

# ANNUAL REPORT 2019

*Driving the Longevity  
Industry Forward*





## LETTER FROM THE PRESIDENT

KEITH COMITO

"Every second someone dies of age-related diseases. One Second: One Life. Think about that...for a second." It was with these words that I opened our inaugural Ending Age-Related Diseases conference, the first large-scale longevity research event in New York City, and it's a statement that embodies our core mission at Lifespan.io. To drive the field of aging research forward, by making the value proposition of overcoming age-related diseases undeniable to everyone: researchers, investors, policymakers, and the public.

In the five short years since our formation, we have accomplished much towards this goal, raising significant funds and awareness for research aimed at extending healthy human lifespan.

We've shifted public perception by creating the most trafficked news outlet on aging research in the world and speaking at numerous events around the globe, built a thriving ecosystem of mission-driven investors and companies through our investor network, and crowdfunded over \$390,000 for critical research projects addressing the root causes of aging. These initiatives, and various others that you can read about in this report, are creating a global ecosystem where

work to overcome the diseases of aging is not only accepted, but demanded and embraced

Our power comes from you: you are the flame, and we are the torch, and together, we become a force multiplier that magnifies the effect of not just our own initiatives, but also those of any organization we support. Most recently, we worked with the SENS Research Foundation, crowdfunding over \$77,000 to create a transgenic mouse demonstrating the rescue of mitochondrial DNA mutations in mammals - the largest example of crowdfunding for an aging research project in history. We have raised funds in similar fashion for several organizations, such as Harvard Medical School and various mission-aligned startup companies, but the MitoMouse project in particular is a nice callback to the very first project we crowdfunded, one that resulted in the successful creation of backup copies of vulnerable mitochondrial genes to place in the cell nucleus.

It was actually when presenting this project, at a small Amsterdam conference in 2015, that I first laid out the plan for what Lifespan.io would become.

Afterwards, I remember Dr. Aubrey de Grey giving me a hug and saying that perhaps now he could rest. Of course he hasn't rested, and neither have we. This plan, entitled "How to Reach a Societal Turning Point on Life Extension", was published in essay form earlier this year and has proven to be on target.



ANNUAL  
REPORT  
2019



Just like the cancer research advocates before us, we have identified the most promising research of our age, taken the time to understand the cognitive biases that prevent the public and policymakers from seeing its value, and have used this knowledge to build an ever-growing grassroots movement behind it.

We have appeared on mainstream news shows, clearly presenting why age-related diseases must be overcome for the good of both individuals and all of society. We have worked with top-tier internet creators, such as Kurzgesagt and Life Noggin, to make content that has been watched by tens of millions. Persuasion is a science, too, and when the data is on your side I honestly believe it is possible to bring the world together in service of great and noble goals. We are just getting started.

Of course all we have done, and all we will do in the days ahead, is thanks to your support, and I extend my sincere gratitude to everyone who has made our work possible by donating to us, supporting our crowdfunding campaigns, or sharing our articles with friends and family.

Every second, someone dies of age-related diseases. One Second: One Life. We have all been touched by the diseases of aging, and we all know someone who deserved better from life than the ending of it they received. Now, we have a chance to change this together, so let us do it.

Thank You,

*Keith Comito*



# HOW YOUR GIVING HAS MADE A DIFFERENCE IN 5 YEARS OF OUR WORK



**\$ 390,000+**

CROWDFUNDED



**8**

RESEARCH PROJECTS SUPPORTED



**983**

ARTICLES WRITTEN ON AGING RESEARCH



**11,000,000+**

PEOPLE REACHED ON SOCIAL MEDIA



**2**

LARGE SCALE SCIENTIFIC  
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LONGEVITY INVESTOR NETWORK



CONTRIBUTED TO THE PREPARATION  
OF XPRIZE FOR AGE REVERSAL



CONTRIBUTED TO INCLUDING  
LONGEVITY MATTERS IN THE  
WHO 13<sup>TH</sup> PROGRAMME OF WORK



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# **EDUCATING THE PUBLIC**





## NEWS OUTLET

STEVE HILL

Hello, I am Steve Hill, Editor in Chief of Lifespan.io. As a journalist covering the field of aging research, I am passionate about bringing our audience the latest news in the field.

Currently, aging research is not widely supported, and this is mostly due to the public not being properly informed about it. We lack the level of public engagement needed to drive the field forward and benefit us all. Lifespan.io is addressing this urgent and mostly unmet need. Here I want to show you why 2019 has been an impactful year and how we are primed for future success.

### A YEAR OF GROWTH

Our focus is on education, and each time someone visits our website that person learns more about this fascinating field. At the beginning of 2019, we helped 35,000 people a month to read about rejuvenation research; by the end of that year, our monthly visitors had increased to 50,000. This makes us a clear leader in education pertaining to our field.

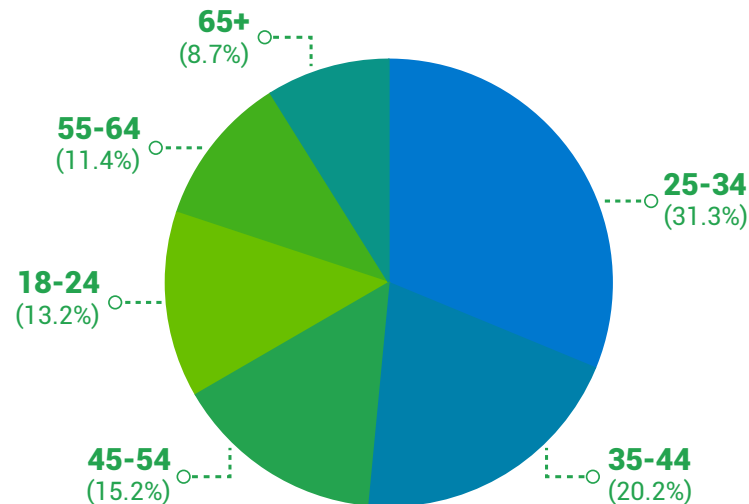
We published **over 300 articles** during the year. Not only did we help our faithful readers stay up to date with the latest developments in aging research, we also attracted the attention of new audiences, with a large share of new readers among our growing community.

We are delighted that we have a varied international audience, as shown by our top ten list of visitors' countries.



Interestingly, we also have a broad range of ages among our readership, including many young people. This is an age group that would presumably be less concerned about aging, so it's great to see them taking an interest.

USERS BY AGE RANGE



# ANNUAL REPORT 2019



Lifespan.io

### WHAT DOES IT MEAN TO BE A LONGEVITY JOURNALIST?

There are many examples of the high-quality work we did in 2019, but the coverage of the Undoing Aging conference in Berlin was a highlight. The conference brought together the leading researchers in the field as well as the Lifespan.io team, which worked hard to produce as much conference-related content as possible.

The on-site Lifespan.io team included Keith Comito, Oliver Medvedik, Elena Milova, Steve Hill, Nicola Bagalà, Javier Noris, Paul Spiegel, and Fatima Hill. During the conference, we conducted six full interviews with leading experts in the field and published three post-conference reports along a documentary about the event, which included commentary from a variety of researchers and longevity advocates. Apart from our own coverage, we brought two journalists from large international news outlets (QUARZ and Komso-molskaya Pravda) to the conference, and they published additional articles to engage their own audiences.



*"When I was a student, I could not think of anything more boring than to study aging. All people were doing is they were grinding up old and young rats and measuring stuff. Today, the field is more exciting than ever."*

- Dr. Judith Campisi, The Buck Institute for Research on Aging, Lifespan.io SAB member

In addition to regular news publishing over the year we provided **coverage from 7 major conferences, with a total of 27 post-conference interviews**, to make sure the advances of rejuvenation researchers are noticed by the public. Some of these were brought to me by Elena, who always comes back from conferences with a couple of excellent interviews.

I also want to give a big shoutout to the three key people who have contributed to the growth of the news outlet: our editor Josh Conway, who checks and polishes all the material that we release, our design/marketing guru Mattijs Vonk, whose artwork and illustrations make our content appealing and shared widely on social media, and last but not least, our Instagram master and communications manager Christie Sacco.

Special thanks to Ryan O' Shea for his work putting the Rejuvenation Roundup Podcast together every month and to Josh Conway for creating the companion Rejuvenation Roundup written digest, which puts the top longevity news stories into one easy-to-read monthly article.

### WANT UP-TO-DATE LONGEVITY NEWS?

Follow us on [www.lifespan.io/news](http://www.lifespan.io/news)



*Elena Milova, Dr. Judith Campisi and Sangeeta Singh-Kurtz from Quartz Magazine at Undoing Aging 2019*





*A part of the Lifespan.io team at Undoing Aging 2019, from left to right: Keith Comito, Oliver Medvedik, Steve Hill, Fatima Hill and Nicola Bagalà.*



## LIFEXTENSHOW

NICOLA BAGALÀ

I'm Nicola Bagalà, and I'm the producer of LifeXtenShow: Lifespan.io's YouTube show focused entirely on life extension and its implications.

To many people science is not interesting, and it's not "cool". It's boring and inaccessible. Yet, many content creators on YouTube managed to create science channels that are wildly popular even with non-scientists and average Joes. They managed to make science "cool".

If science in general isn't cool by default, the science of aging is even less so. It's a very new field that most people know nothing about, often unjustly conflated with quackery for historical reasons and hampered by the not-so-secret desire of virtually all human beings to put aging out of their minds.

LifeXtenShow, or X10, was born with one goal in mind: do to aging science what other YouTubers did to the rest of science—make it cool.

As such, X10 dealt, and still deals, with not one but two challenges. It doesn't just try to make aging science interesting and accessible, it also tries to persuade the public that the ultimate goal of aging science—longer, healthier lives—is not just possible but desirable.



That's something that, for one reason or another, people find difficult to process.

X10's goal may not be the simplest, but there's nothing like a good challenge to keep yourself engaged, especially when you love what you're doing. Producing interesting, accurate, and entertaining YouTube videos requires a lot of creative work—from research to script writing to designing to filming to video editing—and as demanding as that may be, it's also extremely rewarding.



It can also be a lot of fun, especially if you work in a team of motivated friends. I am not a biologist, so X10 could never have happened without Giuliano Di Dio—who's hands-down my closest friend and whose enthusiasm is highly infectious.

Giuliano and I spent countless hours, mostly late after his work, reading papers for the scripts of our Hallmarks of Aging episodes.





**WANT TO UNDERSTAND RESEARCH BETTER?**  
Follow us on [www.lifespan.io/lifextenshow](http://www.lifespan.io/lifextenshow)

(Our [introductory episode](#) on the hallmarks was the most appreciated, so you may want to check it out if you missed it.)

**Together with trivia and advocacy episodes, X10 published nineteen episodes in 2019**

— not too bad, considering that the first one was published in late May 2019. About halfway through this first batch, we were joined by our charismatic friend Veera Wikström, who became our co-host and proofread many of our scripts for clarity.



***"This show should be a TV series broadcasted on actual television. This is good."***

- Hero of Legend, regular viewer

Working with them has been rewarding and fun, though we did have our challenges. We started off with rather amateurish equipment that gave rise to, shall we say, intriguing technical problems and plenty of material for the gag reels, but, thankfully, we've improved a lot since then.

We'll keep pushing in that direction, hoping to get the science of aging to be just as cool as the rest of science as soon as possible.



## SPEAKING ENGAGEMENTS

ELENA MILOVA

Hi, I am Elena Milova, board member and Outreach Officer of Lifespan.io. Since the beginning of my journey in our field in 2013, I have enjoyed many conversations on the potential of rejuvenation research to combat age-related disease, and have analyzed many sociological studies to find effective ways to communicate our ideas to the public. When I joined Lifespan.io in 2016, I contributed to the development of our communication strategy, which facilitates learning for our readers and viewers

Let me give you an insight into the job of a longevity proponent at external events and the initiative that we call the School of Longevity Journalism:

### **SPEAKING WITH THE PUBLIC AT EVENTS**

There is still much work to do in educating the public about aging research, so we are accepting all incoming requests. It is especially fortunate when the event happens in your region or online. **I spoke at four public events** in Russia to talk about our work. For me, the most valuable event of 2019 was the popular science festival Geek Picnic, which took place in Moscow. This is an annual open-air festival that brings together over 100,000 attendees interested in science. Since this audience has the greatest potential to become longevity supporters and activists, this kind of event represents a wonderful opportunity to talk about our

ideas. On top of that, this year's [Geek Picnic](#) was completely focused on the idea of healthy life extension, with talks from people like Dr. Aubrey de Grey of the SENS Research Foundation; Michael Batin, the head of the Open Longevity project; and futurologist Danila Medvedev.

I gave a talk about the universal dream for healthy life extension, sharing the results of public surveys that indicate growing support for rejuvenation biotechnologies. I also discussed the progress in aging research and our [Rejuvenation Roadmap](#) project. After the talk, there was a Q&A section, and the public wanted to discuss the potential impact of rejuvenation biotechnology as well as various concerns.

*Elena Milova  
giving a talk at  
the Biohacking  
Conference  
Moscow 2019*





### DISCUSSING TOUGH ETHICAL QUESTIONS

At Geek Picnic, I also took part in another event: a panel discussion on the ethics of biohacking together with a skeptical medical doctor, Alexey Vodovozov, and an expert in biomedical ethics, Professor Elena Brysgalina. There was a heated discussion concerning the need to protect the people from unfounded claims that certain treatments can extend human life, which are disseminated via mass media, public lectures, and biohacker blogs. We had different views on whether or not people should be experimenting on themselves with therapies that have yet to pass the clinical trial process. However, we all agreed that hype around such studies can damage both public health and the research field.

### SCHOOL FOR LONGEVITY JOURNALISM

One of the key points of my talk at the TransVision conference in Madrid last year was about the impact of longevity advocacy in absolute numbers. I explained that whenever we choose a way to educate the public, we need to pick approaches that can yield the largest effect for the effort and money spent. One way to do that is to educate the educators. To support our fellow journalists, we share our knowledge of effective messaging with them, helping them connect with the most prominent researchers and even giving small travel grants to attend impactful conferences, such as Undoing Aging.

Building upon the experience of my School of Longevity Journalism hosted at the Media Forum "All Russia 2018" in Sochi, I organized the second School in Moscow in 2019. Dr. Vadim Gladyshev of Harvard Medical School was invited to give an overview of the research field, and I gave a brief presentation concern-

ing public attitudes towards life extension and the benefits of soft messaging to explain rejuvenation research.

The effort to ease the lives of longevity journalists does not belong to me alone, of course. I should thank my colleagues who are writing extremely valuable articles focused on advocacy for our news outlet. One of them really stands out this year: [The Life Extensionist's Guide to Logical Fallacies](#) written by Nicola Bagala. In this long article, Nicola goes through the most influential cognitive biases affecting people's perception of aging. The article builds up on Nicola's talk at the Eurosymposium of Healthy Ageing 2018 in Brussels.

Every longevity journalist should know how to get through the biases and defense mechanisms to make the advantages of rejuvenation therapies obvious for the public, so articles like this are a big help.

### PLANS FOR 2020

More activities to support the journalist community are planned for 2020, including many interviews for our EARD2020 conference discussing the communication bottlenecks in promoting aging research. Of course, I will continue to support new figures in longevity newsmaking by disseminating what we know about good and bad messaging and the most frequent public concerns and biases.

### WANT US TO SPEAK AT YOUR EVENT?

Let us know at [elena@lifespan.io](mailto:elena@lifespan.io)



## PANEL DISCUSSION

### Unlocking the future without age-related diseases: forecast

Chair

**Kris Verburgh** (Free University of Brussels)

**Michael West** (AgeX Therapeutics)

**Reason** (Repair Biotechnologies)

**Sarah Constantin** (Daphnia Labs)

**Kelsey Moody** (Ichor Therapeutics)

**Keith Comito** (Lifespan.io)



*Panel discussion at our annual conference in New York:  
Ending Age Related Diseases (EARD) 2019.*





## REJUVENATION ROADMAP

STEVE HILL

Hi there! Steve Hill here again. Given our focus on education, one of our most important projects is the Rejuvenation Roadmap. This is a curated database of the many therapies currently being developed to address aging and age-related diseases. The project was designed to help people stay informed about aging research in a way that is visually easy to interpret.

We sort the various drugs and therapies by the aging processes that they predominantly address, and we indicate their progress by their clinical trial phases.

Since its launch, the Roadmap has grown to include dozens upon dozens of the most promising therapies under development. **During 2019, we added 39 new therapies, and at the end of the year, the Roadmap included a total of 46 projects being tracked.**

Longevity advocates are welcome to link the Roadmap whenever they need to illustrate the plausibility of creating drugs that modify the processes of aging. This map alone can contribute to changing people's attitudes towards rejuvenation therapies, since they are more likely to express interest in such therapies if they are within their grasp. You can check the current state of longevity trials at [www.lifespan.io/roadmap](http://www.lifespan.io/roadmap).

### **WANT TO SUGGEST A NEW ENTRY?**

Let us know at [info@lifespan.io](mailto:info@lifespan.io)



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## INTERVIEWS IN MASS MEDIA

KEITH COMITO

One of the most effective tactics we can use to engage the public is appearances on mainstream news, on camera directly or in the form of written interviews for large-scale publications.

This year we have built upon our earlier success on popular news shows, such as [The Young Turks \(TYT\)](#) and [Fox News](#), to widen our reach to international outlets and secure additional interview opportunities for pioneers in our field.

In November, for example, we organized an interview between the popular TYT network program [The Damage Report](#) and Dr. Greg Fahy, to discuss his work on rejuvenation of the thymus as part of the ground-

breaking TRIIM trial. The results of this trial had been announced previously at our EARD 2019 conference, leading to stories in widely circulated international outlets such as the German [Die Zeit](#) and Italian [Il Sole 24 Ore](#).

**Lifespan.io team members have been interviewed this year for stories in [Forbes Russia](#) and [Vox](#) along with a cover story in the Malaysian/Singaporean outlet [The Edge](#).** We were featured, along with a number of other thought leaders from the industry, in the [2019 edition](#) of New Economy magazine to discuss how new medical innovations are changing the way we look at aging and how we treat age-related diseases.

As our relationships with popular print and digital media outlets grow, we look forward to an increasing amount of press appearances in future years, for both the Lifespan team and allied organizations. This, of course, is in addition to growing the impressive reach of our own news outlet and creating additional content such as documentaries and video news programs.

Forbes  
RUSSIA

Vox



TYT

DIE ZEIT



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# **SUPPORTING RESEARCH ON AGING**



## CROWDFUNDING CAMPAIGNS

KEITH COMITO

The hardest time for any research project is the very beginning, when an idea first emerges and gets its proof of concept in cells or animals. We at Lifespan.io are investing our energy into helping early-stage projects get crucial data that clarifies the path forward.

Since starting in 2015, we have run eight successful crowdfunding campaigns, and thanks to the generosity of our community members, the researchers received well-deserved support. In 2019, we worked with the SENS Research Foundation to help fund the MitoMouse project.

The mitochondria are the powerhouses of our cells, converting nutrients into the energy we need to live. Mitochondria once had thousands of genes, but over millennia of evolution, they have migrated into the cell nucleus for protection. Only 13 mitochondrial genes now remain outside the nucleus, and this makes them vulnerable to damage.

As we age, the mitochondria become mutated due to free radical damage to these 13 genes, and they stop working properly.

Instead of producing energy, they create chronic in-

flammation, which stops cells from working properly and drives aging.

The SENS Research Foundation proposes that a possible solution to this problem is to make copies of the remaining mitochondrial genes in the cell nucleus. They call this approach MitoSENS.

**In 2015, the MitoSENS project collected \$46,128 on Lifespan.io** to verify if it was possible to repair cells containing mitochondrial mutations by creating backup copies of mitochondrial genes in the nucleus. Thanks to this funding, the team was able to [create copies](#) of 3 of the 13 protein coding mitochondrial genes. Building on that, **in 2019, the MitoMouse project was successfully funded, raising a new record of \$77,625** for key research. MitoMouse focuses on improving the effectiveness of the therapy so that all 13 mitochondrial genes can be copied.

If successful, the team will then go on to create animal models of mitochondrial diseases and use their therapy to cure them. This will be a critical step on the road to developing a therapy that directly addresses this hallmark of aging.

We are very proud to have played a vital role in getting MitoMouse funded, given how impactful it could be. This is one of the many examples of how Lifespan.io is helping to foster scientific research and breakthroughs.



**CONSIDERING CROWDFUNDING YOUR RESEARCH?**

Let us know at [info@lifespan.io](mailto:info@lifespan.io)



**MMTP**  
MAJOR MOUSE TESTING PROGRAM  
HTTP://MAJORMOUSE.ORG  
CROWDFUNDING CAMPAIGN

lifespan.io

sens research  
foundation  
reimagine aging  
Mitochondrial Repair Project

Age  
Meter  
Biomarker Scan



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2019**

ctrl

ALT

delete



OncoSENS



**NAD+**  
MOUSE  
PROJECT

TARGETING  
SENESCENT CELLS  
With synthetic biology  
CellAge


sens research  
foundation  
reimagine aging  
Mitochondrial Repair Project 2

Age  
Meter  
Biomarker Scan



**ACCELERATING RESEARCH  
TO END AGE-RELATED DISEASES**

sens research  
foundation  
reimagine aging  
Mitochondrial Repair Project

TARGETING  
SENESCENT CELLS  
With synthetic biology  
CellAge

sens research  
foundation  
reimagine aging  
Mitochondrial Repair Project 2

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OncoSENS



**NAD+**  
MOUSE  
PROJECT



PHOTOGRAPHIC  
AGING CLOCK  
IN MICE

**MMTP**  
MAJOR MOUSE TESTING PROGRAM  
HTTP://MAJORMOUSE.ORG  
CROWDFUNDING CAMPAIGN

lifespan.io

sens research  
foundation  
reimagine aging  
Mitochondrial Repair Project

Age  
Meter  
Biomarker Scan



**Lifespan.io**





## EARD 2019 CONFERENCE

ELENA MILOVA

Hi there! It is Elena again. Science does not only happen in the lab, it happens whenever and wherever inquisitive minds meet to exchange information and cross-pollinate. Many times when I attended scientific conferences, I saw seeds for innovation being planted during a Q&A section or after a friendly handshake over a coffee. Maintaining this process is an important part of our activities, which is why we host our annual scientific conference, Ending Age-Related Diseases: Investment Prospects and Advances in Research (EARD).

Last year's one-day conference, planned and supervised by my colleague Javier Noris, was a success, with over 150 people participating and truly stellar speakers. In 2019, I took over the organization of our conference to allow Javier to focus on the development of the Longevity Investors Network. He remained a valuable advisor for the program, together with our VP Oliver Medvedik and Editor-in-Chief Steve Hill.

I extended the conference to run for two days, and this year, we focused on four key areas: biomarkers, fundamental research, translational research, and investment issues. Each section included exceptional researchers and industry experts. The keynote talks were delivered by Dr. Aubrey de Grey (SENS Research Foundation) and Dr. Ron Kohanski (NIA). The list of partici-

pants included world-renown experts in the field such as Dr. Maria Blasco (CNIO), Dr. Qingsong Zhu (Insilico Medicine), Dr. Kelsey Moody (Ichor Therapeutics), Dr. Gregory Fahy (Intervene Immune), Dr. Vera Gorbunova (University of Rochester), Dr. Vadim Gladyshev (Harvard Medical School), Dr. Morgan Levine (Yale School of Medicine), Joe Betts-LaCroix (YCombinator, VIUM), and many others.



*Dr. Greg Fahy speaking at Ending Age-Related Diseases 2019*

We are proud to say that the results of Dr. Fahy's successful pilot trial to reverse human aging through a combination of therapies were [first reported at our 2019 conference!](#)

In addition to the main program, Dr. Kelsey Moody of Ichor Therapeutics hosted a workshop, Developing a Biotechnology Startup in the Rejuvenation Field, on the day before, and he generously donated the funds from this workshop to Lifespan.io.

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It is no surprise that **all the tickets were sold out** a few days before the conference, and we even had to turn away some people at the door due to the capacity limit of the Frederic Rose Auditorium at the Cooper Union. However, everyone interested still got to see the talks, just a bit later.

It is our custom to record the conference and share the recordings publicly if they have been approved for publishing by the researchers. Our collaborator for the recordings, Tim Maupin (who, by the way, is an amazing filmmaker and [prize winner of a competition for longevity movies](#)), produced high-quality material. We got the talks and panel discussions released [on our YouTube channel](#) over the next few months, where you can still see them if you are curious.

This conference and its **educational impact of over 50,000 views on social media** could never have happened without the support of our [Lifespan Heroes](#) and sponsors.



*"A perfectly sized event with exceptional speakers and flawlessly ran, ideal for learning the latest in the longevity field, both on the scientific and investment side of things. Also, great for networking and connecting with fellow longevityists. Well done Lifespan team!"*

- Maria Entraigues Abramson, SENS Research Foundation



*Keith Comito, Aubrey de Grey, Maria Blasco and Oliver Medvedik at EARD2019*

I am also very grateful to our team and devoted volunteers at Lifespan.io, who put a lot of effort and creativity into making it a success. It is a pity that I could not attend the conference myself, but I had a speaking engagement at Geek Picnic in Moscow just one day afterwards.

I want to offer a huge thank you to our vice president, Dr. Oliver Medvedik, for being a wonderful host and for his devotion, and to communications manager Christie Sacco who served as an on-site supervisor of the conference and who did a fantastic job fulfilling all the numerous tasks that I dropped on her shoulders.

Next year, we will be moving to a larger conference room, and I hope it will be able to accommodate everyone interested in longevity science.

**CURIOUS ABOUT OUR ANNUAL CONFERENCE?**

Learn more at [www.lifespan.io/conference](http://www.lifespan.io/conference)





## JOURNAL CLUB

OLIVER MEDVEDIK

Hi, I am Dr. Oliver Medvedik, Vice President of Lifespan.io and Director of the Maurice Kanbar Center for Biomedical Engineering at The Cooper Union. As part of my work at Lifespan, I host our monthly scientific Journal Club, a livestreamed educational program where I review the latest and most exciting research papers focused on aging.

Out of all the Journal Clubs thus far, the one I enjoyed the most went through [a Castillo-Quan paper](#) from 2019, "A triple-drug combination targeting components of the nutrient-sensing network maximizes longevity". As a result of a complex intervention, *Drosophila* lifespan increased by 48%, and I was very curious

to investigate how exactly it was achieved. This paper presents compelling evidence that future treatments would most likely involve a multi-factorial approach towards treating aging and diseases of aging, with synergistic effects from multiple compounds that target several pathways.

One of the goals of the Journal Club is to get budding scientists excited about aging research, and publicly discussing this kind of scientific work is one of the best ways to do that. It also provides deeper insight into this field of research for members of our community who follow these developments closely and want to understand the science behind rejuvenation therapies. The livestreaming format, using platforms such as Zoom and Facebook, encourages audience interactions, as our viewers get to discuss the research with me in real time as well as with the other guests on the show.

Launched in May 2017, **the show reached a total of 32 episodes by the end of 2019**, and they can be viewed at any time on our [YouTube](#) and Facebook pages.



*"Journal Club is one of the best formats to dive into real modern science and see a whole path of new scientific discovery. Besides, during the discussion of the work done by other groups, you can often get an insight or a new idea for your own project. In this way, such a format boosts scientific creativity and the accumulation of new groundbreaking findings."*

- Dr. Alexander Tyshkovskiy, Harvard Medical School

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## LONGEVITY INVESTOR NETWORK

JAVIER NORIS

I am Javier Noris, board member and part of the outreach team at Lifespan.io. My main focus is currently on building an investment ecosystem in the longevity sector. I believe that an important part of the fight to change public opinion of rejuvenation biotechnology and ultimately overcome many of the scientific hurdles that we face in the longevity sector will be driven by some of our early successes in the clinic.

In order to speed up the process by which we achieve our first big 'winners' in the longevity sector, we need to focus on providing more capital to early-stage companies throughout the preclinical process and as they transition into clinical trials. My main focus this year has been on the Longevity Investor Network.

### WHAT IS THE LONGEVITY INVESTOR NETWORK?

The Longevity Investor Network is an informal group of investors who are interested in investing in longevity companies, and it gathers once per month to hear pitches from two promising longevity companies.

#### *Our main goals with each meeting are to:*

- Connect companies and investors that otherwise might not have been introduced to each other.
- Build an easy on-ramp into longevity investing for investors who are interested in learning about this sector.

- Create a community for investors to collaborate with each other and learn from each other.

We are well on our way to becoming, if we are not already, the best place in the world for any longevity company to access capital and meet investors.

### Our Process

1. Meet with and identify the most promising longevity companies in the world
2. Invite them to present to the network
3. Prepare a data room with relevant investment information that our investor members can review ahead of each call
4. Host our monthly meetings where investors get to hear companies pitch and ask them questions
5. Send out company information to investor members and have them reach out to companies after the meeting if they are interested in pursuing further conversations; we are not involved from this point onwards

### 2019 IN REVIEW

11

pitch sessions throughout the year

18

longevity companies were given the opportunity to present to our group

35

new investors were recruited, vetted and added over the calendar year to the network (50 to 85 members)

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### CHANGES FROM 2018

One of the things that we tried to improve from 2018 was to provide more comprehensive diligence and data room materials prior to each meeting.

In 2018, we included pitch decks only in our data room ahead of each call. Starting in April 2019, we began to craft a diligence fact sheet as well as a diligence questionnaire and included these documents in the diligence data room. These documents include important information, such as deal size, valuation, previous fundraising history, and 15-20 questions derived from the pitch deck in order to dive deeper into the company. This has proven useful so that investors can access this information at a moment's notice, and we plan to continue this process moving forward.

### LOOKING FORWARD TO 2020

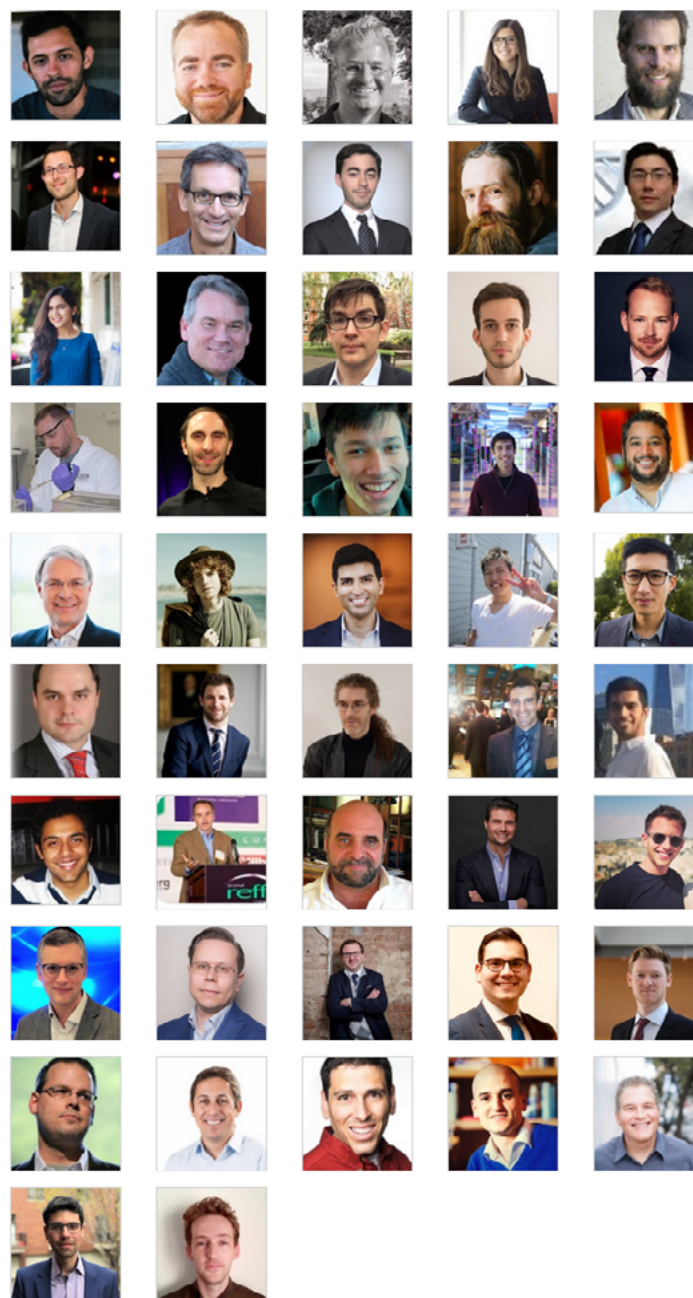
One of the things we will begin to explore moving into 2020 is how we can make this initiative self-sustainable and continue to increase investor engagement throughout the network.

If you are interested in joining, please let me know at [javier@lifespan.io](mailto:javier@lifespan.io).



*"In this fledgling field of investment, it is crucial to have network hubs and multipliers. The Lifespan.io Longevity Investor Network fulfills both roles in a splendid way. Their matchmaking function is indispensable and highly appreciated."*

- Patrick Burgermeister, Partner at Kizoo Technology Ventures



Members of Longevity Investor Network

# ANNUAL REPORT 2019





## INVESTING IN LONGEVITY

KEITH COMITO

As part of our mission to build a thriving and impactful ecosystem of longevity-focused companies, we at Lifespan.io are providing direct support to promising startups in the sector. As of 2019, Lifespan.io is invested in the following companies:

**Centers for Age Control** founded by Harvard University graduate, entrepreneur Elliott Small is the creator of the AgeMeter® functional biomarker measurement device, a successor to the H-SCAN Functional Age Test introduced in 1990, which has the capability of testing numerous functional biomarkers of aging, such as memory, reaction time, hearing, agility, decision speed, and lung function.

Many laboratories have published results indicating the reversal or delay of various biomarkers of aging in model organisms and human cells, including cellular biomarkers, such as telomere length, epigenome methylation status, and expression of proteins specific to senescent cells, as well as morphological and functional tests, such as appearance, gait and balance, and memory tests. Thus far, however, there has been no fully integrated approach that



***"For PGP, supercentenarian, aging reversal studies, and everyday wellness, we need cost-effective, standardized, quantitative insight into a diverse set of physiological measures. The AgeMeter can help us get there."***

— Dr. George Church, Harvard Medical School

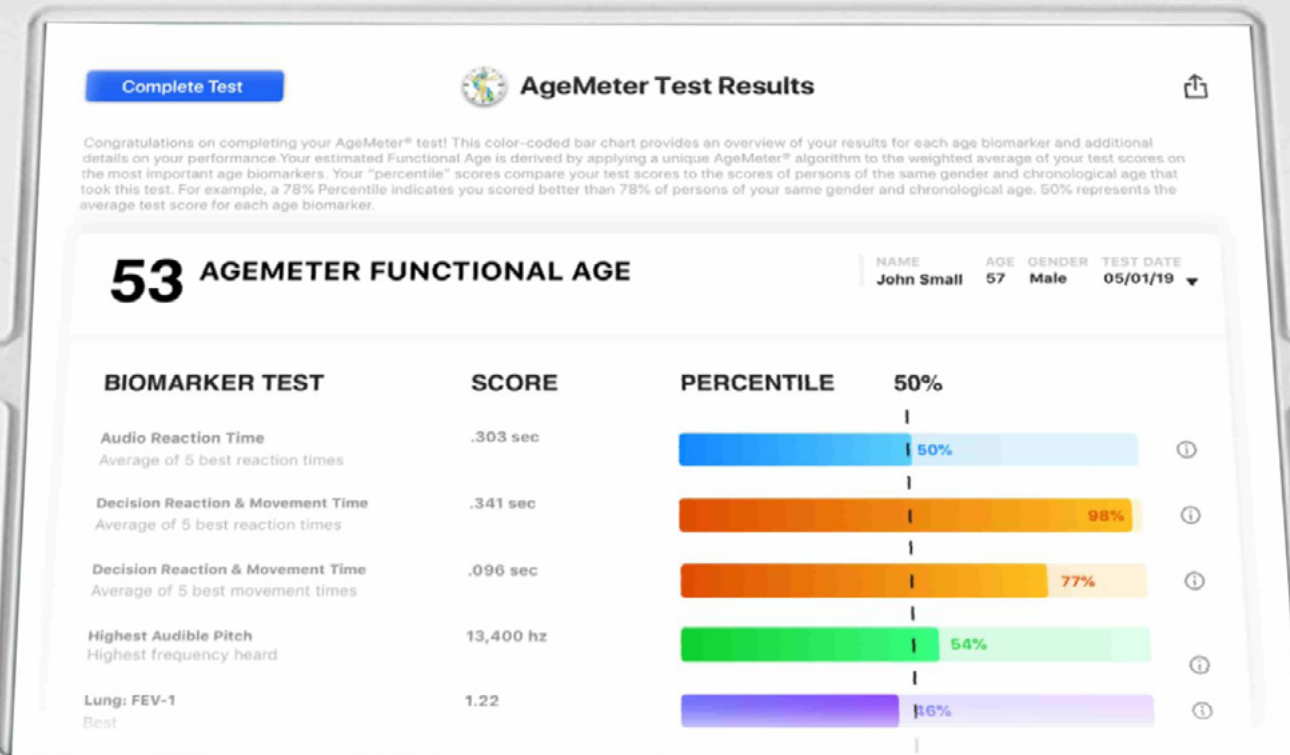
can easily collect a variety of different data points from human participants, reliably correlating the output to functional age and comparing this against chronological age.



The AgeMeter® measures these functional biomarkers of participants, estimating the age at which a person physically functions, enabling researchers to validate measurements from genetic and biochemical aging interventions and reliably compare results across subjects, studies and approaches.

Lifespan.io strongly believes that democratizing access to biomarker testing will be an important component to overcoming age-related disease and improving general health, and we also believe that physiological biomarkers such as those tested by the AgeMeter have a higher likelihood of achieving mainstream adoption quickly.

It is for this reason that Lifespan.io crowdfunded the first version of the AgeMeter in 2017, alongside other physiological biomarker projects such as the Mouse-Age application by Youth Laboratories, which uses AI and computer vision techniques to determine the biological age of laboratory mice. We continue to support the project with expert advice.



*"As our tools for "omics" analysis of aging improve and gain such attention, we must not forget that functional measures of aging are every bit as important. A modern system of measuring cognitive functions that deteriorate with age would be particularly welcome."*

- Dr. Aubrey de Grey, SENS Research Foundation



**Novos** is a public benefit corporation founded by Chris Mirabile and Dr. Kris Verburgh, MD. It is creating evidence-driven dietary supplement products that target multiple aging pathways simultaneously.

Novos' products:

- are formulated by a group of the world's most renowned experts in the aging field
- are focused on nine mechanisms of aging to leverage synergistic effects
- combine GRAS ingredients that extend lifespan in various organisms and which show beneficial effects on aging in humans



Despite recent progress towards understanding aging, there are hardly any effective, science-based anti-aging nutraceutical products on the market. Most so-called "longevity supplements" are based on outdated ideas of aging, such as the idea that antioxidants slow down aging, or contain ingredients that have not been shown to impact human lifespan.

Others contain one or two ingredients that might extend lifespan, but they only target a single aging pathway and are likely to have only a minimal overall effect. A much better longevity supplement would contain many ingredients that simultaneously work on multiple causes of aging, resulting in synergies that are greater than the sum of their parts. This is what Novos is working to achieve, creating a nutraceutical product that actually impacts aging and getting it into the hands of as many people as possible.

We at Lifespan.io are passionate that, while more comprehensive therapies will be needed to fully overcome the diseases of aging, there is much benefit to be gained in the near-term by effectively testing and leveraging combinations of safe dietary ingredients.

Furthermore, as a public benefit corporation, Novos is committed to reinvesting a percentage of profits into iteratively testing and reformulating its products based on the latest research, so it is aligned with Lifespan.io's core mission of advancing therapies to overcome age-related disease.



**NOVOS Founders Dr. Kris Verburgh, MD  
and Chris Mirabile**



*"The NOVOS formulation is informed by science and is the current state-of-the-art in longevity supplements."*

- João Pedro de Magalhães, University of Liverpool



# **ADVOCATING FOR RESEARCH ON AGING**



## XPRIZE: FUTURE OF LONGEVITY

KEITH COMITO

At the Undoing Aging 2019 conference, we met Samuel Blake, Prize & Impact Designer of XPRIZE, who conducted interviews with industry experts to then use their remarks for the initial stage of developing a project focused on aging and rejuvenation.

We shared our vision, and a few weeks later, we were invited to join the working group on April 29-30, 2019 at XPRIZE headquarters in Culver City, CA. I was honored to join this gathering of the most prominent researchers and industry leaders in the field, including Steve Horvath, Greg Fahy, Sergey Young, Aubrey de Grey, Ray Kurzweil, Max More, and Natasha Vita-More, as well as various policy makers, journalists, and, of course, XPRIZE founder Peter Diamandis.

The purpose of the gathering was to brainstorm the most impactful and audacious XPRIZE contest ideas to overcome the negative aspects of aging and age-related disease. Participants were gauged on having clearly verifiable goals, the ability to catalyze new markets by targeting specific industry failures, and their projections of a telegenic vision of hope that the public can rally behind. **There were 18 selected concepts in total, including one that I put forth of meaningful physiological remediation of dementia by 2030.** I chose this because of the protracted emoti-



onal and economic damage caused by dementia, its position as an aspect of aging that everyone already believes needs solving, and because the existing system has failed to solve it for decades because many promising therapy angles have no traditional profit motive. Furthermore, success would be clear to validate, and curing it would create an amazing and hopeful narrative with which to enlist the entire world in overcoming all of the diseases of aging. **The group agreed, as my proposal to work on dementia was one of the two voted as most impactful and audacious, along with another proposal from Aubrey de Grey.**

Overall, the event was an extremely positive one — another clear marker that for whatever battles lie ahead of us to overcome the diseases of aging, some critical battles have already been won. Public perception in terms of the feasibility and desirability of positively affecting the aging processes is profoundly changing. Influential stakeholders and organizations such as XPRIZE are seeing that the time is now to drive forward a future in which diseases such as Alzheimer's are just a memory. Ten years ago, this would not have happened.

After the event, the draft roadmap was assembled, and it was shared with a larger group of industry experts, including my colleague Elena Milova. This second group's goal was to add the points that could have been overlooked and to perform detailed fact checking before the Roadmap was going to be published. We are glad to have contributed to this important project. [The Roadmap is now live on the XPRIZE website](#), and the project team is preparing the blueprint of the competition based on it.



A group of men are gathered around a table in a meeting room, engaged in a brainstorming session. One man is standing and gesturing while speaking to the others who are seated. The table is covered with papers, a green bottle, and coffee cups. The room has a green wall and a large screen in the background.

*Keith Comito, Aubrey de Grey, Kris Verburgh and others  
brainstorming at XPrize Headquarters.*



## FUTURE PLANS

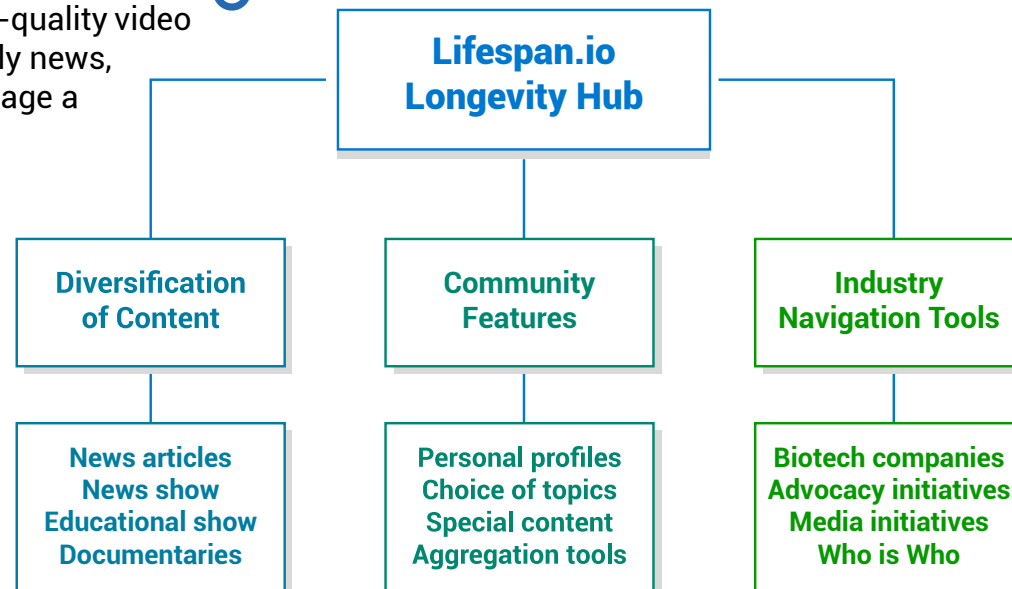
KEITH COMITO

While we have accomplished much this year, the arrival of therapies that can overcome the diseases of aging can not come soon enough. As such, we are planning to ramp up our various initiatives in 2020 to both support our existing community of researchers, investors, and advocates, as well as expanding this network with more public-facing outreach projects.

For this purpose, we will be building on our flagship news and crowdfunding platforms, integrating them into a unified hub that will provide additional news content, personalized settings, and expanded access to tools and data visualizations such as our Rejuvenation Roadmap. We will also continue to broaden our reach by bringing on staff to produce top-quality video projects, including documentaries, weekly news, and content specifically designed to engage a wider spectrum of the public in our field.

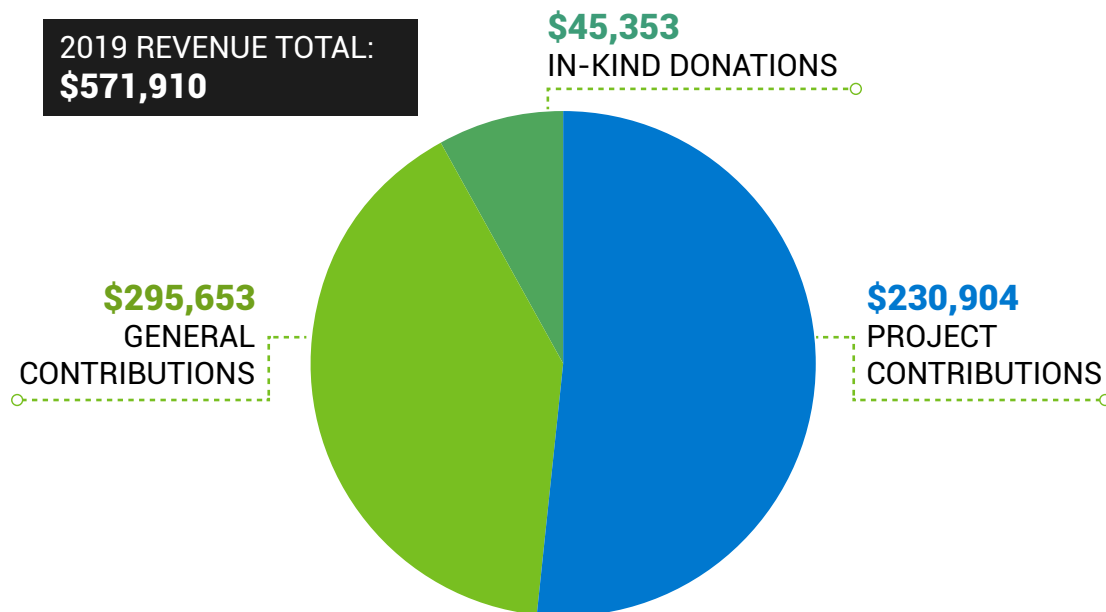
Capabilities will also be added to our crowdfunding platform and investment network so that an increase of stakeholder interest accrued from our outreach initiatives can more effectively translate to direct support of research. This will also involve expanding our successful annual conference and organizing additional events, both online and offline, including roundtables, workshops, and interviews on mainstream media.

There is reason to be hopeful that the pace of longevity research will accelerate in the years ahead, but we can not take this for granted. The time is fast approaching when we can successfully make the case that aging is a key factor in almost every disease, physical or mental, chronic or infectious. The sooner we can make that case to the world, the more lives we can save. We must work, together, towards extending healthy life for all.

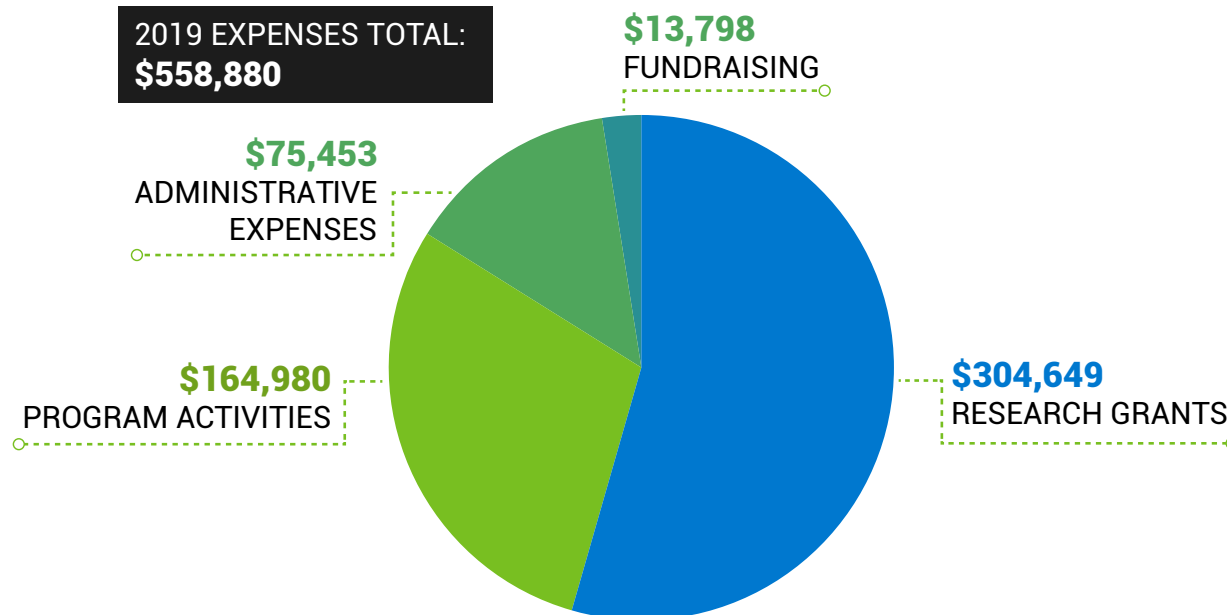


## FINANCES

2019 REVENUE TOTAL:  
**\$571,910**



2019 EXPENSES TOTAL:  
**\$558,880**





# OUR DONORS #1

Thanks to you, we at Lifespan.io are able to reach out to many people around the globe to give them hope for a world without age-related diseases. We are deeply moved by the faith that you put in our team, and we will keep working hard on promoting research on aging and educating the public about the benefits of rejuvenation biotechnology. Thank you!

Keith Comito, President

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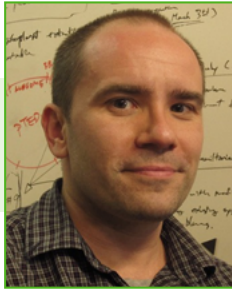


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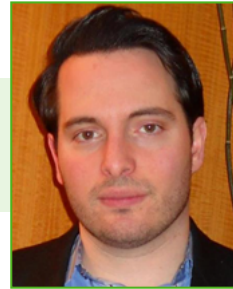
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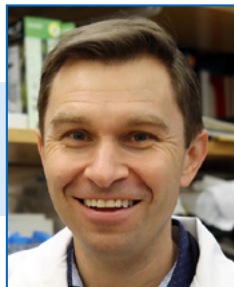
*"Longevity is a nascent industry with its own hurdles and peculiarities. Running a non-profit organization in this sector is a challenge. It takes courage, an open and flexible mind, profound knowledge, devotion, and hard work to succeed. I am happy to say that Lifespan.io board members possess those qualities."*

- Keith Comito, President



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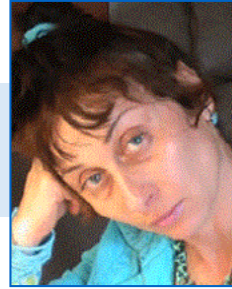
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*"The way public education on rejuvenation biotechnology is done depends on the scientific expertise available to an advocacy organization. We have been supported by renowned researchers of aging from the very beginning, which is a huge advantage."*

- Dr. Oliver Medvedik, Vice President

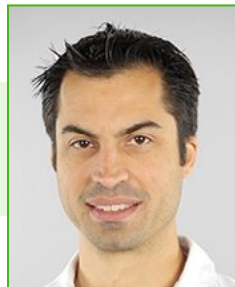
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*"Our time is extremely dynamic compared to previous decades. It is a privilege to be able to rely on the wisdom of our Industry Advisory Board for overcoming the new challenges that we are facing. We are also grateful for the valuable experience that the leaders of other prominent organizations in our field are sharing with us."*

- Elena Milova, Lifespan.io Board Member

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## STAFF



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Editor



**Nicola Bagalà**  
Staff Writer/X10



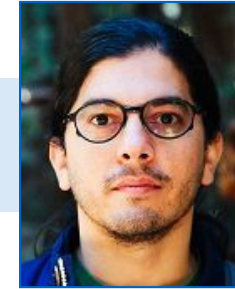
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*"Educating the public about the potential of rejuvenation biotechnology is not an easy task. What we have achieved in the last five years is mostly thanks to the exceptional team we have. Everyone is putting in all their effort and talent. Not only is the team working hard - it is working smart! That is where our successes come from."*

- Steve Hill, Lifespan.io Board Member



## WANT TO HELP?

At Lifespan.io we are doing our best to help people learn about rejuvenation research, but there is so much more we can do together as a community! Check out the ways to engage at [www.lifespan.io/support](http://www.lifespan.io/support).

### VOLUNTEER

[lifespan.io/volunteer](http://lifespan.io/volunteer)

### TELL A FRIEND ABOUT US

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By supporting Lifespan.io with a donation, you are contributing to independent and fact-based news coverage and advocacy of longevity research! Here are a few ways you can make a gift to us.



### BECOME A LIFESPAN HERO

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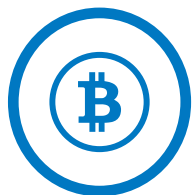
By mailing it to:  
Life Extension Advocacy Foundation  
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## OUR VISION

A world free of age-related disease in which all people are free to enjoy life without pain, and have time to realize their fullest potential.

## OUR MISSION

We work to promote a world free of age-related diseases by providing high-quality research news the public can trust, information policy-makers, doctors, and advocates can rely upon to build longevity-promoting healthcare systems, and an ecosystem where investors and researchers can coordinate their efforts to bring aging under medical control and see long-term returns for themselves and all humankind.



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Life Extension Advocacy Foundation, also known as Lifespan.io, is a 501(c)(3) nonprofit organization.

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