

WELCOME
TO THE PURA
LONGEVITY
CLINIC



PURA LONGEVITY PROGRAMMES

Our Longevity programmes are expertly curated to help you achieve the dual goal of increasing your Lifespan and optimising your Healthspan, helping you to live longer and live better.

Each programme begins with prevention — the foundation of living longer — using a combination of advanced AI-enabled radiological imaging, comprehensive blood markers, detailed life style review, physiological assessments and personalised consultations to build an understanding of your current health status and risk factors.

We then build on this understanding and look at how we can help you live better — first by preventing chronic disease, and second by enhancing your quality of life, through detailed evaluations of fitness, nutrition, stress, sleep and designing optimization protocols to help you get the best out of life.



INTRODUCTION PROGRAMMES

SIGNATURE PROGRAMMES

PURA
EXPERIENCE

PURA SILVER
PROGRAMME

PURA GOLD
PROGRAMME

PURA PLATINUM
PROGRAMME

PURA ROYAL
PROGRAMME

AED 3,500

AED 7,500

AED 35,000

AED 60,000

AED 95,000

Designed as an introduction to the Longevity experience

A baseline Prevention programme focused on disease screening

Advanced testing and biomarkers provide a comprehensive overview of health and disease risk

Comprehensive longevity programme with epigenetics, early cancer screening and detailed lifestyle assessments

The ultimate longevity membership with advanced functional testing, concierge medicine and personalised longevity therapeutics

- 2 Consultations
- 2 Longevity Biomarkers
- Fitness Assessment
- Nutrition Assessment

- **4 Consultations**
- **70+ Biomarkers**
- **Advanced AI-enabled Imaging**
- **3 month follow up**
- Fitness Assessment
- Nutrition Assessment

- **6 Consultations**
- 70+ Biomarkers
- Advanced AI-enabled Imaging
- **Biological Age Score**
- **Gut Microbiome**
- **Toxic Elements**
- **3 and 6 month follow up**

- **8 Consultations**
- **80+ Biomarkers**
- Advanced AI-enabled Imaging
- Biological Age Score
- Gut Microbiome
- Toxic Elements
- **Epigenetics**
- **Early Cancer Screening**
- **3, 6 and 12 month follow up**

- **16 Consultations**
- 80+ Biomarkers
- Advanced AI-enabled Imaging
- Biological Age Score
- Gut Microbiome
- Toxic Elements
- Epigenetics
- Early Cancer Screening
- **12 Weeks Coaching**
- **12 Weeks Personalised Supplements**
- **12 Weeks Longevity Therapies**
- **3, 6, 9 and 12 month follow up**



PURA EXPERIENCE

AED 3,500

An introduction to the longevity experience, including a comprehensive consultation with our expert physicians, a detailed fitness assessment (including VO2 max, strength, balance, and flexibility), a nutritional assessment, body composition analysis and a 360-degree body scan.

CONSULTATIONS	LIFESTYLE ASSESSMENTS
• Longevity Doctor • Health Coach	• Grip strength • VO₂ max • Fitness assessment • Body composition • 360-degree body scan

PURA SILVER PROGRAMME

AED 7,500

A focused prevention programme combining thorough laboratory testing, comprehensive imaging and investigations to provide you with an overview of your health status and disease risk. This programme is designed to give you a detailed understanding of your current health status and risk factors.

CONSULTATIONS	LAB TESTS	
• Longevity Doctor • Health Coach	• CBC • Liver • Kidney • Thyroid • Cancer Markers (PSA, CA 19-9, FIT, Ca125)	• Diabetes Marker • Urine Analysis
IMAGING	INVESTIGATIONS	LIFESTYLE ASSESSMENTS
• CT Lung • CT Abdomen • CT Calcium Score • DEXA • Mammography (female patients)	• Retinal Scan • Audiometry • Oral Cancer Screening • Cervical Cancer Screening (female patients) • ECG	• Fitness • Nutrition • Grip Strength • Body Composition • 360-degree scan



PURA GOLD PROGRAMME

AED 35,000

A comprehensive longevity experience, combining advanced and functional laboratory testing, comprehensive imaging and investigations, advanced testing for cancer, metabolic health, liver and kidney function, nutrient deficiencies, hormones, a detailed lifestyle consultations covering fitness, nutrition, sleep, and stress assessments. This programme is designed to give you a complete understanding of your current health and risk factors and set you on a path to Longevity.

CONSULTATIONS

- Longevity Doctor
- Health Coach
- Physiotherapist
- Dietitian
- Psychologist

LAB TESTS

- CBC
 - Liver
 - Kidney
 - Thyroid
 - Cancer Markers (PSA, CA 19-9, FIT, Ca125)
 - Diabetes Marker
 - Urine Analysis
- Hormone Profile
 - Stress Panel
 - Metabolic Panel
 - Immunity & Inflammation Panel
 - Nutrients
 - Urea & Electrolytes
- Pancreas
 - Advanced Heart & Thyroid Panels
 - G6PD
 - Biological TruAge
 - Gut Microbiome
 - Whole Blood Elements

IMAGING

- CT Lung
- CT Abdomen
- CT Calcium Score
- DEXA
- Mammography (female patients)

INVESTIGATIONS

- Retinal Scan
- Audiometry
- Oral Cancer Screening
- Cervical Cancer Screening (female patients)
- ECG

LIFESTYLE ASSESSMENTS

- Fitness
- Nutrition
- VO2 max
- Grip Strength
- Body Composition
- 360-degree scan

PROGRAMME SCHEDULE

		Prevention		Optimisation		
		Visit 1	Visit 2	Month 3	Month 6	Month 12
CONSULTATIONS	Longevity Doctor	●	●	●	●	●
	Health Coach	●	●	●	●	●
	Dietitian		●			
	Exercise Physiologist		●			
	Psychologist		●			
INVESTIGATIONS	Imaging		●			
	Lab Tests		●	●	●	
	Functional Lab Tests		●	●		
	Epigenetics		●			
	Gut Microbiome		●	●		
	Biological Age Score		●			●
ASSESSMENTS	Fitness Assessment		●			
	Nutrition Assessment		●			



PURA PLATINUM PROGRAMME

AED 60,000

Our most detailed and comprehensive prevention programme. This includes all diagnostics and assessments from the Longevity Gold Programme, plus specific investigations for Heart Disease, Cancer, Alzheimer’s, and Diabetes. Gain deeper insights into your health with cutting-edge diagnostics, including biological age assessment, gut microbiome analysis, and epigenetics testing. This programme offers a complete overview of your health risks, preparing you for a life of longevity.

CONSULTATIONS

- Longevity Doctor
- Cardiologist
- Health Coach
- Exercise Physiologist
- Dietitian
- Psychologist

LAB TESTS

- CBC
 - Liver
 - Kidney
 - Thyroid
 - Cancer Markers (PSA, CA 19-9, FIT, Ca125)
 - Diabetes Marker
 - Urine Analysis
- Hormone Profile
 - Stress Panel
 - Metabolic Panel
 - Immunity & Inflammation Panel
 - Nutrients
 - Urea & Electrolytes
 - Pancreas
- Advanced Heart & Thyroid Panels
 - G6PD
 - Biological TruAge
 - Gut Microbiome
 - Epigenetics
 - Circulating Tumour Cells

IMAGING

- CT Lung
- CT Abdomen
- CT Calcium Score
- DEXA
- Mammography (female patients)

INVESTIGATIONS

- Retinal Scan
- Audiometry
- Oral Cancer Screening
- Cervical Cancer Screening (female patients)
- ECG

LIFESTYLE ASSESSMENTS

- Fitness
- Nutrition
- VO2 max
- Grip Strength
- Body Composition
- 360-degree scan

PROGRAMME SCHEDULE

		Prevention		Optimisation		
		Visit 1	Visit 2	Month 3	Month 6	Month 12
CONSULTATIONS	Longevity Doctor	●	●	●	●	●
	Health Coach	●	●	●	●	●
	Dietitian		●	●		
	Exercise Physiologist		●	●		
	Psychologist		●			
	Home Assessment					
INVESTIGATIONS	Imaging		●			
	Lab Tests		●	●	●	●
	Functional Lab Tests		●	●		
	Epigenetics		●			
	Gut Microbiome		●		●	
	Biological Age Score		●			●
	Early Cancer Detection		●			
ASSESSMENTS	Fitness Assessment		●	●		
	Nutrition Assessment		●			
	Mental Fitness Assesment		●			

PURA ROYAL PROGRAMME

AED 95,000

The ultimate longevity membership, our Royal Programme offers a detailed diagnostic and physical assessment, coupled with a 12-month concierge medical plan to optimise your health. Based on the PURA Platinum Programme, this bespoke programme focuses on optimising your biology and lifestyle. It includes a dedicated concierge multi-disciplinary team to manage your physical, nutritional and fitness needs, 12 weeks of unlimited longevity treatments (including IV therapies, red light therapy, and recovery treatments), 12 weeks of personalised supplement plan and a home assessment to evaluate environmental toxin exposure. The pinnacle of personalised longevity care.

CONSULTATIONS	LAB TESTS		
• Longevity Doctor • Health Coach • Exercise Physiologist • Dietitian • Psychologist	• CBC • Liver • Kidney • Thyroid • Cancer Markers (PSA, CA 19-9, FIT, Ca125) • Diabetes Marker • Urine Analysis • Hormone Profile	• Stress Panel • Metabolic Panel • Immunity & Inflammation Panel • Nutrients • Urea & Electrolytes • Pancreas • Advanced Heart & Thyroid Panels	• G6PD • Biological TruAge • Gut Microbiome • Epigenetics • Circulating Tumour Cells
IMAGING	INVESTIGATIONS		
• CT Lung • CT Abdomen • CT Calcium Score • DEXA • Mammography (female patients)	• Retinal Scan • Audiometry • Oral Cancer Screening • Cervical Cancer Screening (female patients) • ECG		
LIFESTYLE ASSESSMENTS	HEALTH MANAGEMENT		
• Fitness • Nutrition • VO2 max • Grip Strength • Body Composition • 360-degree scan	• Follow up lab tests at 3, 6 and 12 months • Follow up consultations and lifestyle assessments at 3, 6, 9 and 12 months • 12 weeks personalised supplements • 12 weeks IV therapy • Unlimited longevity therapies for 12 weeks • Concierge medical team for 12 months		



PROGRAMME SCHEDULE

		Prevention		Optimisation				
		Visit 1	Visit 2	Month 1	Month 3	Month 6	Month 9	Month 12
CONSULTATIONS	Longevity Doctor	●	●		●	●	●	●
	Health Coach	●	●		●	●	●	●
	Dietitian		●		●			
	Exercise Physiologist		●		●			
	Psychologist		●		●			
	Home Assessment			●				
INVESTIGATIONS	Imaging		●					
	Lab Tests		●		●	●		●
	Functional Lab Tests		●		●			
	Epigenetics		●					
	Gut Microbiome		●		●			
	Biological Age Score		●					●
	Early Cancer Detection		●					
ASSESSMENTS	Fitness Assessment		●		●	●	●	●
	Nutrition Assessment		●		●	●	●	●
	Mental Fitness Assesment		●					
TREATMENTS	Supplements		●	●	●			
	IV Therapies			●	●			
	Redlight Therapies			●	●			
	Recovery Session			●	●			
TRACKING	Health Coach		●	●	●			





GLOSSARY

SPECIALIST EXAMINATIONS

- 1. Resting ECG**
Measures the heart’s electrical activity at rest to detect any irregularities.
- 2. Audiogram**
Tests hearing ability across various frequencies.
- 3. Spirometry**
Assesses lung function by measuring air volume and flow rate.
- 4. Visual Acuity**
Tests clarity of vision.
- 5. Fundus Photography**
Captures images of the retina to evaluate eye health.
- 6. Body Composition**
Analyzes body fat, muscle mass, and overall composition.
- 7. Fitness Test**
Detailed assessment including grip strength and gait analysis.
- 8. Mammogram** (for females >40 years)
X-ray imaging of the breasts to screen for abnormalities and cancer.
- 9. Breast Ultrasound**
(for females <40 years)
Uses sound waves to image breast tissue.

- 10. Colposcopy with HPV Screening**
Examines the cervix for abnormal cells and tests for HPV infection.
- 11. CT**
Cross-sectional imaging to visualize internal organs.
- 12. CT Coronary Calcium Score**
Measures calcium deposits in coronary arteries to assess heart disease risk.
- 13. Bone Density Scanning**
Assesses bone strength and risk of osteoporosis.
- 14. Oral Cancer Screening**
Examines mouth and throat tissues for signs of cancer.
- 15. V02 Max**
Measures maximum oxygen consumption to assess cardiovascular fitness.
- 16. Echocardiogram**
Ultrasound of the heart to evaluate its structure and function.

LABORATORY PROFILES

- 1. Complete Blood Count**
Measures various components of blood to assess overall health.
- 2. Heart Profile**
Detailed testing of cardiovascular health markers including high sensitivity CRP, apolipoproteins and homocysteine.
- 3. Thyroid Profile**
Tests thyroid hormone levels to assess thyroid function and screens for autoimmune thyroid disease.
- 4. Immunity & Inflammation Profile**
Evaluates immune function markers.
- 5. Female Profile**
Detailed hormone analysis including Anti-Mullerian Hormone for fertility.
- 6. Male Profile**
Detailed male hormone analysis.
- 7. Stress Profile**
Measures markers related to adrenal health.
- 8. Basic Metabolic Profile**
Extensive testing for metabolic markers for diabetes and other conditions.
- 9. Nutrients Profile**
Detailed analysis of nutritional markers, vitamins and minerals.
- 10. Liver Profile**
Evaluates liver function through various enzyme and protein levels.
- 11. Kidney Profile**
Assesses kidney health, function and electrolyte balance.
- 12. Pancreas Profile**
Tests markers related to pancreas health and function.
- 13. Parathyroid Profile**
Measures parathyroid hormone and related markers for calcium regulation.
- 14. Comprehensive Urine Analysis**
Tests for various compounds in urine to assess health.
- 15. Cancer Biomarkers**
(Ca19-9, Ca125, PSA, FIT) Detects specific markers related to cancers.
- 16. TruAge**
A cutting-edge test for biological age
- 17. TruCheck Intelli**
An innovative multi-cancer detection test for over 70 tumours
- 18. Gut microbiome test**
A stool sample test for gut microbiome diversity, digestion and inflammation
- 19. Heavy metals**
Testing essential minerals and toxic elements
- 20. Epigenetics**
DNA testing to assess how lifestyle, environment and aging influence gene expression.



