

THE LONGEVITY WHEEL

A Model for Supplementing Core Biochemical Pathways
for Age Optimization

NEUROENDOCRINE

Support for hormonal balance, stress resilience, and vitality

- Ginsenosides
- Astragalosides
- Withanolides
- Gypenosides
- Vitamin D3
- Phosphatidylcholine

SENOLYTICS

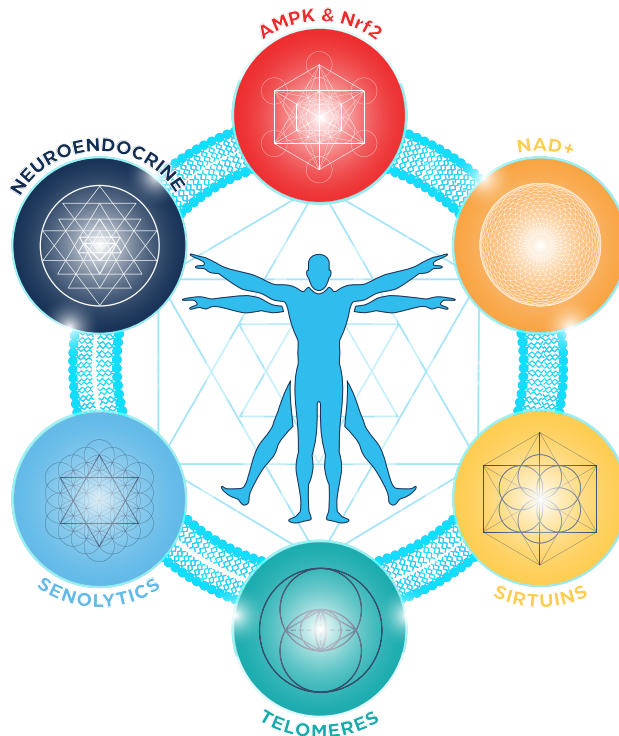
Manage the presence and activity of senescent cells

- Quercetin
- Luteolin
- Fisetin

TELOMERES

Regulate gene expression, and healthy cellular aging

- Glutathione
- Astragaloside IV
- Cycloastragenol
- Vitamin D3



AMPK & Nrf2

Regulate metabolic health, autophagy, lipolysis, antioxidant activity, and detoxification

- Resveratrol
- PQQ
- Quercetin
- Silymarin
- Berberine
- Lipoic Acid
- DIM
- Vitamin D3

NAD+

Regulate energy metabolism, DNA Repair, and epigenetic integrity

- Nicotinamide mononucleotide (NMN)
- Nicotinamide Riboside (NR)

SIRTUINS

Regulate DNA repair, cellular signaling, energy metabolism, and inflammatory response

- NAD+
- Resveratrol
- Quercetin
- Silymarin
- Pterostilbene

Cumulative research in the area of longevity point to a handful of key biochemical pathways, mechanisms, and molecules that impact the hallmarks of aging. From this, Dr. Christopher Shade of Quicksilver Scientific developed the Longevity Wheel, a comprehensive theory defining these age-related aspects and providing the targeted plant compound and nutraceutical solutions needed to support healthy aging.