

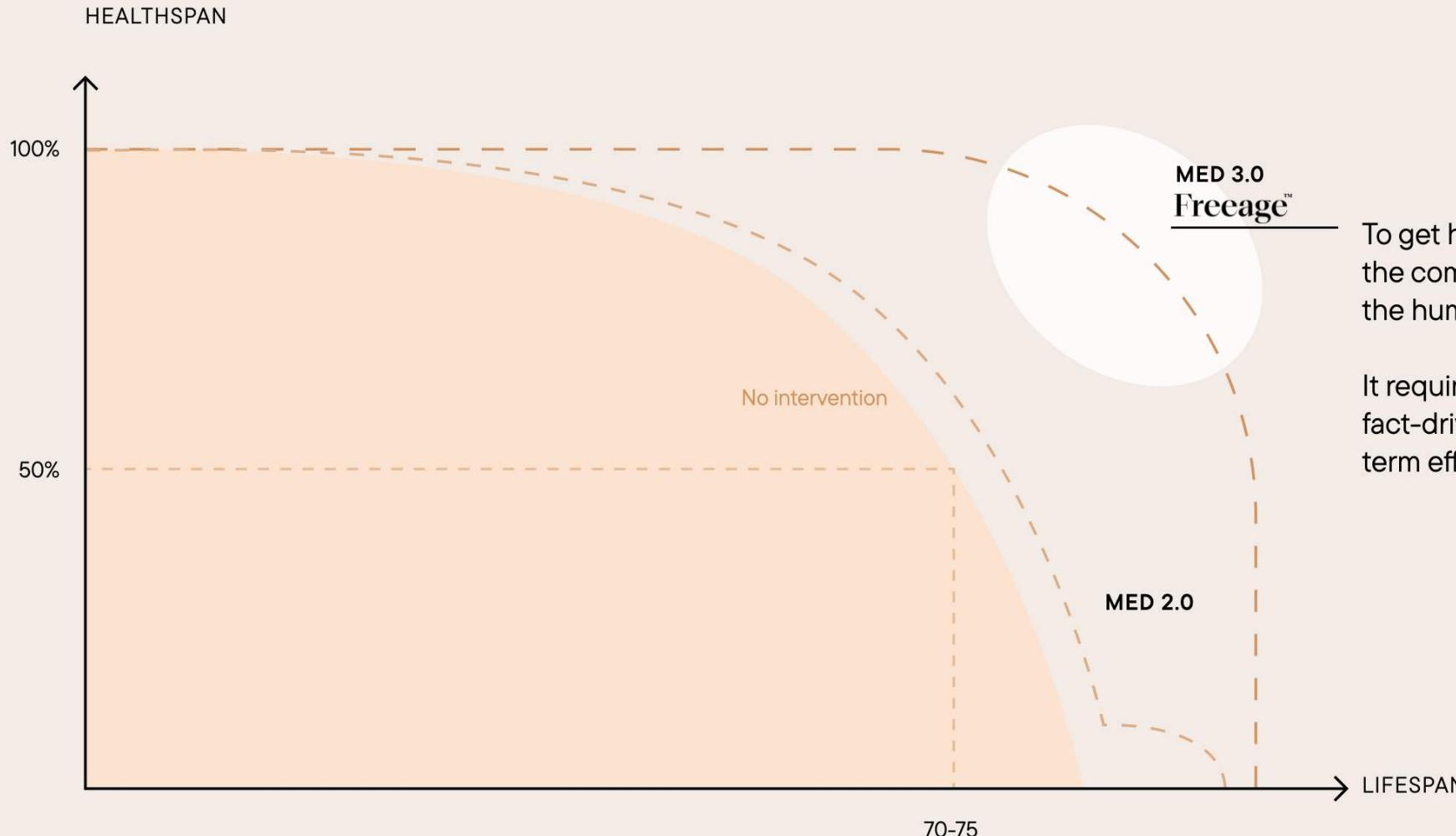
Freeage™

Explore your full potential to
live a longer, healthier life.



Longevity = f(Lifespan x health-span)

Freeage™
Unlock your potential.
Freeage your life.



To get here you need to navigate the complex systems operating the human body and mind.

It requires precise health metrics, fact-driven guidance and long-term efforts

OUR APPROACH

Navigating the cross-roads

Traditional Medicine

- Symptom identification
- Speed over depth
- Symptom treatment
- Surgery
- Medication

Time perspective : 0-1 year ahead
Analysis focus: Binary

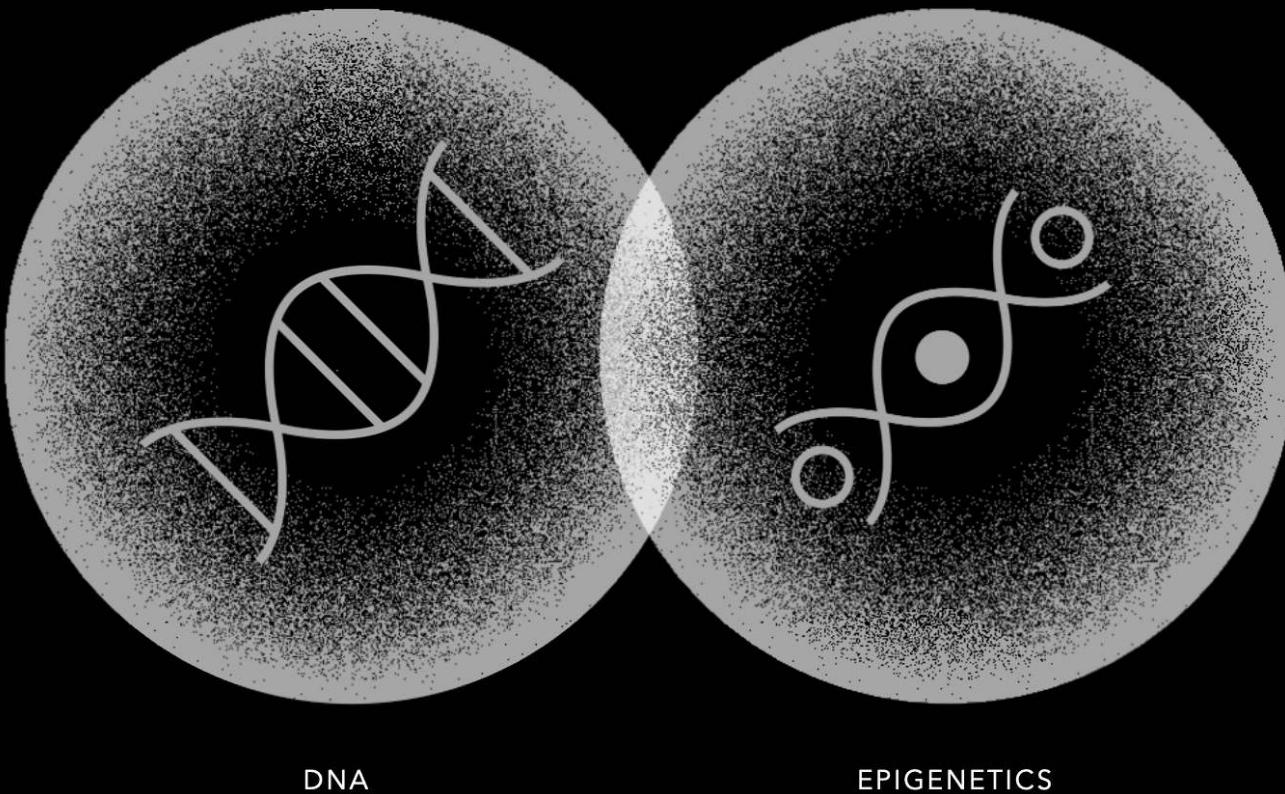
Functional Medicine

- Root cause analysis
- Test - don't guess
- Preventive medicine
- Re-balance
- Lifestyle interventions first

Time perspective : 1-10 years ahead
Analysis focus: Systemic

Freeage™

The importance of DNA & Epigenetics



THE IMPORTANCE OF DNA & EPIGENETICS

You influence 80-90% of
your future health!

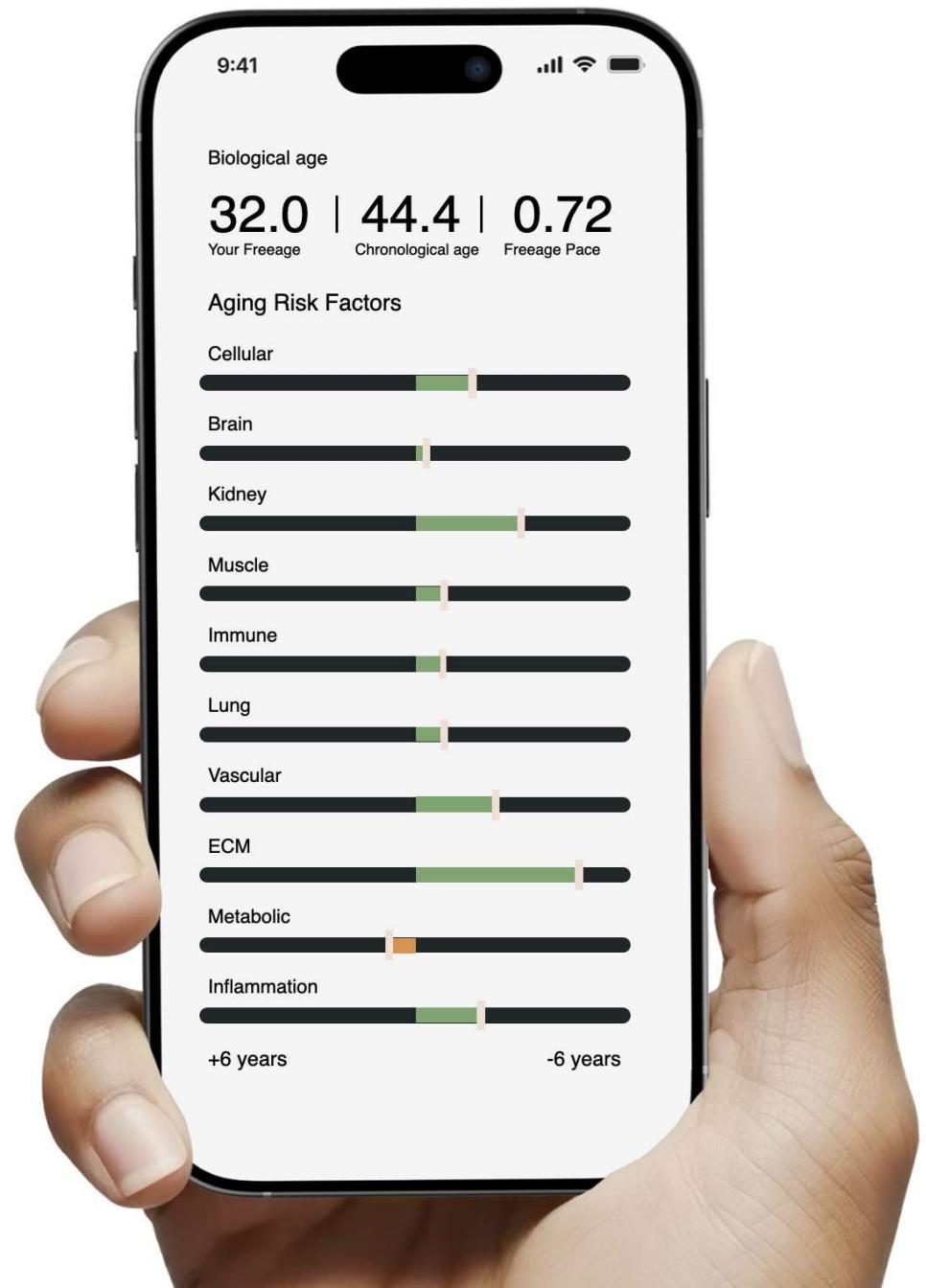
Modifiable lifestyle patterns and environmental impacts throughout life are the main leverage over gene expression accounting for 80-90% of your health and rate of aging.

Freeage™



Developed by world leading aging scientists from UCLA

**A proper biological age
test that is actually
useful.**



Freeage Foundation Program vs. Traditional Executive health check

Freeage is built for proactive, high-performance individuals who want to take control of their health span — not just detect disease.

FREEAGE FOUNDATION PROGRAM

- Long-term health optimisation & biological age reversal
- DNA, epigenetic, hormones, inflammation, aging markers, metabolism
- Fully personalised based on genetics & current biomarkers
- Advanced epigenetic age testing (GrimAge V2 from UCLA)
- + 1200 DNA risk report - carefully curated and presented by our experts
- Saliva hormone profiling & functional guidance for optimization
- Advanced blood panel with focus on vitamins, minerals, cholesterol etc.
- Multiple sessions with expert health team
- Tailored plan based on unique biology
- 10-12 week program with continuous support and plan for follow-ups
- Prevention, performance, resilience, aging well

Biological age testing

Genetic risk analysis

Hormone optimisation

Medical history analysis

In depth medical consulting

Lifestyle, nutrition & supplement plan

Analysis of wearable data

Follow-up and coaching

Longevity and performance focus

TRADITIONAL HEALTH CHECK

- Basic health screening & disease risk detection
- General blood tests, BMI, ECG, liver/kidney panels
- One size fits all recommendations

1 time consulting

1-day checkup

Symptom oriented

One-size-fits-all

The Freeage Foundation Program

Freeage™
Unlock your potential.
Freeage your life.

Advanced health testing & Biomarker Analysis



Functional medicine intake assessments

To map your health history and define goals

Vital longevity tests

Including: blood pressure, grip strength, VO2 max (cardiovascular fitness)

Comprehensive blood test panel

Covering : Heart health, inflammation, thyroid balance, essential vitamins & minerals

Comprehensive DNA profile

Identifying disease risk and genetic predispositions

Biological age test

Using epigenetic methylation analysis

Wearable data analysis

Our experts analyse your sleep, stress, and recovery data.

Hormonal health panel

Measuring key indicators like cortisol & DHEA (stress) and sex hormones (male/female balance)

Expert guidance & Personalised strategy



Comprehensive evaluation by our expert partners and medical team

All your health data is carefully analyzed by our world-leading partner and summaries by our Freeage medical review team.

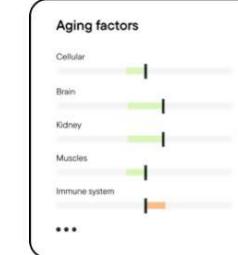
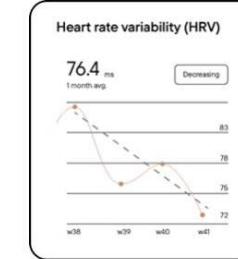
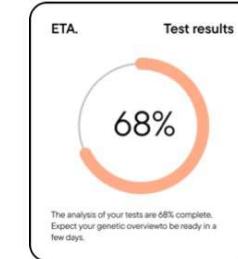
In person sessions

60 min for onboarding and testing
90min for test feedback and validation of optimisation plan.

Online follow-ups

Tracking progress and refine your strategy. Personalised health optimisation plan, including tailored supplement recommendations.

A complete overview of your genetics and health data

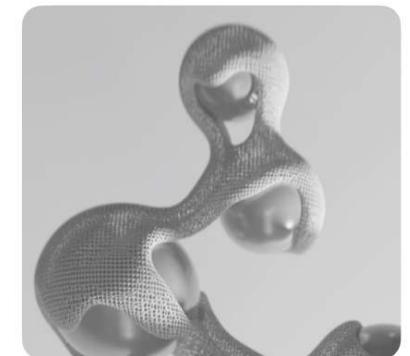


Access to Freeage Digital platform

A complete biomarker overview & history to track progress over time.

Wearable data integration to monitor trends and insights.

Expert-curated articles & health recommendations, specifically for you.



Our experts are with you - All the way

Your full health journey is a long term commitment. Our many years of experience has enabled us to assemble a team of the best specialists coaches there is! We pair you with the right coach to follow you on your specific journey and ensure you reach your goals!



DR. MADS KOCH HANSEN
Medical Doctor



KATRINE GALATUS
Health Coach



MARTIN KREMMER
Health optimisation Coach



LISBETH BLAK-LUNDDAHL
Persona trainer, Mental Coach



UMAHRO CADOGAN
Functional Medicine Expert



TINE JØRGENSEN
Cand. Scient Clinical Nutrition



NINNI KJÆR
Cand. Nutrition



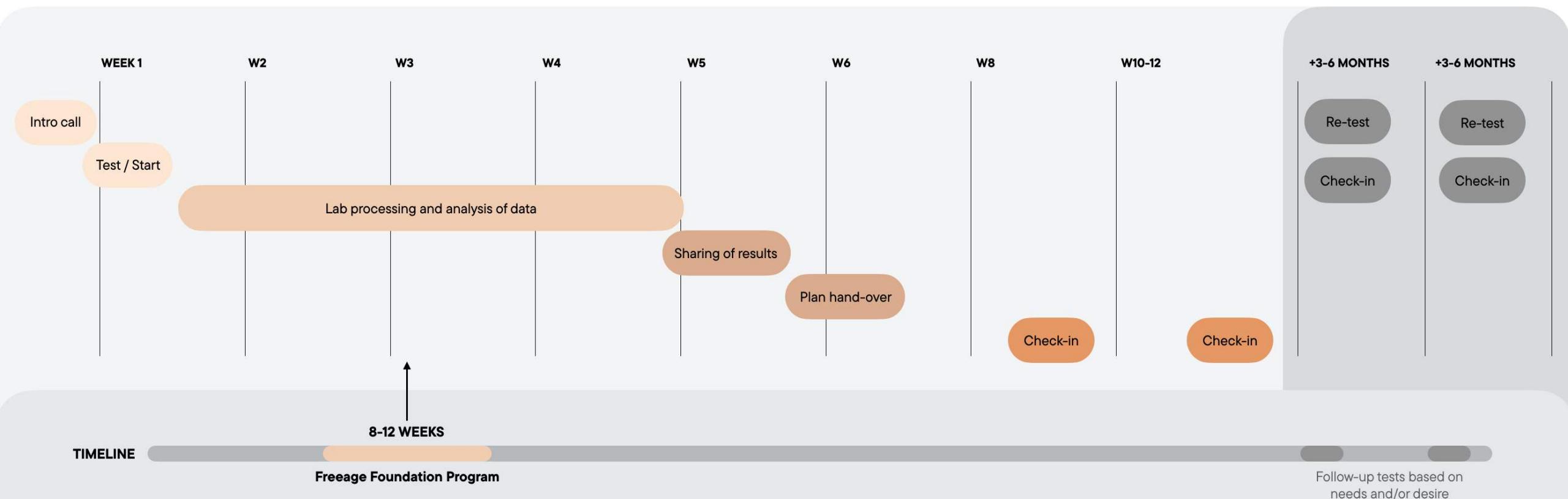
THILDE MAARBJERG
Personal trainer, nutritionist



MADS TÆRSBØL
Cand. Scient Sport

The Freeage Foundation Program

INITIATION		LAB DISCOVERY / ANALYSIS		RESULTS / PLAN		ACTIVATION	
Intro and tests	1-2 hours	Analysis	3 weeks	Results	2-3 hours	Follow ups	2 x 30 min
Your health journey begins with a dedicated one-on-one session with your assigned health coach at our Hellerup clinic (or another location by special arrangement). They'll guide you through the entire Freeage Foundation program to ensure a smooth, personalized experience. In this first meeting, we perform a series of hassle-free, non-invasive tests to create your detailed health profile.		Analysis done by clinical and functional medicine specialist. By integrating traditional evidence-based healthcare for diagnosing and treating acute symptoms with a holistic and preventive approach, we ensure to analyse your health data on both long and short term.		At your second meeting, your coach reviews your results, answers questions, and pinpoints key focus areas. You'll get a clear view of genetic strengths and risks (DNA), your biological age and its impact on major systems, and what your biomarker profile means for overall well-being.		In your third meeting, you'll receive a tailored plan—diet, training, supplements, sleep, and lifestyle—with clear, actionable steps. Your coach guides implementation and continues with 2 follow-ups after the Foundation program to track progress, refine habits, solve challenges, and adjust the plan for lasting results. As the last step, we agree on what/when it makes sense to test you again.	



**JESPER TUBØL, MSC**

Vice President, The LEGO group

Freeage transforms aging into a journey of vitality and strength. With personalized guidance, I'm unlocking my body's potential, embracing each day with resilience, growth, and boundless possibility

200+**Completed tests**

Freeage foundation test completed since 2024

2/3**Not eating according to their body**

Of our clients are not eating a diet that match their genetics and goals

+60%**Biomarker imbalances**

Of our clients have imbalances in essential vitamins and hormones

78%**Future focus**

Of our clients commit to improve their lifestyle in pursuit of improving their health-span projection

Freeage™ X STUDI-JO

Priser	Normal pris	Special pris
Freeage Foundation Program	24.495,-	20.995,-

StudiJo opstartspakke

Freeage Biological Age Test

Vo2Max test

~~6.995,-~~

5.995,-

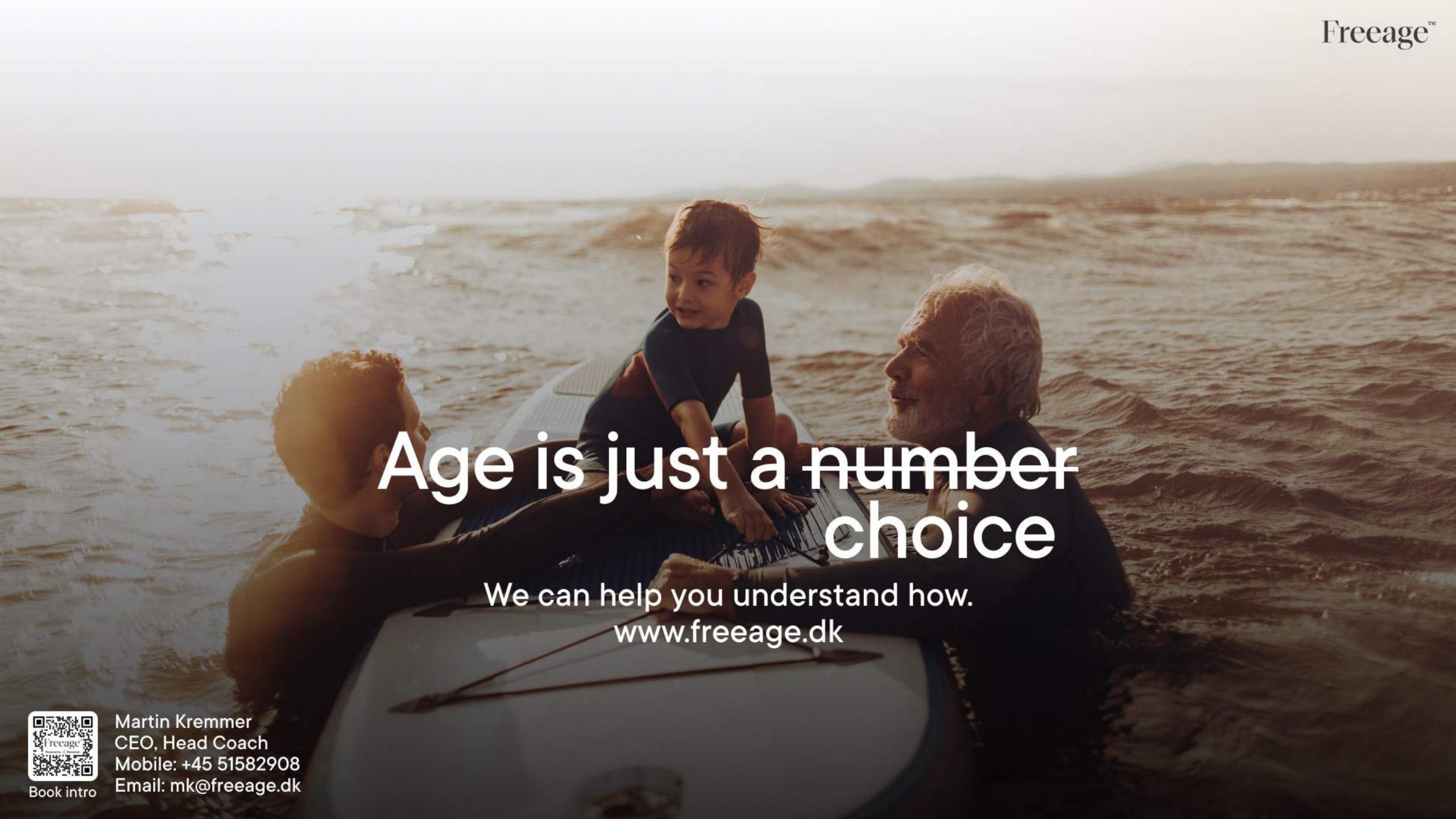
Grebsstyrke-test

45min konsultation

Test-dage:

Fredag 6/2 – morgen og formiddag

Mandag 15/2 – eftermiddag og aften



Age is just a number
choice

We can help you understand how.
www.freeage.dk



Martin Kremmer
CEO, Head Coach
Mobile: +45 51582908
Email: mk@freeage.dk

Book intro