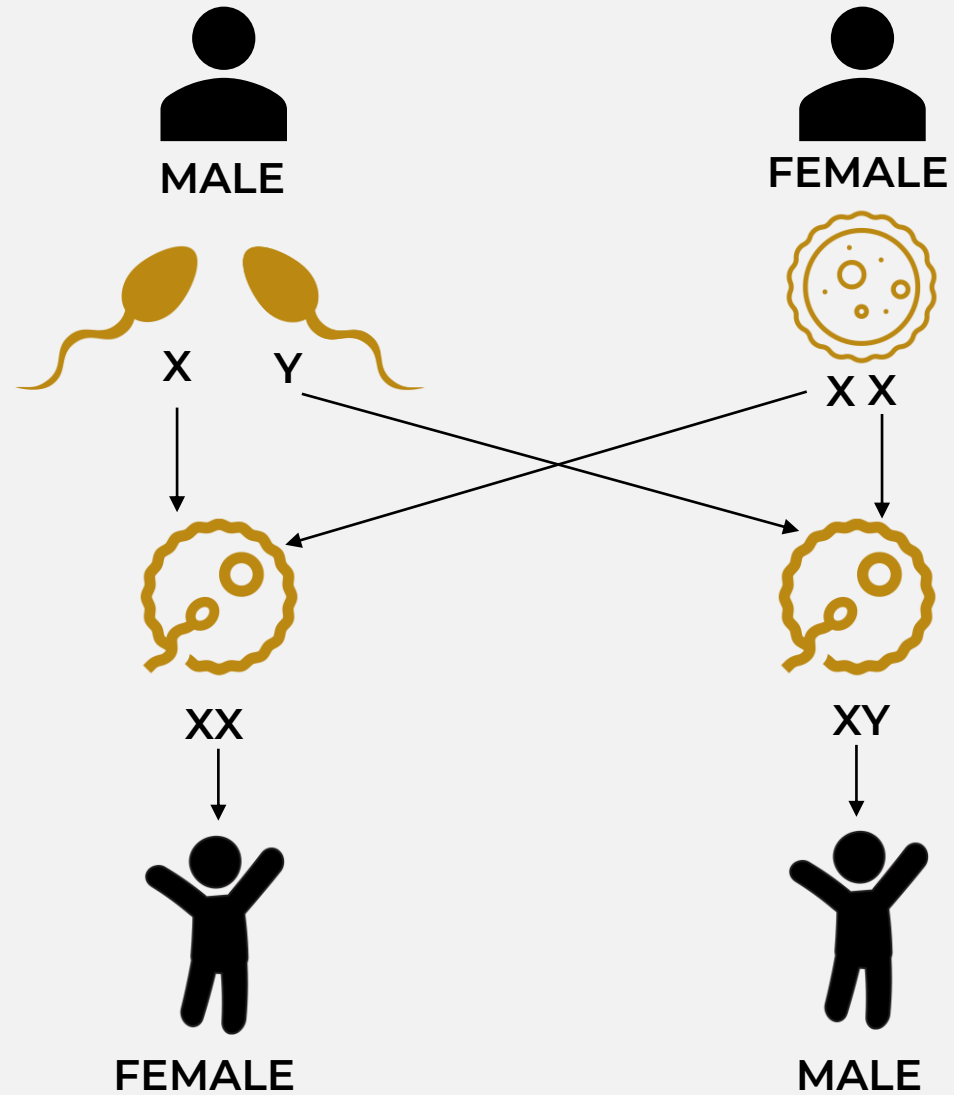
**AGEING**

# AGEING

**What does science say?**

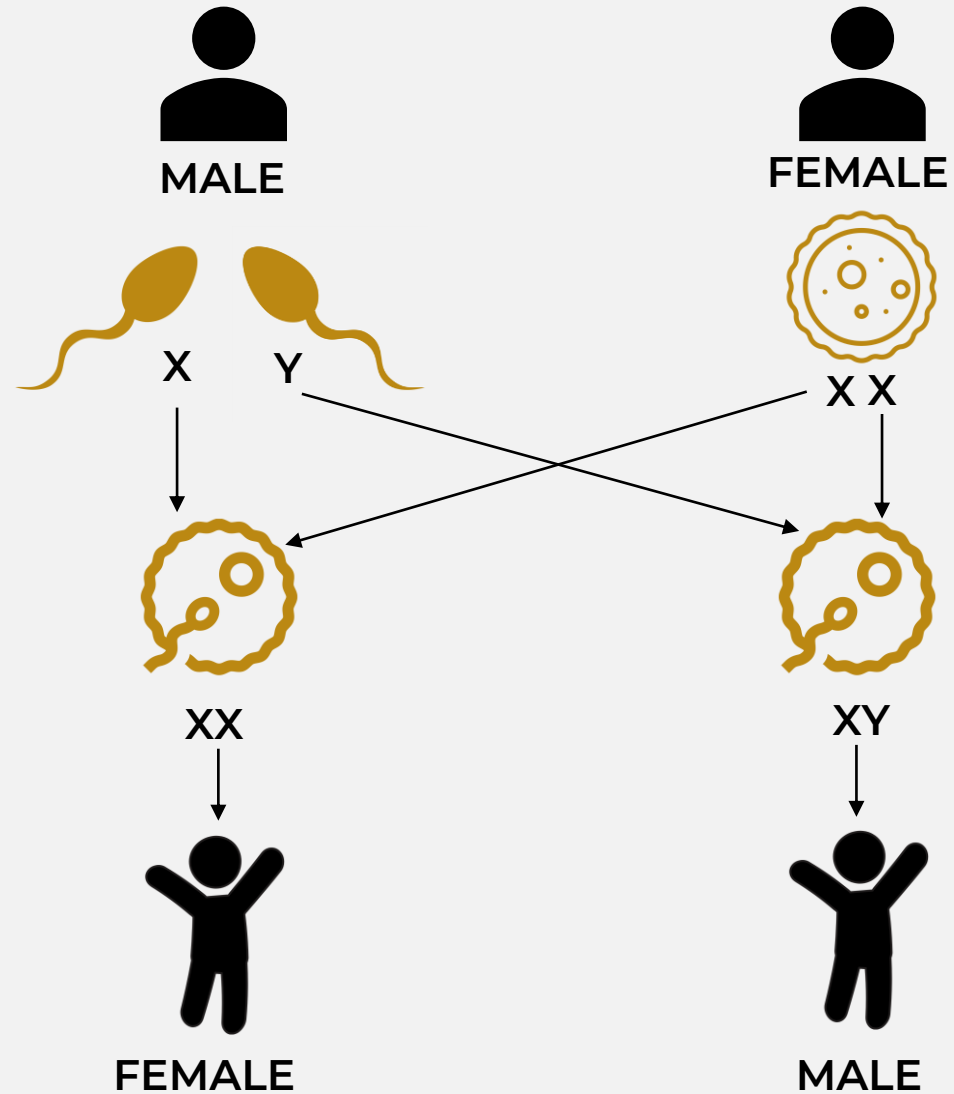
# WHAT IS AGEING

Life purpose: to pass on our DNA!



# WHAT IS AGEING

Life purpose: to pass on our DNA!





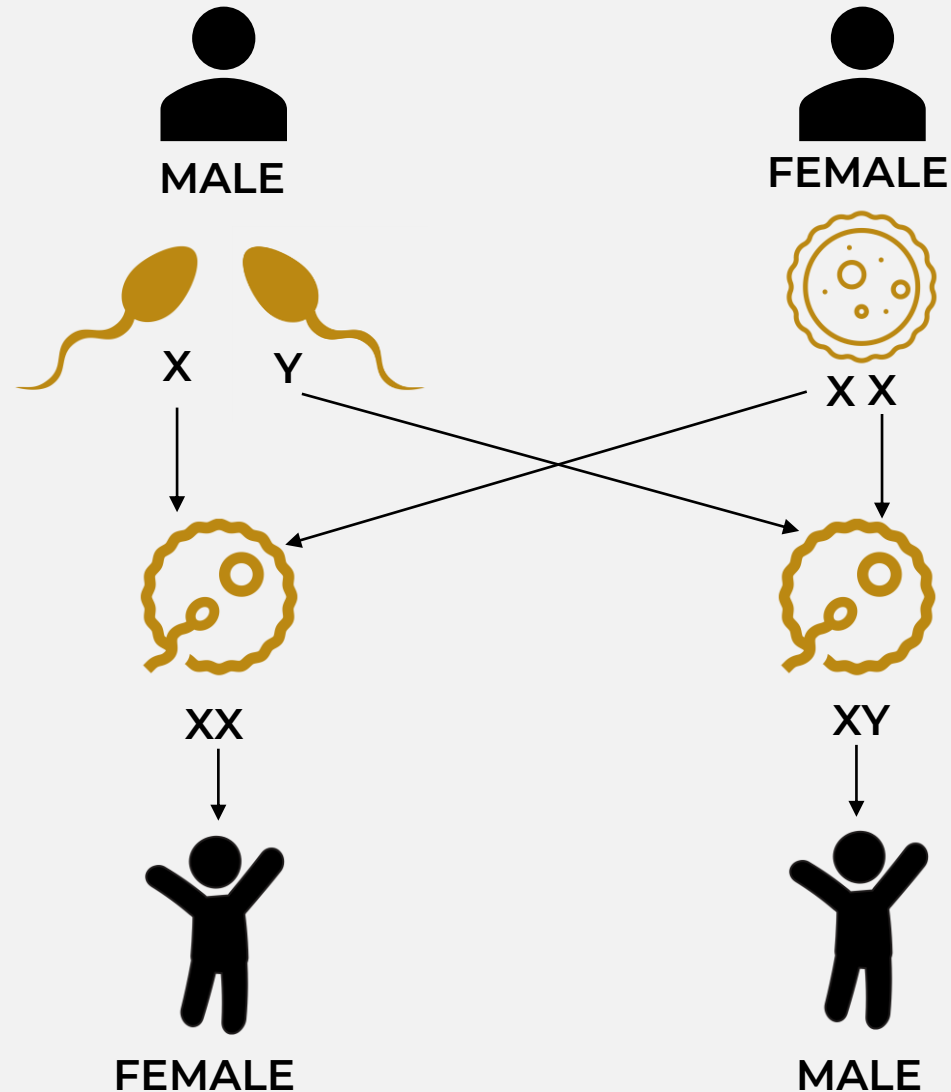
# WHAT IS AGEING

Life purpose: to pass on our DNA!


Life is destructive...



A collection of icons representing various life activities: a runner, a factory, a laptop, a mitochondrion, a person lifting weights, and a wine glass.



Body can repair damage but it costs a lot of energy...



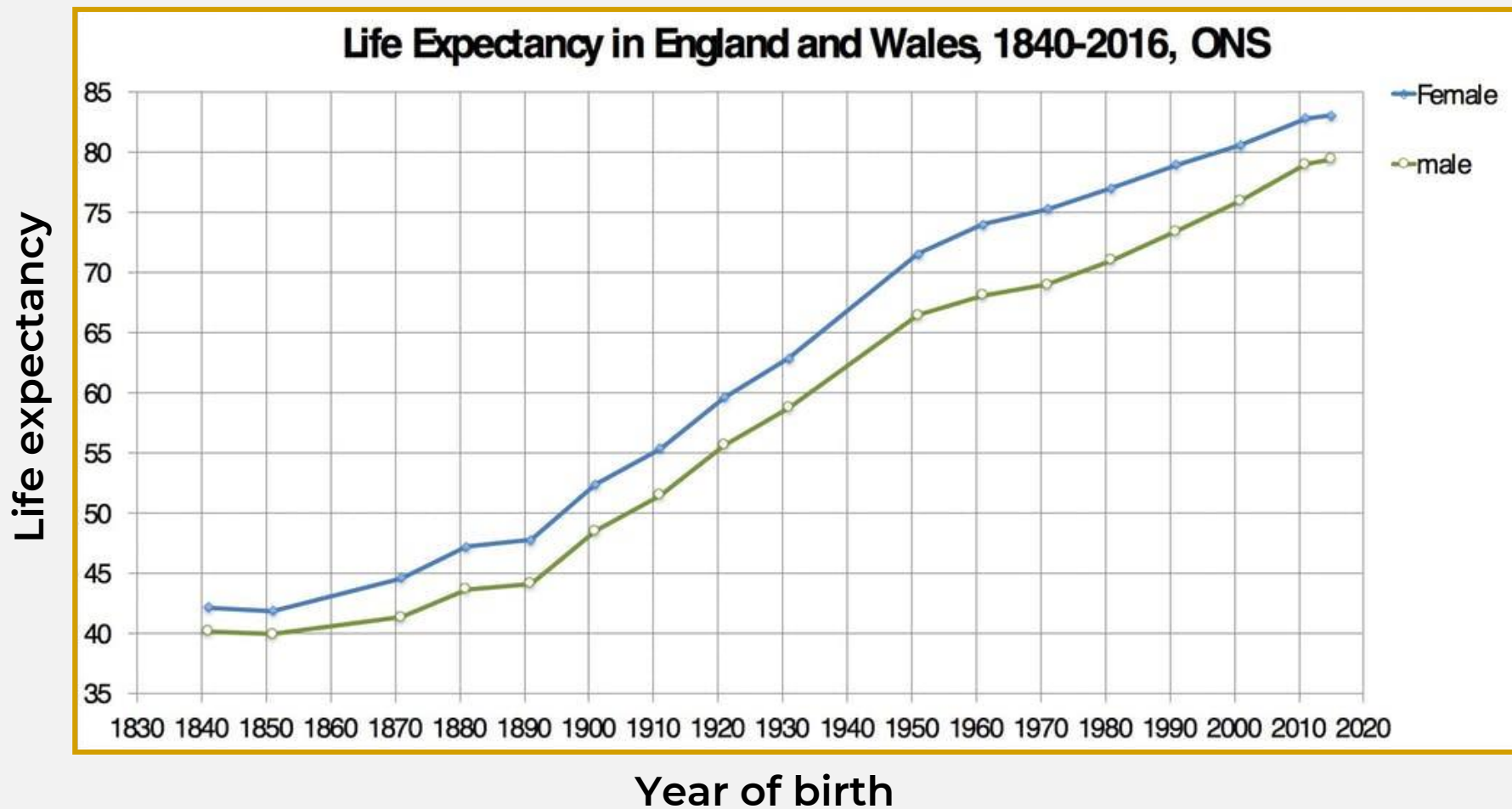
Young = High investment in repair

Post childbearing = Low investment in repair

“DISPOSABLE SOMA” THEORY

# WHAT IS AGEING

WE ARE LIVING MUCH LONGER THAN OUR BODIES ARE DESIGNED TO!



## WHAT IS AGEING

“

**We have evolved to be good at being young, but not good at being old.**

”

**LIFESPAN**

**VS.**

**HEALTHSPAN**

# LIFESPAN VS. HEALTHSPAN

## LIFESPAN:

Number of years you will live

## HEALTHSPAN:

Number of years you will live  
in good health

# LIFESPAN VS. HEALTHSPAN

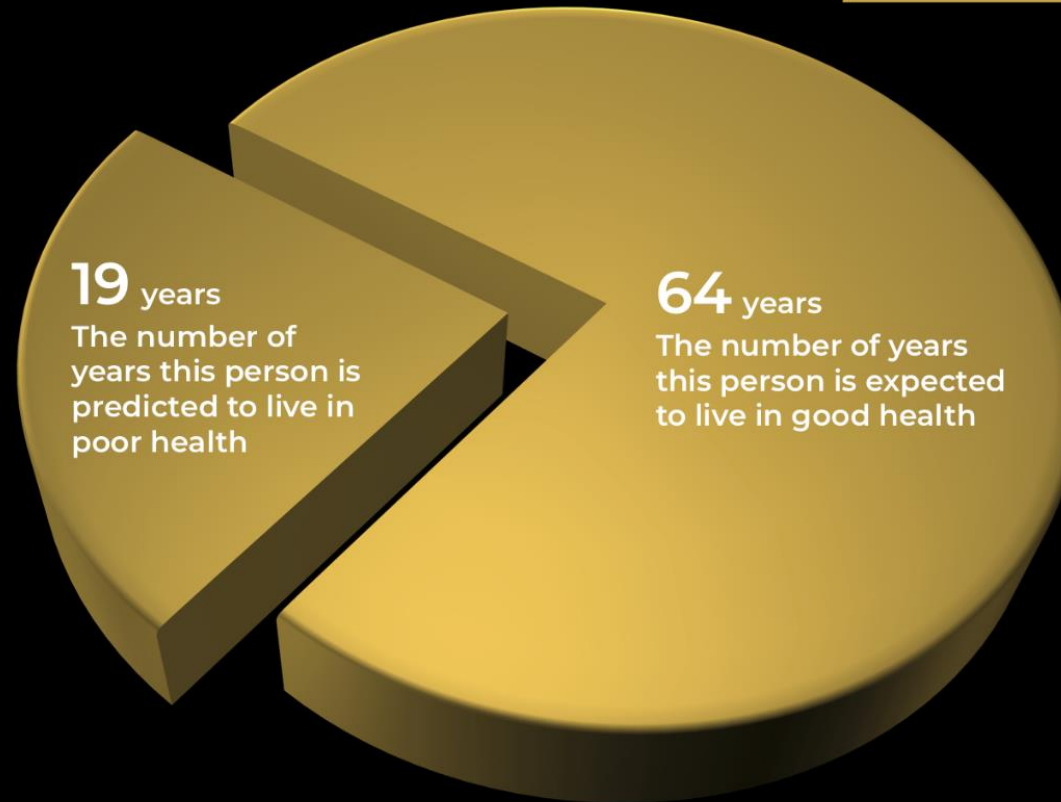
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**83 years**

The current average life expectancy for a woman in the UK

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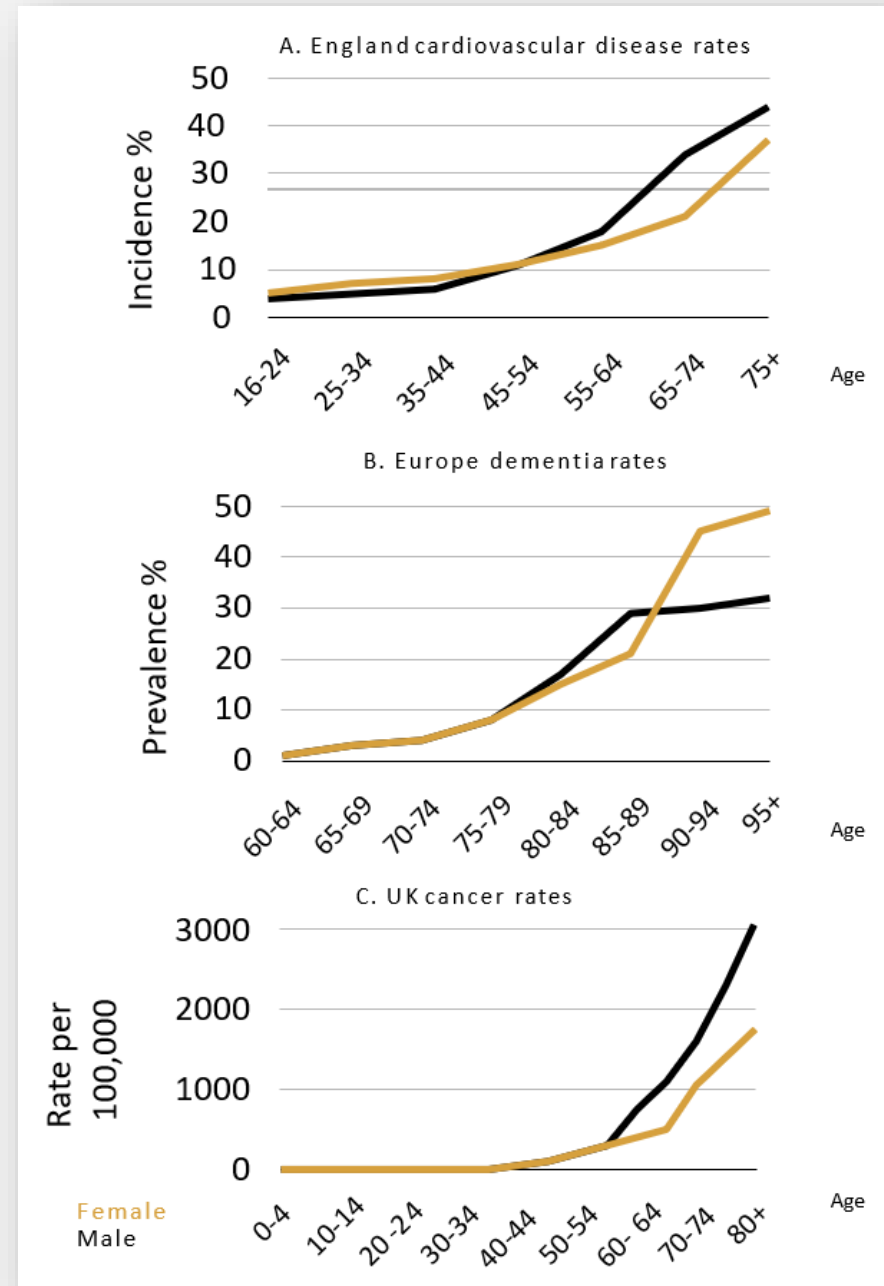
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**23%** of life will be spent in poor health, likely suffering from age related illnesses such as cardiovascular disease, cancer and dementia.

---

# LIFESPAN VS. HEALTHSPAN

Ageing is the biggest risk factor for all the major diseases we suffer



# LIFESPAN VS. HEALTHSPAN

AGEING IS INEVITABLE SO WE HAD BETTER ACCEPT IT!



Born

Learn

Earn

Retire

Expire



**BUT WHAT IF YOU COULD  
SLOW, STOP OR EVEN  
REVERSE AGEING...?**

# A NEW WAY TO APPROACH AGEING?

## CURRENT APPROACH AGAINST AGEING:



# SOCIO-ECONOMIC IMPACT OF AGEING

 By 2030, one in five people in the UK (21.8%) will be aged 65 or over

 Fastest growing segment of the population is the 85+ age group (UK)

# A NEW WAY TO APPROACH AGEING?

## NEW APPROACH AGAINST AGEING

**AGEING**

Research individual  
diseases

Cancer research

CV research

AD research

Osteoporosis research

MD research

“SYMPTOMS OF AGEING”

# A NEW WAY TO APPROACH AGEING

## NEW APPROACH AGAINST AGEING

'Treat' ageing?

**AGEING**

Research individual  
diseases

Cancer research

CV research

AD research

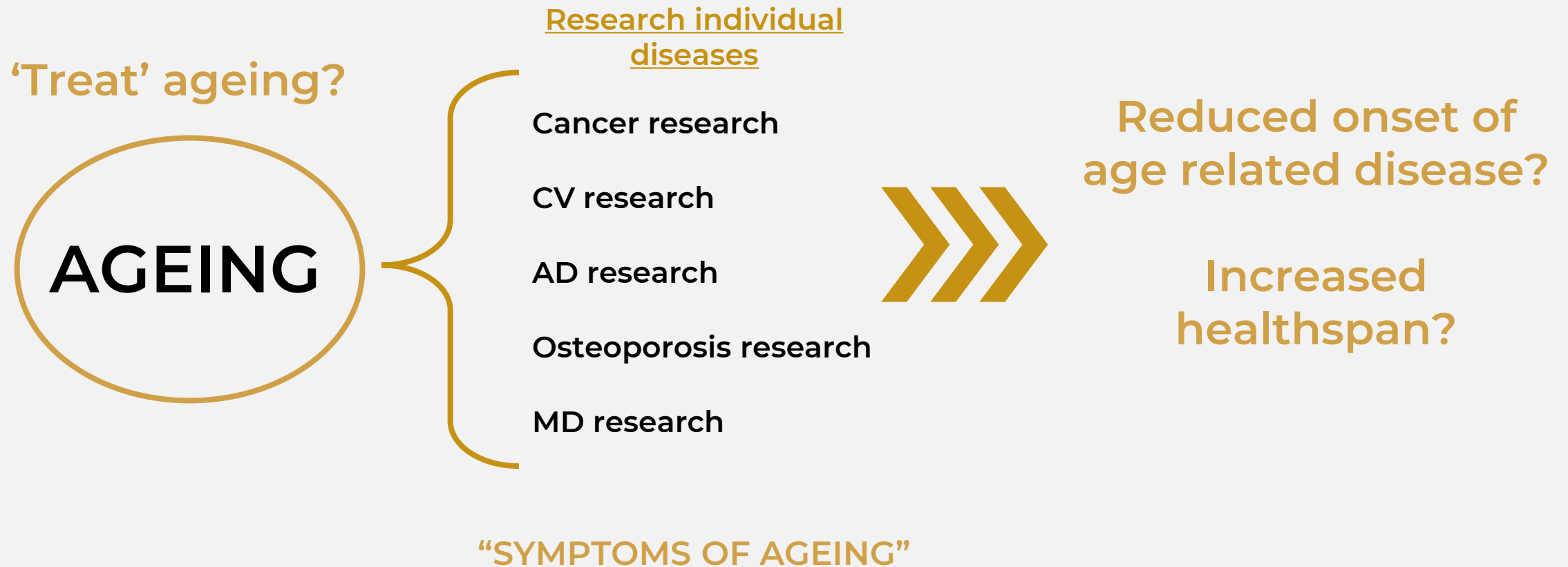
Osteoporosis research

MD research

“SYMPTOMS OF AGEING”

# A NEW WAY TO APPROACH AGEING

## NEW APPROACH AGAINST AGEING



AGEING CAN BE  
SLOWED

IT CAN EVEN BE REVERSED

BOTH OF WHICH  
SIGNIFICANTLY INCREASE  
HEALTHSPAN

# THE FUTURE

“

WITHIN OUR LIFETIME WE  
WILL TAKE DRUGS TO SLOW  
OUR RATE OF AGEING.

”


 Yahoo Finance

**A First-of-its-Kind Drug Candidate Targeting the Root Causes of Aging Could Soon Dominate Estimated \$600 Billion Aging Market**

While the average human lifespan continues to grow — increasing from ... Jeff Bezos, the billionaire CEO of Amazon.com Inc. (NASDAQ: AMZN)...

3 weeks ago



 The Washington Post

**Can some drugs delay aging? Scientists focus on those that target frailty and age-related disease.**

They want the study results to prompt the FDA and drug companies to start thinking about medications within an anti-aging framework.

6 Mar 2021




 New Atlas

**Anti-aging drug acts as a "smart bomb" to take out ...**

Back in 2015 we saw a new class of drugs emerge with huge potential when it comes to the aging process and how it might be slowed.

1 month ago



 Nature

**How anti-ageing drugs could boost COVID vaccines in older ...**

One promising class of anti-ageing drug acts on pathways involved in cell growth. These drugs inhibit a protein known as mTOR.

14 Oct 2020





# QUESTIONS!

Q1: By 2030 how many people in the UK will be aged 65 and over?

A – 1 in 5

B – 1 in 10

C – 1 in 20

# QUESTIONS!

Q2 What is your biggest risk factor for cancer and heart disease?

A – Smoking

B – Unhealthy diet

C – Your age

**HOW DO YOU  
SLOW AGEING?**

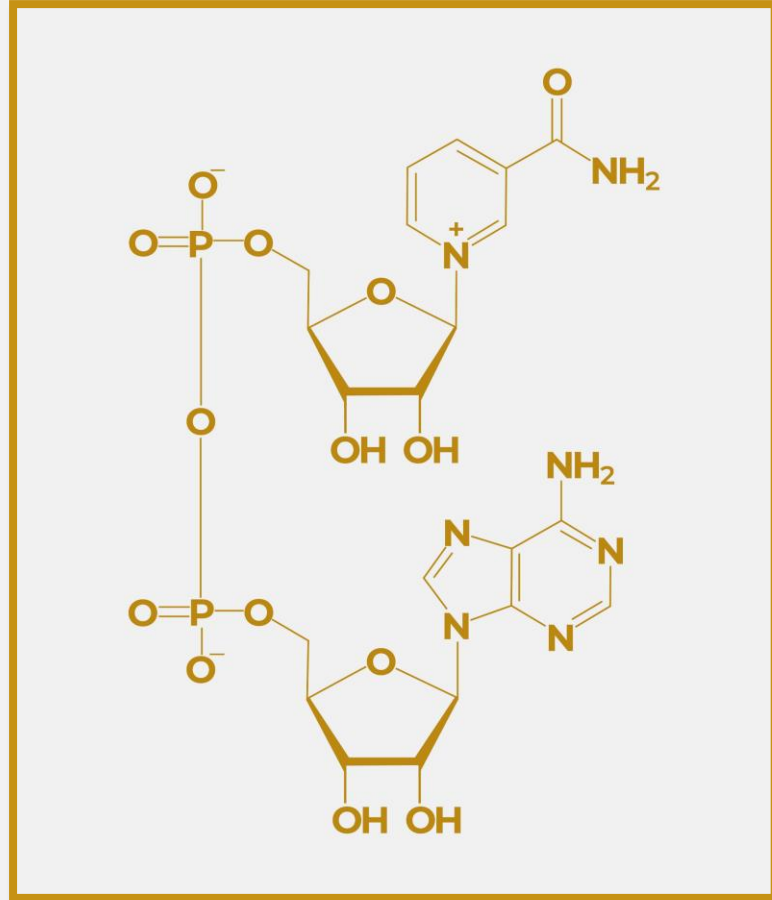


- ✓ **Strong evidence**
- ✓ **Simple**
- ✓ **Available now**

**NAD<sup>+</sup>**

(Nicotinamide Adenine Dinucleotide)

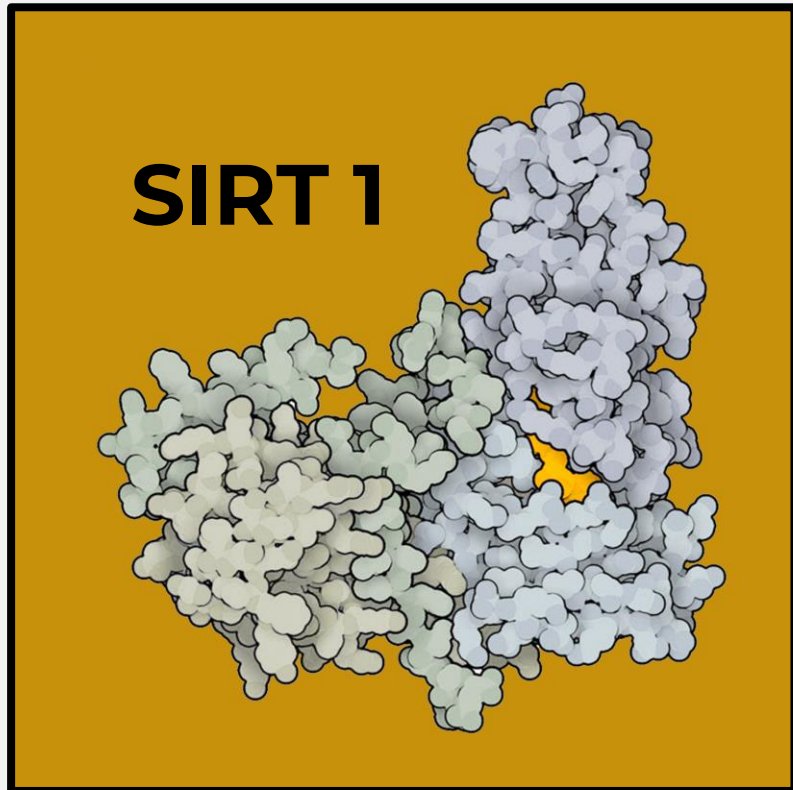
# WHAT IS NAD+



## NAD+

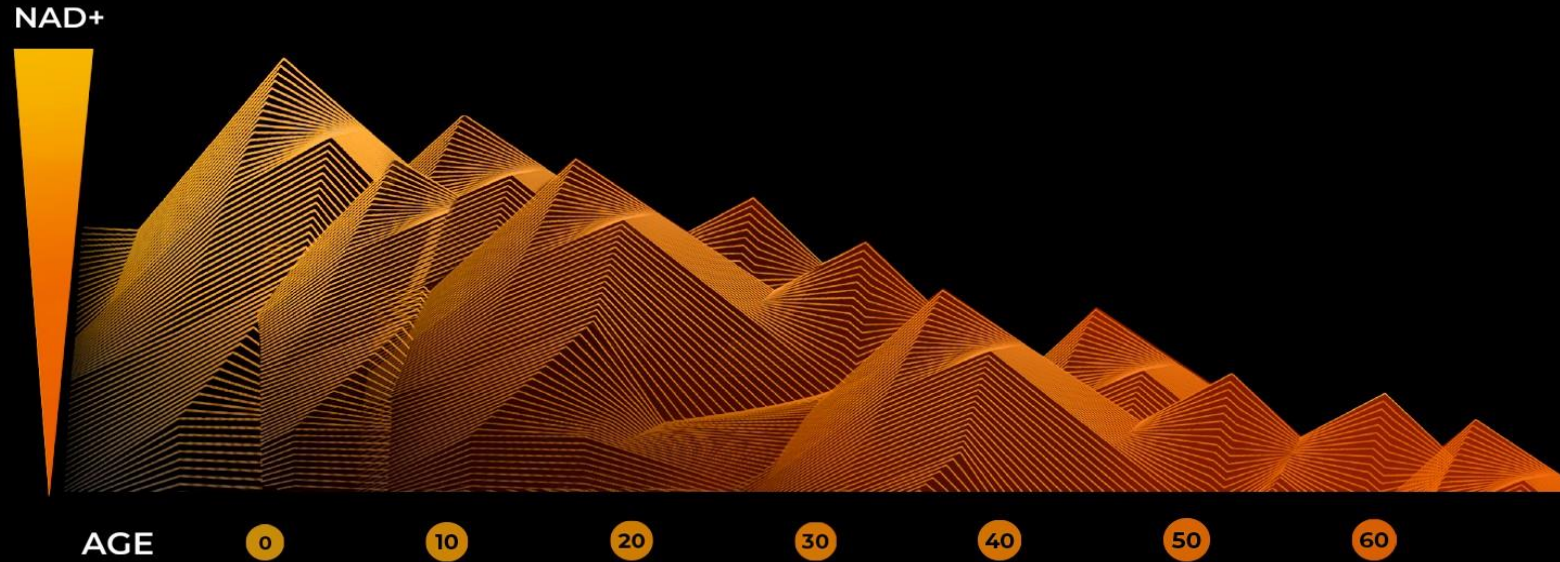
- + Cellular energy production
- + Cellular repair
- + High NAD+ = high energy & repair
- + Low NAD+ = low energy & less repair

# SIRTUINS AND NAD+



- + Sirtuins are a family of proteins (SIRT1-7)
- + ‘Longevity genes’
- + Switch on many pathways associated with cell health
- + Sirtuins need NAD+ to function

# NAD+ DECLINE



The amount of NAD+ in your body drops by approximately **50%** every 20 years

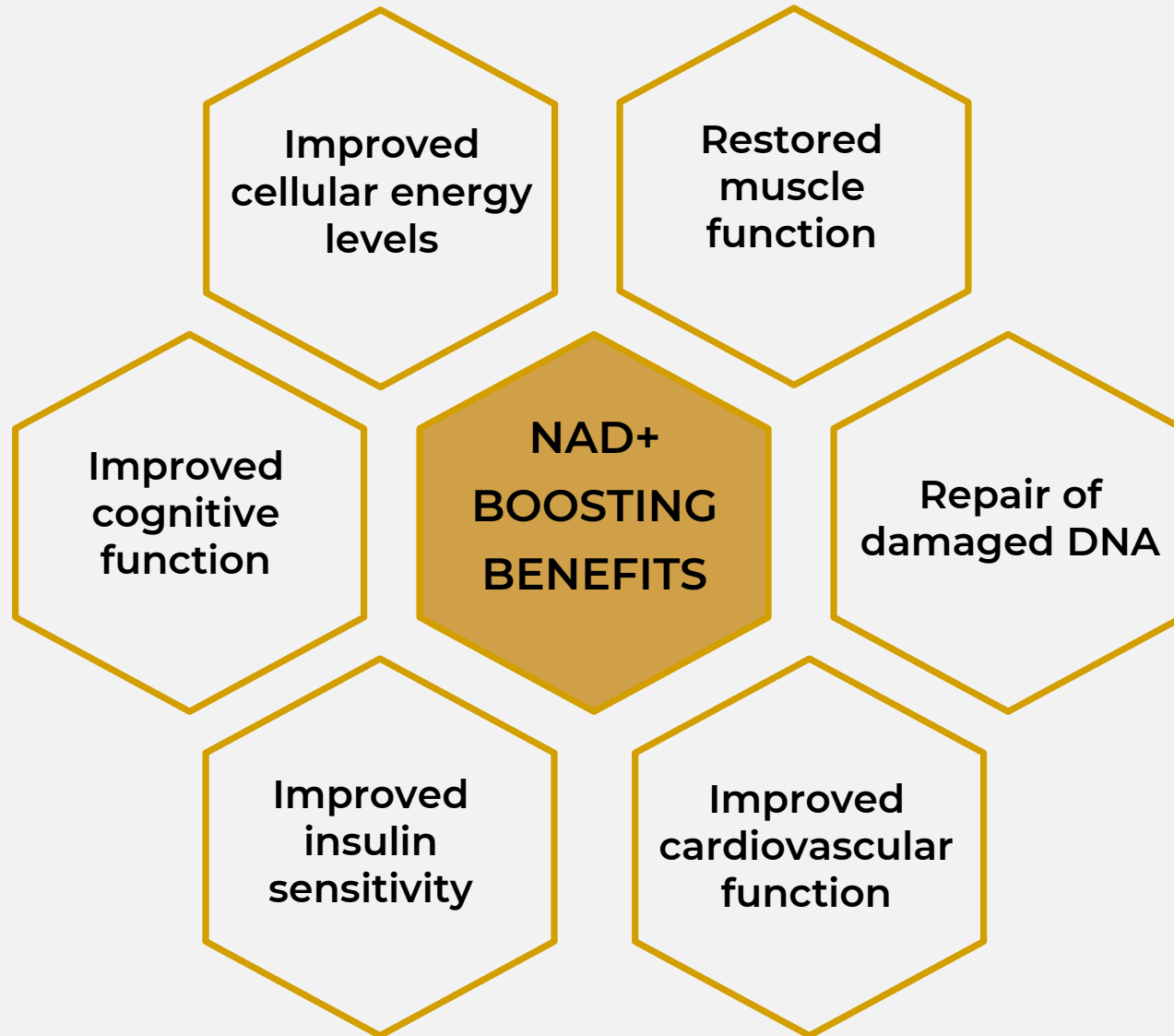


 **NAD+**

**Can you increase NAD+ levels?**

# NAD+ RESTORATION BENEFITS

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Improvements in  
HEALTHSPAN

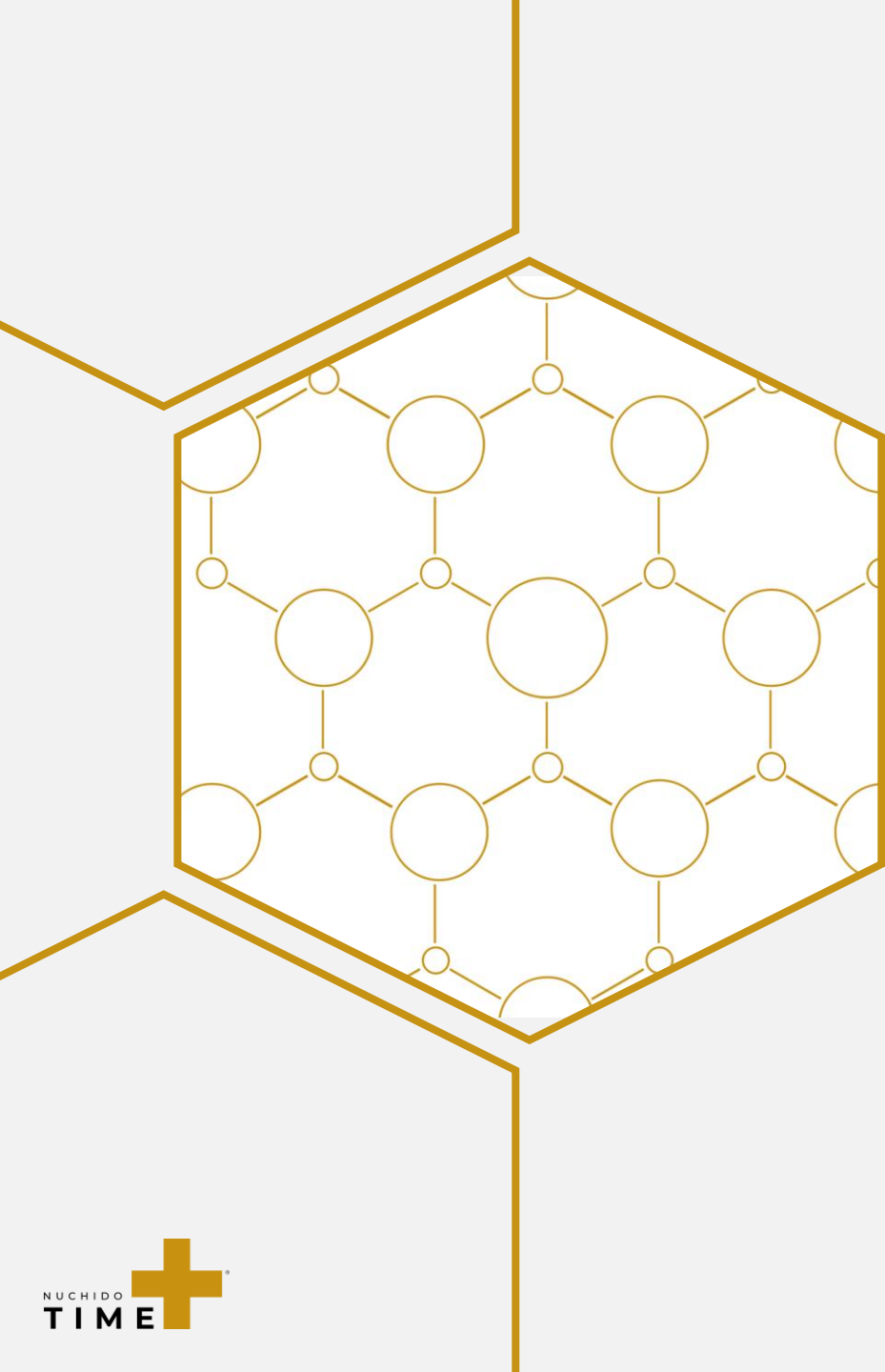


## NUCHIDO TIME+ : DESIGNED TO **BOOST NAD+**

- Dietary supplement
- Restores cell's youthful ability to make NAD+
- Increases cellular production and recycling of NAD+



***Clinical Trial:  
24-person double-blind,  
placebo-controlled  
crossover study***



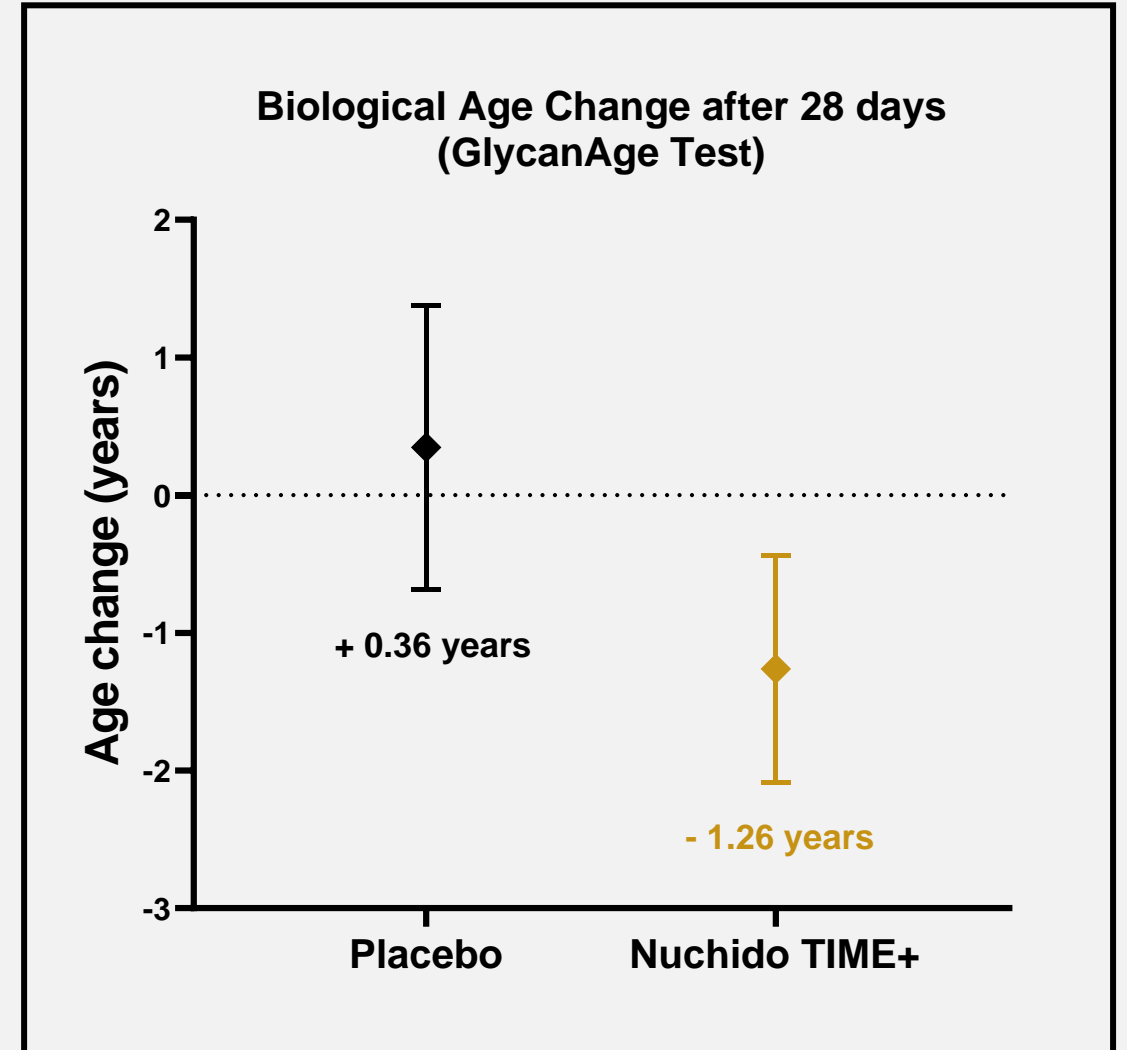
- + Reactivates youthful **NAD+** production
- + Switches on **longevity pathways**
- + Reduces **inflammation**
- + Reduces **glycation**

## RESULTS : BIOLOGICAL AGE

Nuchido TIME+ reversed biological age

**CHRONOLOGICAL AGE:**  
Number of years since birth

**BIOLOGICAL AGE:**  
Rate at which you are ageing on the inside



# THANK YOU+

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[www.nuchido.com](http://www.nuchido.com)

 [@drnicholaconlon](https://www.instagram.com/drnicholaconlon)/[@Nuchido](https://www.instagram.com/Nuchido)

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