

The science of aging well

Examine the science driving the future of health expectancy

Together, we can increase health expectancy by targeting aging at a cellular level and transform the lives of billions of people globally.

From living longer to living better

The challenge:

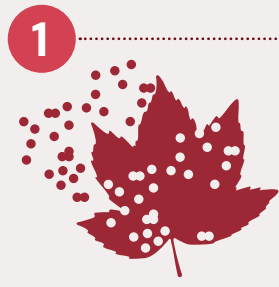
Most people spend their last 10 years battling ill health¹


The opportunity:


Target aging at the cellular level to increase years spent in good health




Four key hallmarks of aging with significant potential for nutritional innovation

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Cellular senescence
A process where cells lose function but continue to secrete molecules that damage neighboring cells.
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Mitochondrial dysfunction
When the 'powerhouse' of the cell fails to produce enough energy and manage oxidative stress properly.
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Chronic inflammation
Often referred to as 'inflammaging' this slow, ongoing process can damage tissues and organs.
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Gut microbial dysbiosis
An imbalance in the gut microbiota that triggers chronic, low-grade inflammation.

Scientific insights to nourish health expectancy

- Slow cellular senescence:**
 - Senolytics like quercetin and fisetin²
 - resVida® resveratrol as a senomorphic agent
- Enhance mitochondrial function:**
 - Quali®-B, Quali®-C and Quali®-E vitamins
 - ALL-Q® (Coenzyme Q10), zinc, and selenium³
- Manage inflammation:**
 - life's®OMEGA
 - Antioxidant vitamins
 - Polyphenols⁴
 - resVida® (Resveratrol)
- Support a healthy gut microbiome:**
 - Pre/pro/postbiotics
 - Humiome® portfolio
 - Human milk oligosaccharides (HMOs)
 - Microbiome-targeting vitamins⁵

The health expectancy opportunity

52%

of consumers associate health expectancy with nutrition⁶

+30%

of consumers are concerned about cellular health⁷

3-month reduction

in biological age over a 3-year period with life's®OMEGA60 and Quali®-D supplementation⁸

9%

annual growth in healthy aging product launches⁹

The path forward

1

Understand the biology of aging

2

Target multiple hallmarks simultaneously

3

Transform health expectancy with proven dietary supplement solutions

Ready to lead in health expectancy innovation?



Uncover our complete health expectancy whitepaper series and discover how to develop supplements that help ensure we don't just live longer but better.

Visit: dsm-firmenich.com/healthexpectancy

References

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