

**ANNUAL
REPORT
2020**

***FINDING
RESILIENCE
IN THE STORM***



Lifespan.io

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Letter from the President



Keith Comito [President Lifespan.io](https://lifespan.io)

It is no secret that 2020 has been a challenging year for the world. What we have historically called age-related diseases— such as Alzheimer's, heart disease, and cancer— continue to cause untold suffering, taking over 100,000 lives every day. Beyond this, the COVID-19 global pandemic has changed us all in profound ways, and serves as a powerful reminder that almost everything in life is affected by aging, and, therefore, can be improved by mitigating its negative biological consequences.

At Lifespan.io, we have always put front and center the importance of informing, engaging, and inspiring the public towards meaningful action to overcome the diseases of aging, and the current situation is no different. Age is the single greatest risk factor for COVID-19, and this highlights yet again the pervasive relevance of our work. We must continue to improve upon our growing understanding of the root mechanisms of aging, translate the knowledge we have into effective therapies, and create standardized metrics which will allow us to make the value proposition of such work undeniable to investors, policymakers, and the public at large.

Since our founding in 2014, we have built up a social media community of over 170,000 people, and have reached over 12 million people with our various forms of education and outreach, such as news articles, videos, and crowdfunding campaigns. During this same period of time, polling data from organizations such as Pew Research and YouGov show a marked increase in the percentage of the US population in favor of life extension - from below 40% in 2013 to over 60% by the end of 2019. I strongly believe these metrics are related, and that our work to galvanize the public has catalyzed this shift in public perception.

Accordingly, we have redoubled our collective efforts in 2020. We have added additional writers to our news outlet team, improved community tools like our Rejuvenation Roadmap and Covid-19 Intervention Roadmap, and launched several new content series on YouTube, such as Lifespan News, Science to Save the World, and Lifespan Documentaries. We have also completed merging our news outlet and crowdfunding platform into a new unified Lifespan.io website, strengthening our overall reach and allowing us to crowdfund more ambitious projects, such as a landmark human rapamycin study we are targeting for 2021.

As you will read about in the details of this report, this year, we have also grown in our role of ecosystem-building and sensemaking for the longevity research field as a whole. We have expanded our Longevity Investor Network, prioritized raising awareness of longevity research among the press, and participated in cross-organizational initiatives working to lay the groundwork for future policies that could drive our field forward exponentially.

And accelerate the pace we must. As the demographics of the global population grow older, we must deliver meaningful increases in healthy life. By achieving this "Longevity Dividend," we will not only promote positive effects at the personal level but also support the socioeconomic sustainability of the world. By mitigating the ill effects of aging, so too will we fight pandemics - reducing rates of transmission and improving the efficacy of vaccines through better immune systems, lessening economic damage through reduced lockdowns, and creating therapies needed to repair the damage caused to those who survive, such as lung fibrosis.

Furthermore, these focal points allow our field to meet the present moment in all ways: recognizing the voices that tell us it is not okay for society to sacrifice the souls of our elderly, and the echoes of the past that tell us the burdens of an aging population are disproportionately borne by women, by minorities, and by the poor.

As we move forward in bringing true and lasting health to as many as possible, we do so in solidarity with all humankind, as there is no person on earth who does not stand to benefit from overcoming the diseases of aging.

It is in our power to build this future if we stand together, and I look forward to standing with you.

Thank You,

Keith Comito

*"It's in our power
to build this future
if we stand together,
and I look forward
to standing with
you."*

What have we achieved with your generous support?



\$ 405,000 +

CROWDFUNDED FOR AGING RESEARCH



1,211

ARTICLES WRITTEN ON AGING RESEARCH



3

*LARGE SCALE SCIENTIFIC
CONFERENCES ORGANIZED*



30

*SPEAKING ENGAGEMENTS FOCUSED
ON REJUVENATION RESEARCH*



8

RESEARCH PROJECTS SUPPORTED



14,000,000

PEOPLE REACHED ON SOCIAL MEDIA



55 +

*RESEARCH PROJECTS TRACKED
ON THE REJUVENATION ROADMAP*



31

*PITCH MEETINGS OF OUR
LONGEVITY INVESTOR NETWORK*

**OUTREACH &
EDUCATION**

News Outlet



Steve Hill Editor In Chief

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

2020 was an eventful year for Lifespan.io and saw a tremendous amount of growth and an expansion of our activities, moving us towards becoming an important news and educational outlet.

Despite the challenges the scientific community has faced due to the global pandemic, we have continued to grow and develop. I am very happy to be able to share this journey with our community and give some insight into the development of [our news outlet](#) this year.

A YEAR OF GROWTH

2020 was a year of huge traffic growth for us. No doubt some of this was fuelled by a general increase in screentime among people across the world due to COVID lockdowns, but it also reflects a rising interest in the topic of increasing healthy longevity.

Despite the pandemic, it was also a good year for research in our field, and we published a total of 396 news stories covering aging research during this period.

As our top five audience locations show, our news reached a widespread audience. After all, aging is a global issue that affects all demographics!



1. USA



2. UK



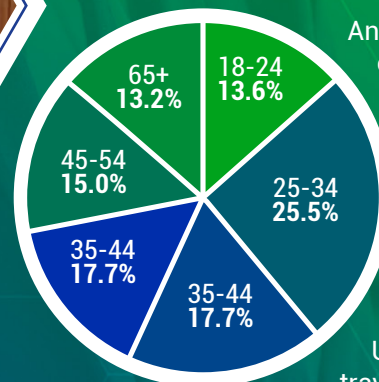
3. INDIA



4. CANADA



5. AUSTRALIA



And when it comes to the age ranges of our readers, we see a fairly even spread among age groups including those in the younger age brackets. It is great to see that the field is attracting such a broad audience that includes a variety of age groups.

A CHALLENGING YEAR FOR A LONGEVITY JOURNALIST

Unlike the previous year, which was filled with traveling to conferences and conducting many in-person interviews, 2020 stood in stark contrast and was a real challenge for those of us working in journalism. The global pandemic has meant that most of us have had to adapt to a "new kind of normal," and while we were disappointed not to be covering the conferences this year, the Lifespan.io news outlet rose to the challenge.

Despite 2020 putting a damper on many other industries and sectors, it was actually a fairly productive year for aging research. The connection between COVID-19 and aging, namely, the fact that one's age is by far the highest risk factor, drove an enormous amount of attention to our field and fuelled many new publications.

Also, the rapid development and deployment of new mRNA vaccines for COVID has almost certainly changed drug discovery forever and could pay dividends down the line when it comes time to implement that technology in the context of increasing human longevity.

In response to the volume of new research being published in 2020, we opted to increase our news team and took on professional journalist Arkadi Mazin, and researchers Drs. Sedeer el-Showk, and Greg Gillispie.

Arkadi studied economics and international relations. He has an interest in the social aspects of increased longevity and life extension as well as practical development and application. Arkadi is a fast learner, and his knowledge of aging research has expanded rapidly. Combined with his journalism background, he is a stellar addition to the team.

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"Despite the pandemic, it was also a good year for research in our field"

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Sedeer holds a Ph.D. in biology and is an experienced science journalist, making him an ideal fit for the writing team at Lifespan.io. Coming from a more general biology background, the field of geroscience and life extension was somewhat new to him, but I am glad to say that he has quickly gained robust expertise, and his writing and work on the X10 show have been superb.

Greg is a recent graduate from the Wake Forest Institute for Regenerative Medicine and was the last to join the expanded news team. When he joined us, he already had an interest in the potential for healthy life extension and brought with him a wealth of knowledge from the tissue engineering field. Greg also works in a research lab studying stem cell regeneration and cellular senescence, which gives him an excellent understanding of the practical challenges researchers face. He has been a very valuable addition to the team.

The result of the onboarding and training this year has been a news team I can depend on to report the facts, remain scientifically grounded, avoid overpromising and hype, remain aware of personal bias, and report the news honestly, whether good or bad. These are the cornerstones of good journalism, and we will continue to hold ourselves to them.

All things considered, while 2020 has been a challenging year in many professional respects, it has been a great opportunity to expand our news outlet in preparation for a new and hopefully better year where travel and journalism can begin again.

REJUVENATION ROADMAP

At the end of 2018, we launched the Rejuvenation Roadmap, a curated database of the many therapies being developed to directly address aging and age-related diseases. The project was designed to help people stay informed about aging research in a visual and easy-to-understand style.

The Roadmap is currently tracking over 100 companies/drugs in an effort to visualize progress in this complex field. During 2020 we added an additional 14 promising projects to the roadmap and started to track their progress.

JOURNAL CLUB

Journal Club is a live-streamed educational show hosted by Dr. Oliver Medvedik which reviews the latest and most exciting research papers.

"The Rejuvenation Roadmap is currently tracking over 100 companies/drugs"

The show serves to get more biology and medical students excited about aging research, as well as provide insight into the research for those members of the community following developments closely and who want to understand the science behind it. The format encourages interaction as the viewers get to discuss the research with Dr. Medvedik as well as the other guests on the show.

First launched in May 2017, the show was on its 44th episode by the end of 2020, which can all be viewed anytime on our Youtube and Facebook pages.



Dr. Oliver Medvedik



Greg Gillispie

LifeXtenShow (X10)



Nicola Bagalà | Producer X10

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I'm Nicola Bagalà, the producer of [LifeXtenShow](#) ('X10')- your one-stop YouTube show for all things life extension, as our catchphrase goes.

For good or bad, 2020 has been a transformative year for everyone, and X10 was no exception. Our show is undergoing a planned transition from being part of Lifespan.io's main channel to becoming its own show with its own channel. In the process, our team was reshuffled, our graphics style went through a significant revamp, and we introduced brand-new types of content.

X10 episodes aired on Lifespan.io's channel twice a month throughout the first half of 2020, bringing the show's grand total to thirty-three episodes. As the thirty-third episode aired, the show went on hiatus as we prepare for the launch of X10's new channel in early 2021. However, that doesn't mean we've been sitting still for half a year- in fact, that was the start of our busiest phase.

As X10 temporarily wound down, [Lifespan News](#) (or LSN) came along. Hosted by our new volunteer Brent Nally, Lifespan News has been bringing our growing audience the latest news in the field of aging, rejuvenation, and longevity, and it will continue to do so next year, too, when it will merge with X10 on the new channel. A longtime member of the longevity community, Brent has been every bit as dedicated to LSN as he is to our cause in general. LSN began airing in the summer, and now that the year is drawing to a close, we've published over twenty episodes, and we plan to keep up that weekly pace.

Meanwhile, Sedeer el-Showk joined the team as a science writer and co-host of X10 episodes. With his Ph.D. in biology and experience in journalism, Sedeer has provided immense value to new X10 episodes. And he's a pretty nice guy, too.

You can visit [our channel here](#), and while you're at it, maybe subscribe? We're looking forward to seeing you there.

"LSN began airing in the summer, and now that the year draws to a close, we've published over 20 episodes"



Brent Nally



Sedeer el-Showk

Science To Save The World



Tim Maupin | Producer StStW

Hi, I'm Tim Maupin, producer and director of *Science to Save the World* (StStW), a video series highlighting organizations using science to tackle the most challenging problems of our time. The focus of Science to Save the World is exactly what the name would lead you to believe: each video asks the viewer, "can this specific new technology save the world in this specific way?" or "can you help save the world by doing X?" Using this as a hook, the series explores various science and technology topics that are geared towards helping humanity and the world at large, and have the potential to bring about revolutionary change. Life extension topics are, of course, included in the mix.

StStW officially launched in May of 2020 and has produced bi-weekly videos ever since, producing a total of 16 episodes in 2020. Initial graphics and art were developed from scratch, as well as a concept launch video. The series also includes a 'season finale' that goes beyond the show's typical format by including interviews, footage recorded onsite at the focus organization, and a longer run time.

At the end of 2020, the series had over 5,000 followers on [Facebook](#), paving the way for even more robust growth next year. With additional support in 2021, we plan to release more frequent content around the principal episodes, hire more writers to increase topics and variety of styles, and expand our social media integration.

Facebook is StStW's primary focus, as we feel the video style is best suited to this platform, yet we plan to work to increase our YouTube presence and Instagram following. A Patreon site is also in the works to help gain needed support to grow resources for a more extensive pipeline. We plan to directly integrate longevity science videos into 2021's slate to help spread more of Lifespan.io's core mission throughout this new and growing following.

Subscribe to Science to Save the World on your favorite social media channel to learn more about how you can help drive pivotal positive change.

"StStW, a video series highlighting organizations using science to tackle the biggest problems of our time"





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**SUPPORTING
RESEARCH
ON AGING**

Ending Age Related Diseases Conference 2020 (EARD)



Elena Milova Chief Operating Officer

ANNUAL
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Hi, I am Elena Milova, the Chief Operating Officer at Lifespan.io. Apart from assisting the Board of Directors in building our non-profit company, I am overseeing the preparation of our annual Ending Age-Related Diseases Conference and various outreach projects. Let me tell you about this event and what we are trying to achieve.

THIRD ANNUAL ENDING AGE-RELATED DISEASES 2020 CONFERENCE

When we organised our very first conference in 2018, we did it with the understanding that the most innovative science often begins outside the lab. An interactive space is fertile ground for new ideas and eureka moments: anything can be the trigger— an insight during a colleague's presentation, a short conversation over coffee, a joke, a hint of encouragement from a mentor. Increase the concentration of the right ingredients in one place, and you will get a more active chemical reaction. That is exactly the environment that we want to create by bringing the best minds in the longevity industry together.

As the COVID-19 pandemic hit and our planned venue closed its doors in March, we decided to reinvent the conference as an online event in a way that preserves these ingredients. Luckily, our speakers trusted our vision and confirmed their virtual participation.

As usual, we focused on 4 key topics: biomarkers of aging, fundamental research, translational research, and investment. Each section included exceptional researchers and industry experts. The keynote talks were delivered by Dr. Aubrey de Grey of SENS Research Foundation and Dr. Brian Kennedy of the National University of Singapore.

The list of participants included true luminaries of our field such as Dr. Lorna Harries (University of Exeter), Dr. Steve Horvath (UCLA), Dr. Judith Campisi (the Buck Institute for Research on Aging), Dr. Alexey Moskalev (Russian Academy of Science), Dr. Irina Conboy (UC Berkeley), Dr. James Kirkland (Mayo Clinic), Hanadie Yousef (Juvena Therapeutics), Reason (Repair Biotechnologies) and many other brilliant researchers. The section on investment hosted reports by David Gobel (Methuselah Foundation), Sergey Young (Longevity Vision Fund), Dr. Alexandra Bause (Apollo Ventures), and our own Javier Noris (Longevity Impact Fund, Lifespan.io).

Despite the lack of physical presence, the switch to a virtual conference also had its benefits. The online format allowed us to amplify our regular program with the Lifespan Factory, a section of on-demand content that participants were able to watch anytime during the conference and up to two weeks afterward. This allowed more research groups and biotech companies to participate and present their work to the public.

In order to enrich our perspective on the development of rejuvenation biotechnology, this year, we included several interviews in the conference program. Our guests were Dr. Ron Kohanski of the NIA, public health advocate Daria Khaltourina (ILA), futurologist David Wood (Longevity Futurists), biohacker Stanislav Skakun (Biodata Project), Dr. Mair Underwood of the University of Queensland, and investor and active proponent of longevity research Michael Greve (Forever Healthy Foundation).

"..because of the state restrictions, we had to reinvent the conference as an online event."

Last but not least, we hosted several panel discussions that touched on a number of important topics, ranging from the biomarkers of aging and how to accelerate human rejuvenation trials to public perception of aging and the role of media in growing the longevity community. As usual, the recordings of the conference are released on our [YouTube channel](#), further contributing to educating the public about rejuvenation research.

This conference could never happen without the support of our Lifespan Heroes and our sponsors. I am also very grateful to our in-house team and our devoted volunteers at Lifespan.io that put a lot of effort and creativity into making this conference a success. Despite the pandemic, the audience of the conference quadrupled compared to last year! Bringing all aspects of the field together to collaborate and learn from each other is central to our mission, and we are proud and grateful to be able to share this event with all of you.

We don't know yet what to expect in 2021. If we are lucky, we may be able to return to a physical event, but if the pandemic goes on, we will be hosting the EARD conference online once again to help longevity enthusiasts around the globe meet to discuss breakthroughs in longevity research from the safety of their homes.

Learn more about our annual Ending Age-Related Diseases Conference [here](#).

Crowdfunding Campaigns



Keith Comito [President Lifespan.io](https://lifespan.io)

At Lifespan.io, one of our core missions is to help critical aging research projects traverse the entire pipeline of development, from initial ideation all the way to the release of a publicly available therapy. Within that process, one of the most critically underfunded and vitally important areas is early-stage proof-of-concept studies. This is the area that we have targeted with our crowdfunding initiatives, and where our community can make a massive difference.

Since launching in 2015, the Lifespan.io crowdfunding platform has become a key tool for researchers in overcoming this hurdle, raising over \$400,000 to support eight projects thus far, including the 2019 MitoMouse project from the SENS Research Foundation which raised a total of \$77,625, a new record for our organization. This project will build upon earlier work we helped to fund in 2015, aiming to back up all mitochondrial genes inside the cell nucleus and thereby directly address mitochondrial dysfunction, one of the well-known hallmarks of aging.

This year, our team has been hard at work laying the groundwork for a landmark trial that will examine the effects of Rapamycin on the healthspan and lifespan of humans. Rapamycin was the first molecule shown to extend the lifespan of mammals, even when administered late in life, and also has the potential to treat age-related diseases such as Alzheimer's and heart disease, and boost our immune system as well. Rapamycin has been shown to extend the healthspan of all organisms it has been tested on – mice, worms, yeast – for decades, and yet to date, there has been no trial to sufficiently demonstrate safety and proper dosing for this purpose in humans.

In the first half of 2021, we will be launching a crowdfunding campaign to help change this fact. With your help, we will be crowdfunding in support of the organization AgelessRX to conduct a large clinical trial named Participatory Evaluation (of) Aging (with) Rapamycin (for) Longevity Study, or PEARL. This will be the first study to see if Rapamycin works as well in humans as it does in mice regarding healthy longevity.

One of the most challenging stages for any research endeavor to push through is simply getting off the ground.

"One of the hardest times for any research endeavor is simply getting off the ground.."

By supporting crowdfunding initiatives such as PEARL, we all have the chance to make a meaningful difference towards overcoming age-related disease, no matter the size of your donation.

We are truly proud to stand shoulder to shoulder with you, as a crowd, in the service of compassion, overcoming the ill effects of aging, and increasing healthy human lifespan. I want to thank everyone who has supported our work

CONSIDERING CROWDFUNDING YOUR RESEARCH?

Let us know at info@lifespan.io



Longevity Investor Network



Javier Noris | Board Member Lifespan.io

ANNUAL
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Hello, I am Javier Noris, a board director at Lifespan.io. My work revolves around increasing access to capital for early-stage longevity companies.

It has become clear that in order to convince a capitalistic-driven world to support longevity companies at scale, we must achieve some degree of demonstrable commercial success. The most straightforward way of doing this is to have the first handful of longevity therapeutics reach end consumers with FDA regulatory approval.

If we are able to do this, then we should see an overwhelming amount of capital dedicated to our cause.

As a board member, I am currently focused on managing the Longevity Investor Network, and its related initiatives.

WHAT IS THE LONGEVITY INVESTOR NETWORK?

The Longevity Investor Network is a worldwide investor network whose aim is to support the development of longevity companies.

You can learn more about the network [here](#).

"If we are able to do this, then we should see an overwhelming amount of capital dedicated to our cause."

CHANGES FROM 2019

Last year, in 2019, we were still growing activity within the investor network. This year proved to be a tipping point for the network, and we began to see real deal flow convert to substantial capital deployed into longevity companies. We had 5 companies with confirmed investment from the network and expect to see increased involvement from various investor members moving forward.

We are establishing a better process for tracking companies and capital deployed and hope to perfect this and other processes in 2021. We have also begun working on several key initiatives that build on top of the work already done through the longevity investor network. We are hoping to announce some of these additional initiatives in 2021 and 2022.

2020 IN REVIEW

11

Pitch sessions throughout the year.

35

New investors recruited, vetted and added to the network (from 85 to 120).

24

Longevity companies were given the opportunity to present to our group.

5+

Companies received investment from the network.

Investing in Longevity

As a component of our mission to build a thriving and impactful ecosystem of longevity-focused companies, we at Lifespan.io provide direct support to promising startups in the sector. As of 2020, Lifespan.io is invested in the following companies:

NOVOS Labs

NOVOS is a public benefit corporation founded by Chris Mirabile and Dr. Kris Verburgh MD in 2019. It is creating evidence-driven dietary supplement products that target multiple aging pathways simultaneously. The company takes the quality and efficacy of longevity supplements to the next level.

Formulated by a group of the world's most renowned experts in the aging field, each NOVOS product is designed to address the 10 scientifically proven root causes of aging, from NMN supplements, epigenetics clocks, to formulations with 12 highly-effective longevity ingredients.

Chris Mirabile, CEO at NOVOS Labs:

"2020 was a busy year for NOVOS. In January, Novos closed its Friends and Family round of financing, which equipped its founders with the resources needed to lay the foundation for a successful launch in 2021."

Some of those foundational elements include multiple iterations of the NOVOS formulations, including internal R&D efforts, defining the brand - including the logo, brand kit, and website UI and design, creating the e-commerce site, building out the customer experience, designing and printing packaging, and executing on the initial manufacturing run of NOVOS Core and NOVOS Boost, to be available for pre-order in mid-December, 2020."

NOVOS also welcomed two new scientific advisors: Dr. Pamela Maher of the Salk Institute and Dr. Matt Kaeberlein of the University of Washington."

We at Lifespan.io are passionate about treatments with the potential to show meaningful benefits right now.

**"We at Lifespan
are passionate
about treatments
with the potential
to show meaningful
benefits right now"**



Keith Comito President Lifespan.io

As there are many dietary substances that have geroprotective potential, we strongly advocate for effectively testing and leveraging combinations of safe dietary ingredients to eventually be joined by drug-based and cell-based therapies to promote healthy life extension.

It is important to note that, as a public benefit corporation, NOVOS is committed not only to reinvesting a percentage of profits into iteratively testing and reformulating its products but also to supporting relevant education and advocacy initiatives in the longevity sector.

AgeMeter

Centers for Age Control was founded by Harvard University graduate and entrepreneur Elliott Small, to create and develop [AgeMeter®](#), a functional biomarker measurement device. The AgeMeter was [crowdfunded](#) in 2017 by Lifespan.io and has the capability to test numerous functional biomarkers of aging such as memory, reaction time, hearing, agility, decision speed, and lung function.

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.



AgeMeter®



**ANNUAL
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**ADVOCATING
RESEARCH
ON AGING**

Speaking Engagements



Keith Comito President Lifespan.io

Hi there! Keith Comito here again. Ever since the inception of Lifespan.io in 2014, we have been committed to letting the public know about the amazing opportunities that rejuvenation biotechnology offers, bringing more people into our field, and increasing our pool of potential collaborators and funding sources. This year was quite fruitful in this regard, both in terms of events hosted within our existing ecosystem, and engagements outside our traditional echo chambers.

COMMUNITY EVENTS

In January, I had the pleasure of joining longevity advocate, futurist, and journalist Mark Sackler on the [Seeking Delphi](#) podcast to discuss how progress in longevity research is contributing to creating a post-aging future. This panel discussion included Dr. Aubrey de Grey (SENS Research Foundation), Elizabeth Parrish (BioViva), and David Wood (London Futurists) and covered a wide range of topics, from hurdles in longevity advocacy, myths and biases that exist in public perception of aging research, to the potential economic benefits of keeping people healthy for longer and advantages of shifting the focus of the healthcare system to prevention.

Later in the year, Mark invited me to be on another panel that focused on how to market the idea of healthy life extension to the public. I was happy to join Aubrey de Grey (SENS Research Foundation), Nir Barzilai (Albert Einstein School of Medicine), Greg Grinberg (Actual-Food), and award-winning producer and screenwriter Steven Katz. It was interesting to remember the early days of the longevity movement and examine how the field has changed and developed. Discourse slowly incorporated first the early advocates, then the biogerontology researchers, and is now spreading towards the researchers of single age-related diseases and even infectious diseases like Covid-19. There is still much work to be done regarding broadening the coalition, but it is also important and motivating to recognize how far we have already come in such a short time.

"..we have been committed to letting the public know about the amazing opportunities held by rejuvenation biotechnology."

SPEAKING ENGAGEMENTS & INTERVIEWS: COVID-19'S RELEVANCE TO AGING RESEARCH

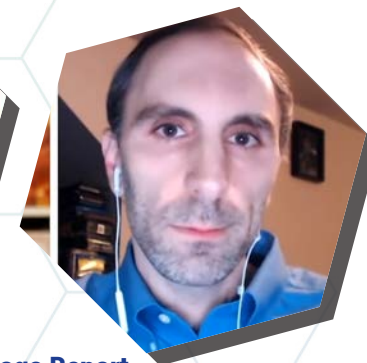
On May 08, 2020 I had the honor to chair Lifespan.io's live-streamed panel discussion [COVID-19, Aging, and the Future of Healthcare](#) with Dr. David Sinclair, Dr. Aubrey de Grey, Tina Woods, the leader of All-party Parliamentary

Group (APPG) for aging, former director of the NIA Dr. Felipe Sierra, and Dr. Daria Khaltourina, public health advocate supporting the introduction of aging as a disease into ICD-11. We discussed how even though aging is recognized as a risk factor for Covid-19, there is currently no sense of urgency to create therapies that directly target immune system aging, for example, even though such therapies could mitigate all future pandemics at once by improving immunity. Together, we brainstormed strategies on how to better present the value of defensive strategies like this to the public and to policymakers, which will no doubt factor into our plans at Lifespan.io in the near future.

This panel also served to naturally create opportunities to engage the wider media ecosystem, and on May 23 I was invited to discuss the relationship between aging and COVID-19 on the popular news program The Damage Report. During the episode [Truth Behind Greatest COVID-19 Risk](#) I was able to highlight how aging is the greatest risk factor for many diseases, chronic and infectious alike, and how preventative therapies which address the root causes of the aging process will benefit all members of society, regardless of political affiliations. This message was well-received, and the event is yet another testament to the value of leveraging the intersectional nature of our cause to educate and inspire the public.



Keith Comito on Damage Report



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Building upon this, in June, our Board member Elena Milova sat for an [interview](#) with Greg MustReader, a popular Russian futurist influencer expanding his content through his new US YouTube channel. The discussion was focused on transhumanism, life extension, and how to speak to the public with language that makes breakthrough ideas understandable.

Rounding out the year, I [spoke](#) at two events on the specific subjects of biomarkers, data standardization, and how improvements in these areas can contribute to unlocking the Longevity Dividend. The first was the Euro-symposium on Healthy Ageing (EHA), organized by HEALES on October 1st, the UN International Day of Older Persons. The second was a December 2nd panel discussion at the GIANT Health conference, together with Tina Woods (APPG), Adriane Berg (Kitalys Institute), Tõnu Esku (Estonian Biobank), and Michael Geer (Humanity Inc.).

Now that our work is able to garner increased attention from the public through events such as these, it is important for us to take seriously our role as thought leaders and sense-makers for the world on the subject of aging. Accordingly, our team at Lifespan.io looks forward to creating the absolute best content we can for you in the years ahead, and strengthening our relationships with popular media outlets, which will allow us to engage as many people as possible in this most vital of fields.



Greg MustReader with Elena Milova

Lifespan Docs



Tim Maupin Producer Lifespan Docs

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2020

Hello, I'm Tim Maupin, creator and director of a new video series here at Lifespan.io called Lifespan Docs. This series consists of short documentaries that explore conversations with interesting people as they describe why they would like to live longer.

These videos aim to get outside the longevity echo chamber and interview subjects who are not necessarily outspoken life extension supporters. The viewer listens along as real people who are passionate about life consider their own aging processes and are confronted with the reality of the limited time they have left. The goal is to emotionally engage viewers by focusing on the intimately personal aspects of how aging affects one particular individual's life. They are intended as a direct response to common arguments against the importance of longevity research, such as, "if I lived so long, I would get bored," or uninterested dismissals to the tune of "when it's my time, it's my time."

A secondary goal of Lifespan Docs is to illustrate how much society stands to benefit from the extended lifespan of people who are doing extraordinary work. In 2020, we shot the first episode of the series featuring Dr. Pat Wolffe of Meds & Food for Kids (MFK), a non-profit organization that helps malnourished children in Haiti. Dr. Wolffe discussed her deep-seated wish for more energy and longer life to continue her work and help more of the world's countless children in need. We released this episode at the end of 2020 to much positive feedback.

The second installation of Lifespan Docs was filmed in late summer of 2020, this time with Simon Cowell of Wildlife Aid Foundation. Simon has been on various animal television shows throughout his career and has spent his life working to save wild animals that have become trapped or endangered in human habitats. Simon explains how frustrated he feels as he is faced with the effects of aging, and his body can no longer keep up with his boundless passion for rescuing wildlife the way that it used to. This episode is set to be released in early 2021. For now, the COVID-19 pandemic has put additional production plans on hold, but as soon as shooting can take place safely, we will continue to drive this project forward. We are very excited about this series and the opportunity it presents to engage folks outside of the life extension community through powerful storytelling.

*"These interviews
aim to get outside
the longevity echo
chamber"*



**ANNUAL
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2020**

**FUTURE
PLANS**

Future plans



Keith Comito President Lifespan.io

While 2020 has been a challenging year, the current focus that Covid-19 has placed upon aging gives us both an opportunity and a strengthened moral imperative to accelerate progress faster than ever before. Accordingly, we at Lifespan.io have various initiatives planned for 2021 that will both support our existing ecosystem and bring an ever-increasing percentage of the public into supporting our field.

Next year, we will be expanding our team of excellent writers to produce best-in-class content, and releasing a formal code of ethics to help hold our field to the high journalistic standards that the nature of our work demands. Furthermore, to increase the reach of this material, we are in discussion with several of the largest science education channels on YouTube regarding collaboration and the potential opportunity to join our team at Lifespan.io. Such an outcome would be a game changer with respect to our ability to engage the broader public.

Another catalyst that will greatly drive our field forward is the advent of widely available therapies which can demonstrate an ability to positively impact healthspan. As such, we are excited to see the forthcoming launch of NOVOS's nutraceutical product line, which our team helped to create, and look forward to our next crowdfunding campaign to support the PEARL trial to study the effects of Rapamycin in humans.

Additionally, we have been actively exploring new models for funding and conducting decentralized science with pioneers in the emerging field of blockchain technology, and will be announcing powerful new ways to get involved with our work early next year. We have also been speaking with many experts in the policy sphere and will be putting forth a clear plan to accomplish meaningful advocacy wins for our field in the coming months.

Although there has been much darkness in recent times, I truly believe that our progress toward the light is accelerating. The world is coming to understand that almost every disease is age-related, and that understanding will allow us to move forward together toward addressing them all by targeting their root cause. You are an important part of this, and I look forward to continuing to work with you in 2021 to extend healthy lifespan for all people.

*"I truly believe
that our progress
toward the light is
accelerating"*



NOVOS product line

ANNUAL REPORT 2020

FINANCIALS

50%

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Sed nec eros lacus. Curabitur non consequat
dui ut aliquam nulla. Nulla feugiat consectetur
portitor. Aliquam non in tempus feugiat ut
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consequat magna placerat, lacus et massa.
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voluta, sed sagittis mi fermentum. Curabitur at
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nec morcos ante. Duis a vestibulum nisi.
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est. Sed pharetra, nec a lacina etiam,
quam enim elefend nulla, nec condimentum

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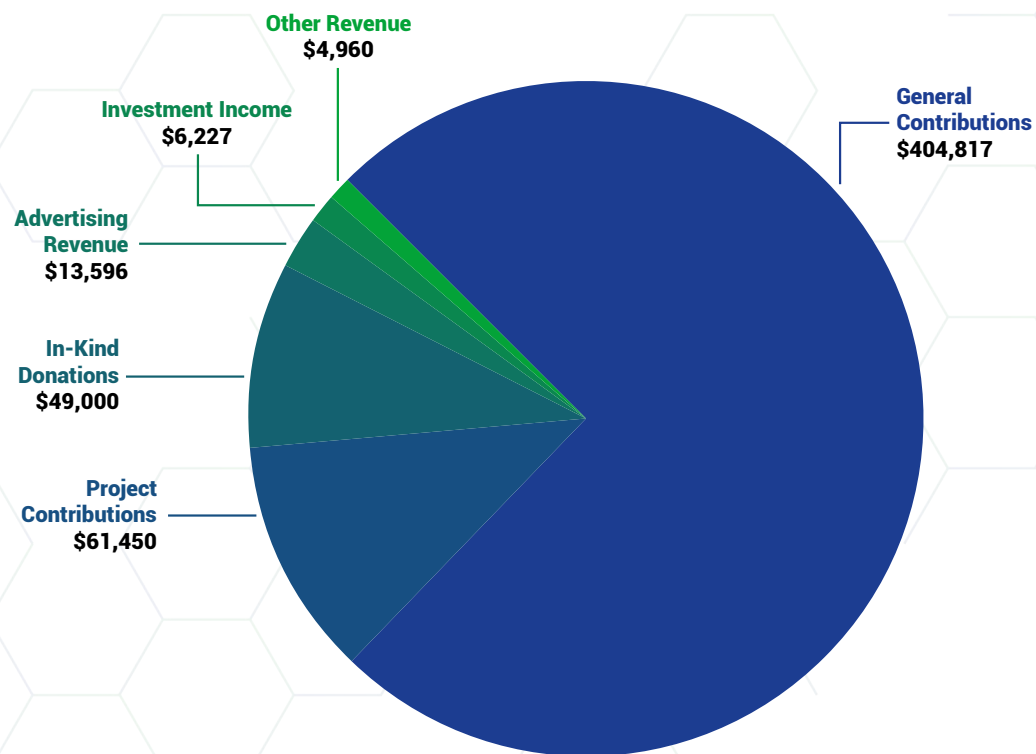
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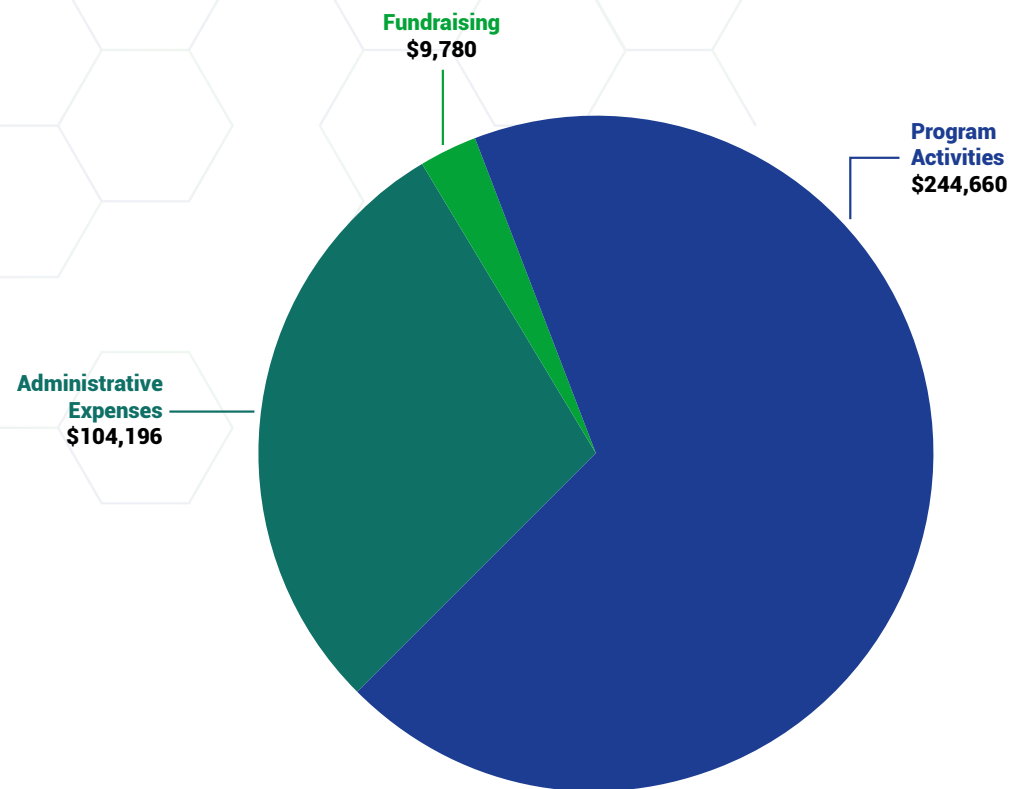
Low

Financials 2020

2020 REVENUE TOTAL
\$540,050



2020 EXPENSES TOTAL
\$358,636





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**HOW CAN
YOU HELP?**

How can you 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

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

Participate in our program of recurring donations at www.lifespan.io/hero
Lifespan Heroes can enjoy special content and access features!



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By mailing it to:
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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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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.

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

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