SIRTUINS: The Longevity Protein

Organ Specific Functions of SIRTs: Although redundancy exists between protein substrates and SIRTs, 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 Fasting
- Alternate Day Fasting
- 5:2 Diet
- Spontaneous Meal Skipping
- 20:4 Fasting
- 1/day OMAD
- 24-hour Fasting
- 36-hour Fasting

BURN STORED FATS

REMOVE DAMAGED CELLS

WEIGHT LOSS

TOXINS REMOVER

TISSUE REPAIR

IMPROVE MEMORY

ANTI-OXIDANT

DECREASE AGING

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