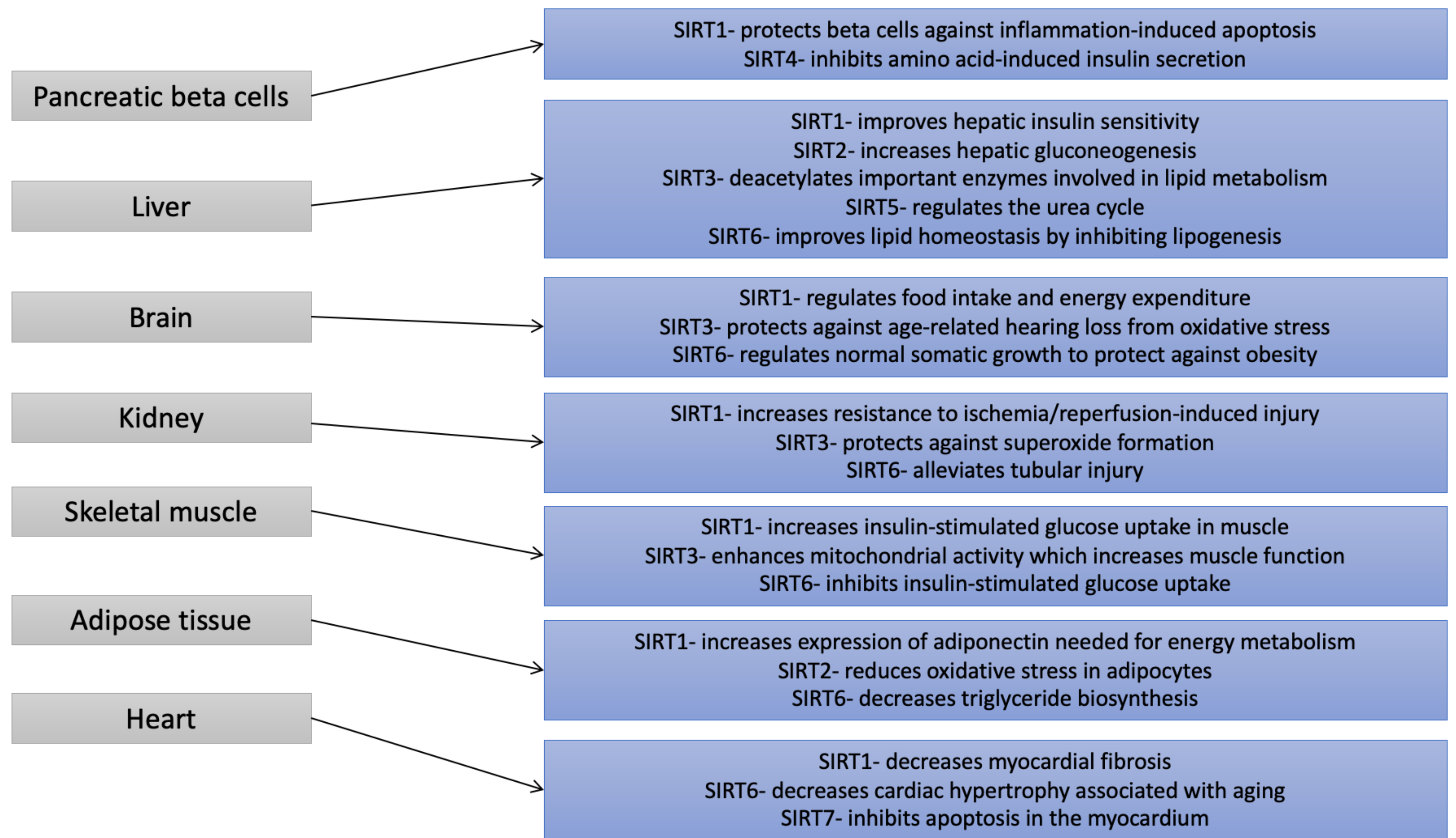


# SIRTUINS: The Longevity Protein

**Organ Specific Functions of SIRT's:** Although redundancy exists between protein substrates and SIRT's, each has a specific role in modulating oxidative stress, inflammation, and dysfunction. By acting on the multifactorial processes of aging, pathological changes and progressive decline can be minimized.



## 9 Types of Intermittent Fasting



Overnight Fasting

16:8

16:8 Fasting



Alternate Day Fasting

5:2

The 5:2 Diet



Spontaneous Meal Skipping

20:4

20:4 Fasting



OMAD

24h

24-Hour Fasting

36h

36-Hour Fasting

BURN STORED FATS

REMOVE DAMAGED CELLS

WEIGHT LOSS

TOXINS REMOVER

TISSUE REPAIR

IMPROVE MEMORY

ANTI - OXIDANT

DECREASE AGING