Blueprint Protocol

<https://blueprint.bryanjohnson.com/pages/blueprint-protocol#blueprint-for-females>

Hi friends - after having poor health habits as a kid, running myself into the ground from 20 years of building companies, and a decade of chronic depression, now, at the chronological age of 46, my health biomarkers are in the top 1%.

And not just the top 1% of 46 year olds, but on some of my markers, such as my cardiovascular fitness, I’m in the top 1% of 18 year olds.

Top 1%: Speed of aging  
Top 1%: Muscle mass function  
Top 1%: Fat mass  
Top 1%: Inflammation  
Top 1%: Cardiovascular  
Top 1%: Bone mass  
Top 1%: Sleep  
Top 1%: Combined clinical markers  
Top 1%: Nighttime erections

Below is a summary of my health protocol, written so that you can follow the parts that are suitable to you. My team and I built this over several years. We analyzed all the longevity scientific literature, ranking the highest performing. Because when there are seemingly endless “good” things one can do for their health, it’s valuable to have a filter and sorting approach to focus on the power laws. The 20% of things that account for 80% of the benefits.

After assessing the scientific literature, we endeavored to measure the biological age of all my 70+ organs. One can be chronologically 46 and have a heart that is biologically 37 (which is my case). Then we implemented all the best science and measured the biological age of my organs again. We did this again, and again and again until I became the most biologically measured person in history.

Now, I’m going to share everything I learned with you, for free. Here we go.

*This website is provided for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.*

**The Longevity Power Laws:**

**Master These 5 Habits**

**The scientific evidence points at mastering the basics.**

1. **Sleep -**consistent, high quality sleep is your #1 life priority.
2. **Diet -**eat a Blueprint (Mediterranean) like diet with the Blueprint stack. Example foods include vegetables, fruits, nuts,legumes (beans, chickpeas, lentils), lean proteins, and extra virgin olive oil.
3. **Exercise** - 6 hours a week. Incorporate strength, cardio, flexibility and balance.
4. **Family, friendship and community** - actively foster meaningful relationships.
5. **Things to avoid** - fast food, junk food, smoking, vaping, excessive alcohol and social media - and anything addictive.

**Blueprint for Females**

See also Blueprint for pregnancy. **FOLLICULAR PHASE:**

This phase is distinguished by the growth and maturation of ovarian follicles containing eggs, starting with the first day of menstruation and ending with ovulation. During the follicular phase estrogen starts off low and slowly increases leading up to ovulation. Progesterone remains low throughout this phase.

These hormonal changes lead to:

* An increase in estrogen levels causes increased insulin sensitivity (i.e., improves carbohydrate metabolism).
* Improved muscle synthesis: Estrogen promotes muscle recovery and growth.
* Lower core body temperature: Low progesterone levels lead to a lower core temperature, improving performance during high-intensity sessions.
* Faster recovery: Higher estrogen levels contribute to improved recovery.

**Protocol:**Day 1 to ovulation (day 1 of menses to ovulation)

1. Training:

* Prioritize high intensity workouts and strength training during this phase.
* Recovery is faster, train more often.

2. Nutrition:

* Eat higher carb during this phase as insulin sensitivity is improved.
* Protein intake at 1.5 g per body weight in kg per day.

3. Supplements:

* Standard Blueprint stack
* Calcium 1200 mg daily

**LUTEAL PHASE:**

During the luteal phase, progesterone rises, peaking after ovulation and remaining high until menstruation. Estrogen also rises but decreases before ovulation.

* Increased core temperature: High progesterone elevates core temperature, reducing performance and slowing recovery.
* Insulin resistance: Progesterone decreases insulin sensitivity.
* Catabolism: Progesterone promotes muscle breakdown, requiring a higher protein intake and slowing recovery.
* Water retention: Progesterone increases water retention.
* Neurotransmitter changes: Progesterone can affect neurotransmitters like serotonin, leading to fatigue, irritability, and PMS.

**Protocol:**Post ovulation to menstruation

1. Training:

* Prioritize zone 2 cardio and easier strength training.
* Recovery is slower, lower intensity and regularity of activities.

2. Nutrition:

* Increase protein and healthy fats. Reduce carbohydrates as insulin sensitivity is reduced.
* Protein intake at 2.0 g per body weight in kg per day.
* Increase anti-inflammatory foods.
* Combat water retention with adequate electrolytes.

3. Supplements:

* Increase Sodium 200-400 mg daily
* Increase Potassium 200-400 mg daily
* Increase Magnesium 100-200 mg daily
* Ashwagandha 300-600 mg and Rhodiola Rosea 200-400 mg daily to help regulate stress, reduce bloating, and alleviate PMS symptoms during early and later luteal phase.
* Melatonin 1-3 mg nightly to help improve sleep quality and reduce inflammation.

**LATE LUTEAL PHASE:**Last week to a few days before menses.

1. Training: Light training only. Self care activities.

2. Nutrition: Anti-inflammatory foods and continued hydration.

**How do you identify ovulation**:

1. Monitor your basal body temperature: Many wearables now track basal temperature during sleep or upon waking. Look for a 0.5 to 1.0-degree increase, which begins on the day of ovulation and often persists until menstruation.
2. Cervical mucus changes: You'll notice increased production and a change in consistency—clear, slippery, and stretchy, similar to egg whites.

**PERIMENOPAUSE AND MENOPAUSE:**

1. Training:

* Focus on strength training and HIIT to maintain muscle mass and prevent insulin resistance.
* Weight-bearing activities and high-intensity exercise are critical for protecting both bone and muscle mass.

2. Nutrition:

* Increase protein intake to support muscle mass.
* Aim for 2.0 g/kg of protein per day.

3. Supplementation:

* Continue with the regular Blueprint stack.
* Use Ashwagandha and Rhodiola as needed for stress and mood management.
* Magnesium: 100-200 mg daily, as needed for mood.
* Calcium: 1200 mg daily.

**Move on from Bad Habits**

**Years ago I could not stop myself from overeating everyday at 7 pm. One day out of desperation, I said “Evening Bryan, you’re fired. You make my life miserable. I can’t sleep. I’m 60 lbs overweight and I feel awful all the time.”  
  
Giving that version of me a name and then writing down his persuasive tactics such as “tonight is the last night” or “tomorrow we’ll work extra hard to burn off the calories” gave me the tools I needed to stand my ground. Evening Bryan’s authority to eat between 5 pm and 10 pm was revoked. No matter what, Evening Bryan cannot eat food because if given the chance, he’ll eat too much and ruin life for Sleep Bryan, Morning Bryan, Work Bryan and Dad Bryan.**

**We all have bad habits. Things we do that we don’t really want to do. They never actually make us happy. They in fact make us sad and regretful.  
  
Here’s one approach to move past your bad habits:**

1. **Identify a version of you that is responsible for self destructive behavior and give them a name (i.e. Evening Bryan).**
2. **Write down the persuasion techniques they use to get what they want (“today’s the last day").**
3. **Prepare a list of rebuttals that enables you to stand your ground (“this is not what we really want”, “we know this makes us sad and regretful”).**
4. **Identify which versions of you should be in charge (i.e. Morning you) and give them the authority to make decisions on behalf of your Evening Bryan.**

**How to Sleep**

High-quality sleep changed my life. It took me years to build the habits and systems that led to ***eight months of 100% perfect sleep***. As far as I know, this is the best in the world. I’m going to teach you the habits for excellent sleep.

We all know the energizing feeling of a great night’s sleep. It rejuvenates the body, boosts brain function, powers the immune system, and regulates hormones. It’s the foundation for well-being and longevity.

On the other hand, sleep deprivation impairs.

* Being constantly awake for 18 or 24 hours is equivalent to having a blood alcohol content of 0.05% or 0.1%, respectively. In the U.S. 0.08% is considered legally intoxicated.
* Get six hours of sleep or less on average and you’re 4.2x times more likely to develop the common cold.
* A study in young healthy participants showed a 20% increase in S100-B levels following a single night of sleep deprivation, the same following a traumatic brain injury.
* One night with 4 hours of sleep showed a 70% reduction in the activity of natural killer cells in 18 out of 23 participants. One night of subsequent normal sleep was enough to restore NK activity to its baseline. Natural killer cells are what’s killing cancer cells among other functions. Preclinical studies have established a causal link between the lack of sleep inhibition of immune surveillance and increased tumor growth in animal models.

And if you need any more motivation, one night with 4 hours of sleep showed a [70% reduction](https://journals.lww.com/psychosomaticmedicine/abstract/1994/11000/partial_sleep_deprivation_reduces_natural_killer.4.aspx) in the activity of natural killer cells in 18 out of 23 participants. One night of subsequent normal sleep was enough to restore NK activity to its baseline. Natural killer cells are what’s killing cancer cells among other functions. [Preclinical studies](https://www.frontiersin.org/journals/immunology/articles/10.3389/fimmu.2021.727959/full) have established a causal link between the lack of sleep inhibition of immune surveillance and increased tumor growth in animal models.

Sleep deprivation diminishes cognitive functions, slows reflexes, and gives rise to poor decision-making. It’s linked to heart disease, diabetes, obesity, anxiety, depression and weakened immunity.

If you only do one thing for your health: sleep.

Master 10 habits.

**1. Reframe Your Identity:**You are a professional sleeper. Make sleep your #1 priority. Nothing influences your conscious and unconscious existence more. Plan your day around sleep. It’s the most important appointment in your calendar. Sleep will make you a top performer.

**2. Create a 30-60 minute Wind-Down Routine**: Set a specific time each evening to start wind down, for example: reading, taking a warm bath, breathing exercises, soothing music. Focus on transitioning your work and worry brain to sleep mode.

**3. Get Morning Light**: Get outside within the first 15-30 minutes of waking to set your circadian rhythm and boost mood or use a light therapy device if natural sunlight isn’t available.

**4. Regulate Evening Light:** Dim the lights one to two hours before bedtime to create a relaxed atmosphere. Use warm (red is best) lighting in the evening. Install blue light filters on your devices (i.e. f.lux) and consider blue light-blocking glasses. Limit screen time at least an hour before bed and blackout your bedroom.

**5. Regulate Your Bedroom Temperature**: Keep your bedroom temperature between 60-67°F (15-19°C). Choose breathable bedding and light sleepwear. Use fans or cooling devices and consider taking a warm bath before bed. Ventilate your room and or use a temperature-controlled mattress if possible.

**6. Keep a Consistent Bedtime**: Choose a bedtime that allows for 7-9 hours in bed each night. Avoid scheduling late nights and be consistent even on weekends. Set an alarm for winding down. Track your sleep patterns with a journal or sleep tracker.

**7. Curate Your Sleep Environment**: Ensure your bedroom is quiet, dark, and cool. Invest in a comfortable mattress and pillows. Remove distractions and keep your bedroom clean and clutter-free. Consider using a noise machine to offset environmental sounds or earplugs if necessary. Buy a [temperature-controlled mattress](https://www.eightsleep.com/?irclickid=0vLToXwHnxyKUEt3AnQII2rcUkC2BlS9xVL7XM0&utm_source=impact&utm_campaign=Blueprint&utm_medium=affiliate&irgwc=1&nb_platform=impact&nb_adid=607198&nb_cid=9942&nb_pid=4214942&nb_aname=Online%20Tracking%20Link&nb_atype=ONLINE_TRACKING_LINK&nb_asize=&nb_product_sku=&nb_partner_name=Blueprint&nb_mtype=mediapartner&nb_partner_shared_id=) if you can. (Code: “BLUEPRINT” for $100 off)

**8. Eat your final meal of the day hours before bed**: Try to have your last meal of the day at least two hours (experiment with 4 and 6 hours before) before bed and avoid large meals close to bedtime. Eating close to bed creates large metabolic demands on your body, causes blood glucose fluctuations, reduces melatonin production, and disrupts your body’s natural process of lowering core body temperature.

**9. Avoid Stimulants Before Bed**: Try to avoid caffeine, alcohol, and other stimulants at least 10 hours before sleep. Caffeine has a half life of 6 hours in the blood. That means that consuming a cup of coffee 6 hours before bedtime is equivalent to drinking half a cup immediately before going to bed! Opt for herbal teas or other relaxing drinks in the evening.

**10. Gather Data**: Track your sleep habits and patterns with a journal or sleep tracker. Use the data to make informed decisions and adjustments to your routine. Continuously monitor and tweak your habits to optimize your sleep quality.

[Watch this video for Bryan Johnson’s top 10 sleep habits](https://www.youtube.com/watch?v=Wk9p3dhMYdk&pp=ygUTc2xlZXAgYnJ5YW4gam9obnNvbg%3D%3D).

**How to Exercise**

**Exercise 6 hours a week.**

* **3 days of strength training**
* **3 days of cardio (Aim for 150 minutes of moderate activity during which you can maintain a conversation. And 75 minutes of vigorous exercise where you’re unable to converse.)**
* **Include flexibility, balance and mobility exercises**

**For my workout protocol, I’m currently experimenting with a few things. Here are my**[**current workout protocols**](https://cdn.shopify.com/s/files/1/0772/3129/2701/files/Protocols.png?v=1727166345)**,**[**schedule**](https://cdn.shopify.com/s/files/1/0772/3129/2701/files/Schedule.png?v=1727166346)**and**[**circuits**](https://cdn.shopify.com/s/files/1/0772/3129/2701/files/Circuits.png?v=1727166346)**. We are working on a video to show you the movements of each exercise. Note, you do not need to follow my exercise protocol exactly. If you have something else that’s working for you, great.**

**A few important tips:**

1. **Avoid injury. Injuries can create serious limitations, create body imbalances and cause long term complications. It’s worth being cautious even if it means not doing certain things.**
2. **Create an exercise habit. Do it everyday, no matter what (unless you’re injured, have a limiting medical condition, or under doctor's orders). You don’t even think about it. It just happens out of habit. Do not give yourself the option to decide.**
3. **Work on strength training, cardio, balance and flexibility.**
4. **Move throughout the day - after each meal, be active for 5-10 minutes. Every 30 minutes, get up from your desk and move around a bit.**
5. **Don’t get caught up and paralyzed in all the nuances and rabbit holes of exercise. Being active, in whatever ways you can, pays big for your health.**
6. **Considerations for premenopausal females: Women should prioritize high-intensity and strength training during the follicular phase (first half of the cycle), as estrogen enhances performance, muscle growth, and recovery. In the luteal phase (second half), focus on lower-intensity activities like Zone 2 cardio and lighter strength training, as higher progesterone reduces exercise capacity and slows recovery.**
7. **Considerations for postmenopausal women: Prioritize strength training and HIIT to help maintain muscle mass, improve insulin sensitivity, and protect bone density. Weight-bearing exercises are essential for reducing the risk of osteoporosis and maintaining overall functional strength as estrogen levels decline.**

**The scientific evidence behind exercise is compelling, plus it makes you feel great. Regular physical activity is extremely important for increasing life expectancy and overall health.**

* **Regular physical activity can reduce the risk of all-cause mortality by 26%-31% and cardiovascular disease by 28%-38%. (**[**link**](https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.121.058162)**)**
* **Muscle Strength Predicts Longevity:**[**A study**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/)**(Warbutron, et.al., 2006) of over 1 million men found that low muscular strength in adolescence was associated with up to a 35% increased risk of dying young.**
* **Every pound of muscle burns 3x the amount of calories than a pound of fat (6 versus 2) (Zurlo et al., 1990)**
* **Working out 2-4 times beyond the minimum recommended amount of vigorous physical activity (150-299 minutes per week) is associated with a 21%-23% lower risk of all cause mortality (**[**link**](https://www.ama-assn.org/delivering-care/public-health/massive-study-uncovers-how-much-exercise-needed-live-longer#:~:text=Additionally%2C%20adults%20who%20worked%20out,mortality%2C%20according%20to%20the%20study.)**)**
* **Combining moderate and vigorous physical activity can provide nearly the maximum mortality reduction of 35-42% (**[**link**](https://www.ama-assn.org/delivering-care/public-health/massive-study-uncovers-how-much-exercise-needed-live-longer#:~:text=Combine%20levels%20for%20best%20results,-%E2%80%9CA%20substantially%20lower&text=The%20study%20notes%20that%20%E2%80%9Cany,about%2035%25%20to%2042%25.)**)**
* **Even small amounts of intense intermittent lifestyle physical activity (such as brief bursts of very fast walking or stair climbing for 1-2 minutes) are associated with lower cancer risk**

**How to Eat**

**What I eat everyday:**

Approximate daily macros:

* Calories: 2,250 (10% caloric restriction from RDA)
* Protein: 130 grams (~25%)
* Carbs: 206 grams  (~35%)
* Fat: 101 grams (~40%)

**Things I don’t consume:**sugar, junk food, fried food, highly processed food, gums, high-fructose corn syrup, aspartame, sucralose, dairy, pasta, bread, hydrogenated oils, canola oil, corn oil, soybean oil, trans fats or alcohol.

Note: I am vegan by choice, excluding the collagen peptides. Feel free to add meat of your choice.

**My food routine:**

**5:25 am** - I’ll consume an 8 oz (236 mL) drink consisting of:

* 1 scoop of [Blueprint Longevity Mix](https://blueprint.bryanjohnson.com/products/longevity-blend-multinutrient-drink-mix-blood-orange-flavor)
* Collagen protein, 11 g
* Creatine, 2.5 g (Longevity Mix has 2.5 g for 5 g total. Blueprint Creatine in Dec 2024)
* ½ tsp of prebiotic galactooligosaccharides
* 1 tsp of Inulin

**6:45 am** breakfast:

* [Blueprint Longevity Protein](https://blueprint.bryanjohnson.com/products/nutty-pudding-protein-mix) (watch: [how I prepare](https://www.youtube.com/shorts/A0YdJM1Ixmg)) with:
* [Blueberry Nut mix](https://blueprint.bryanjohnson.com/products/nutty-pudding-fruit-and-nut-mix)
* 11 grams of collagen protein
* 1 Tbsp of [Extra Virgin Olive oil](https://blueprint.bryanjohnson.com/products/premium-extra-virgin-olive-oil)
* [Blueprint Cocoa](https://blueprint.bryanjohnson.com/products/cocoa-powder) (6 g)

I’ll take the following pills:

* [Blueprint Essentials](https://blueprint.bryanjohnson.com/collections/coming-soon/products/essentials-capsules) - 3\*
* [Blueprint Soft Gel](https://blueprint.bryanjohnson.com/collections/coming-soon/products/essential-softgels) - 1\*
* [Blueprint NAC + Ginger + Curcumin](https://blueprint.bryanjohnson.com/collections/coming-soon/products/nac-ginger-capsules) - 3\*
* [Blueprint Red Yeast Rice + odor free garlic](https://blueprint.bryanjohnson.com/collections/coming-soon/products/red-yeast-rice-garlic-capsules) - 1\*
* [EPA/DHA/DPA](https://www.vegetology.com/supplements/omega-3) 800 mg\*
* [Garlic](https://amzn.to/3GGs6vf) 1.2 g (Kyolic)\*
* [ProButyrate](https://amzn.to/3HFiS2G)600 mg\*\*
* [Proferrin](https://amzn.to/3UQdijG) 10.5 mg\*\*
* NR (450 mg) or NMN (500 mg)\*\*
* Acarbose 200 mg (Rx)\*\*\*
* Metformin (500 mg)\*\*\*
* Plasmalogens (1 mL of each [Glia and Neuro](https://prodrome.com/collections/plasmalogen-oils))\*\*\*

Note:

* \* means for everyone (sex and gender)
* \*\* for me based upon my biomarker measurements
* \*\*\* advanced therapies I’m experimenting with

**9 am**

I’ll have my second meal of the day: Super Veggie (watch: [how to prepare](https://www.youtube.com/watch?v=wHx51zMqmcg))

* [Black lentils,](https://amzn.to/45EX8hG) 45 grams dry, ~150 grams cooked
* Broccoli (head+stalk), 250 grams (can also use Broccoli sprouts)
* Cauliflower, 150 grams
* Shiitake or Maitake Mushrooms, 50 grams
* Garlic, 1 clove (a piece)
* Ginger Root, 3 grams
* Lime, 1
* Cumin, 1 Tbsp
* Apple Cider Vinegar, 1 Tbsp
* Hemp Seeds, 1 Tbsp
* After prep, drizzle 1 Tbsp of [Extra Virgin Olive Oil](https://blueprint.bryanjohnson.com/products/premium-extra-virgin-olive-oil)
* 1-4 Tbsp of fermented foods i.e. cabbage, kimchi, beets, etc.

**11 am**, my final meal of the day which will be some combination of veggies, nuts, seeds and berries. Here’s an example: Stuffed Sweet Potato, 500 calories

* 300 grams cooked sweet potato
* Chickpeas 45 grams cooked
* Grape Tomatoes 12
* Avocado ½
* Radishes 4
* Cilantro ¼ cup
* Jalapeno Pepper 1 large
* Limes 2 whole
* Lemon 1 whole
* Chile Powder 1 Teaspoon
* 1 Tbsp of [Extra Virgin Olive Oil](https://blueprint.bryanjohnson.com/products/premium-extra-virgin-olive-oil)

I’ll take these additional pills.

* [EPA/DHA/DPA](https://www.vegetology.com/supplements/omega-3) 800 mg\*
* [Garlic](https://amzn.to/3GGs6vf) 1.2 g (kyolic)\*
* [NAC](https://www.lifeextension.com/vitamins-supplements/item01534/n-acetyl-l-cysteine) 1,800 mg\*\*
* [Proferrin](https://amzn.to/3UQdijG) 10.5  mg\*\*

Note:

* \* means for everyone (sex and gender)
* \*\* for me based upon my biomarker measurements
* \*\*\* advanced therapies I’m experimenting with

1. Considerations for premenopausal women: During the follicular phase, women should focus on higher carbohydrate intake due to improved insulin sensitivity, while maintaining moderate protein levels to support muscle growth. In the luteal phase, as insulin sensitivity decreases, reduce carbohydrate intake and increase protein and healthy fats to support muscle maintenance and counteract the catabolic effects of progesterone.

* Supplements: Luteal phase: magnesium, Ashwagandha, Rhodiola Rosea, sodium, potassium can help reduce stress, balancing hormones, reduce PMS-related fatigue, and combat water retention and bloating.

2. Considerations for postmenopausal women: Increasing protein intake is crucial to support muscle mass and counteract the effects of declining estrogen, which can lead to muscle loss. Calcium and vitamin D intake should be prioritized to help maintain bone density and reduce the risk of osteoporosis, as well as healthy fats to support cardiovascular health.

* Supplements: calcium (1000-1200 mg/day) and vitamin D (2000 IU/day)

**How to Care For Your Skin**

**Skin is the largest organ of our bodies. Up until just a few years ago, I kind of destroyed mine. I regularly got sunburns, had a poor diet, and didn’t really do anything to nurture healthy skin. Now in my 40s, the damage is apparent.**

**When we started Blueprint, we had the goal to measure every organ of the body, including skin, and slow its speed of aging and reverse the aging damage. I had a lot of skin aging damage, and we’ve used various technologies to measure my skin age.**

**When I started Blueprint, my skin was in the 98th percentile for damage, with a skin age of 64. Now, my skin age has improved to between 37 and 42.**

**Skin care basics**

**This may seem like a long list but they’re really all habits that you’ll soon forget you’re doing.**

**+ Get sunlight early in the mornings and later in the afternoons**

**+ Avoid direct sun exposure when the UV index is high (10 am - 4 pm)**

**+ If in the sun during high UV times, use clothing, a UV umbrella or wear a hat and or mineral sunscreen**

**+ Prioritize your sleep**

**+ And eat a Blueprint-like healthy diet**

**+ Avoid junk/fried/highly processed foods**

**+ Consume 20-30 grams of collagen peptides daily. It’s good to pair Vitamin C with peptides, which the Blueprint stack has. Also, Blueprint collagen peptides are coming soon.**

**+ Supplements: Niacinamide (15 mg in**[**Blueprint Essential Capsules**](https://trk.klclick.com/ls/click?upn=u001.XPspMERd2CHXkukDXBemxE-2FhSyIFgpbGGxlH36O3EmFiNWgEi65tDHBER5br2OAcsdneab5jgc1BaKHFMGoiUJKJ-2FtA34RGdHIzipVgmDlGF4aXEsmgOLHWYmiSDRR2zD-2BHGfmLWK6kLOcCHZSq-2FaTT6Tk-2BOHKw2Xdu8mkpd5iK6M-2B4UGhEbc9ZD7Ue-2B5wt8ux9kiu426GQ-2Bqu0XuA4hoEZkTECc48e1Y8vP91d8Qe7i6uXUrf6RuPYt295mWS2RtACE_5X-2BwjIOBLYAp9L2W6dJ5-2Bo0-2BCQqv1BCQ-2FVnHHJmjRftj83wlZ8n6Rmv1WSHP5DlJ7Idpl0Ida5z5PLSoJ1FTC1gPSGTTOK6KEMFbbOywSnGrc7HpquSOYTseKpohhswHRbi4Hv9lWJOZwgo-2F33fV6n0vZsXwn-2FZT7miUEwbZwLhFMIY9UbPoT2orgP70QDYqkywY37kbdUhcryvCIgnozKUw8lWAZC-2F6d862sA-2F0S3RO2iGzwbIM-2BqcenfIAUu9x1F-2BEekx5ozHy9HYIJ9tYiQ4MlO2LkYIZdhGclTWWW3K7XpUKw8kFilun-2FgvGjTHZtNftD82fiRHMg1TGz-2FPsvA-3D-3D)**) and hyaluronic acid (120 mg in**[**Blueprint Longevity Mix)**](https://trk.klclick.com/ls/click?upn=u001.XPspMERd2CHXkukDXBemxE-2FhSyIFgpbGGxlH36O3EmFiNWgEi65tDHBER5br2OAcAdFx53deVuQvR8Lbhuw5CK5mXoby4MBghIhO3QW4bogQRm77KSS5se-2BD47go-2FlePDvTqd-2FFK23S5PemkQ1OVS9dxg2nbuGGhnJf4vkdrefvcWpPijP8Ica9H6bI6VGmv-2B3TTiQV49HdLYCO8DjM6-2FszixWsBMnZm4tliGoBuETu96L-2BpuMthxS3rLCVE50K9Y2pytrr-2BMzNR0WRsEJ1DHU4IgN70zkc7NuH7eCkQKH-2FEbwXQJxkfYZ6SoCOzF3ykTUNe_5X-2BwjIOBLYAp9L2W6dJ5-2Bo0-2BCQqv1BCQ-2FVnHHJmjRftj83wlZ8n6Rmv1WSHP5DlJ7Idpl0Ida5z5PLSoJ1FTC1gPSGTTOK6KEMFbbOywSnGrc7HpquSOYTseKpohhswHRbi4Hv9lWJOZwgo-2F33fV6n0vZsXwn-2FZT7miUEwbZwLjlX3Jgoka7iQrCQ2VSnuikmgxw64PMOK-2Bi2XvnMEsaEziUagXsqp-2BNt1DnhNQ8EiordiLVvEtTDU-2FBaEM0EKQKNYNzwdMvFtB7g-2FDzl5SBKPx9xfkxl7qhKWOZpdPOWFJrAk6NaiePh8L6z-2B1ukj-2BxnuN7YoprCQ9lxxR9A927WA-3D-3D)

**My daily protocol**

**+ A**[**body wash**](https://amzn.to/4fOROO3)**,**[**face wash**](https://amzn.to/3Y9ruYF)**,**[**moisturizer**](https://amzn.to/3zWnaSp)**(**[**Body**](https://trk.klclick.com/ls/click?upn=u001.XPspMERd2CHXkukDXBemxLEDeSFxKmfYienSQsNUuwK5WtWXa7jk5deCkls7mxJcEKbFiAsojHVIukVKt7RfhUAeRvvzHIDBA4XJpKBIq2n6DIt-2FY2KKEOC8KuFSluofaRpMvvUnpn2ZIn9uQLymtuhzFG-2FF8Ur63OyNhc-2F7T-2F1k7vNguUqiRz86-2BE1MIAHFg4MHB43poo-2FkIWZ9skok-2Bw-3D-3DfbhY_5X-2BwjIOBLYAp9L2W6dJ5-2Bo0-2BCQqv1BCQ-2FVnHHJmjRftj83wlZ8n6Rmv1WSHP5DlJ7Idpl0Ida5z5PLSoJ1FTC1gPSGTTOK6KEMFbbOywSnGrc7HpquSOYTseKpohhswHRbi4Hv9lWJOZwgo-2F33fV6n0vZsXwn-2FZT7miUEwbZwLh2-2BQH6v-2FTUsCsRES8xbqrBhYXt3IlD1G1shfmNV5melF9D6WN23-2BbESn3wZDtAGaZZuZtBW9-2BKmA5w-2FgLfhMcgYKu4nCP60BwtfwsmQD6ODaaq2VjEr8XEMu-2BF-2BsL-2FlM7Uwuhxu3d7GtGV-2BX6COsXo-2BKkPyzmz1S-2BoneQtu-2F9O6A-3D-3D)**,**[**Face**](https://trk.klclick.com/ls/click?upn=u001.XPspMERd2CHXkukDXBemxDJN5VgRYm2ATV1meKKGwpdQwFKjogfiHo-2BGVGQqFOCewwHyfdQSbeZd2-2BukKZFJ-2BcwA0VxbQ8dkLOyZwyGanaIgqyC0xU-2FDqoCPyistyEifOxGJcAFKn8O6WY1jVyauEMbbN-2FDHlmAwgSZRoA8qJj-2F93-2FBZGyquo38BLjMIvsvubA89cBOxoomF3lIAevO7Qw-3D-3Dt1kf_5X-2BwjIOBLYAp9L2W6dJ5-2Bo0-2BCQqv1BCQ-2FVnHHJmjRftj83wlZ8n6Rmv1WSHP5DlJ7Idpl0Ida5z5PLSoJ1FTC1gPSGTTOK6KEMFbbOywSnGrc7HpquSOYTseKpohhswHRbi4Hv9lWJOZwgo-2F33fV6n0vZsXwn-2FZT7miUEwbZwLjWUAweFfMgW5BHPko-2B32cuj-2BmCND5he-2FZVbOeaDC-2FMVN-2BERhd02nVXsOVtZR4NYhqeXmjMbkt6iJfsvGGuajb0Jhk-2BgEf-2FA1qX7tXJOvsakQXBrCr2FICoccEpJtGnykobdDrE2xQkJnDk-2FqT5FCj4hcO1OdL6Q3EWlAfvNHJEsg-3D-3D)**)**[**+ vitamin C**](https://amzn.to/3zWnaSp)**and**[**Retinol**](https://amzn.to/3zKiW09)**.**

**+ Sunscreen - (**[**Link**](https://trk.klclick.com/ls/click?upn=u001.XPspMERd2CHXkukDXBemxFdH5BxNp-2FdUd3HuUZa4y8v-2FKpD6Boov0vH6ZtukE5B2D2S7mkG5u50WiQW5v0N2qlpVxZm8izModgPmB2VjplII6Ulpb0ZcHME4U-2B8I9YmSCJUcp0vjLloqENbPdO3pmIfsNtISYTYOV54BhNfTcOJyhgYAQTpRTQEWMjQH1YkA2vzbG0kRf9bbEgUyjYkIng-3D-3DQxax_5X-2BwjIOBLYAp9L2W6dJ5-2Bo0-2BCQqv1BCQ-2FVnHHJmjRftj83wlZ8n6Rmv1WSHP5DlJ7Idpl0Ida5z5PLSoJ1FTC1gPSGTTOK6KEMFbbOywSnGrc7HpquSOYTseKpohhswHRbi4Hv9lWJOZwgo-2F33fV6n0vZsXwn-2FZT7miUEwbZwLjYglxagZCCJY49CsPoc05iQGznkHZE6WUmit1eqifSH8zA7HRj2V9TN7QZYUu4s9D3gTTQlN9pGnV1lu7JXdrw5OaZ4Z77-2BbobNEwsTJIJqtKZeZh-2BEcG4ez9e1BsVMqxibbVZB-2BdoYrH4CLFucwHmesc5oAqYefiskRVl-2F2qZ9A-3D-3D)**). Blueprint sunscreen coming Dec 2024.**

**+ Creams - a few worth considering: niacinamide, vitamin C, hyaluronic acid and tretinoin (an Rx). There are seemingly endless skin cream options to choose from and my experience has been that they are only marginally helpful. If you find one that is meaningfully effective, please share!**

**Note: if you have your face wash or moisturizer that you like, great. The above are options.**

**Pro tips**

**+ Other UV Protection: UV-tinted windows (blocks 99% of UV) and a UV umbrella when outside.**

**+ Prescription: I microdose Accutane (40mg weekly) for blemish free skin and anti-aging benefits. Requires a doctor’s prescription. Alternatives include over-the-counter retinols. (**[**Link**](https://trk.klclick.com/ls/click?upn=u001.XPspMERd2CHXkukDXBemxFWOmNlaE3bQdjknRxJwXTNyitZfOpOcnyqJ9w1IYS2TOCvKUm-2F0y3aSI0vq0M5tWlkpqpSQZ7pQf9-2Fr8-2BDewF-2BuyMx4ZTqBv33o351wZW-2BQy1dkBKP5fxHktuRSNv9V-2FmW5ksw24QH-2FeQ53CTQq5JfNn4DpBSiKZWfsPHQymAAobO2hWj3HIk8gQB7LeDnxdQ-3D-3DnRnk_5X-2BwjIOBLYAp9L2W6dJ5-2Bo0-2BCQqv1BCQ-2FVnHHJmjRftj83wlZ8n6Rmv1WSHP5DlJ7Idpl0Ida5z5PLSoJ1FTC1gPSGTTOK6KEMFbbOywSnGrc7HpquSOYTseKpohhswHRbi4Hv9lWJOZwgo-2F33fV6n0vZsXwn-2FZT7miUEwbZwLg2Vw8j52upkrYwG9gZsWKcryfSj9ZuyK4Ytbf0tL81c0mw0jCeP0ulvHkzP4zXLRNpYJXKXcNkiJmxbqRMaDMx23hTIPV86a59-2FUhWlNJpk95COfk5DnrHifAxNfhKwP7-2FyLQqfBjXz-2FyXWBh4ZH1OQQazAAYljs0dUJl78EkrPg-3D-3D)**)**

**+ Red Light Therapy: Three 12-minute full body sessions per week for collagen production, healing, and mitochondrial health. Note, if you don’t have easy access to red light therapy, don’t worry. The basics are a great place to start.**

**Measuring skin health**

**We measure my progress and tailor treatments with Multispectral Imaging. It provides detailed views of skin health, tracking UV damage, pore size, and spots. Reveals much more than the eyes can see. Some wellness clinics offer this service, you can search locally to find one.**

**Advanced skin therapies**

1. **Tixel ($1,000) (**[**find a provider**](https://www.sentientlasers.com/patient-findprovider)**)**

* **Treatment settings: 6/800**
* **Areas: face, neck**
* **Post treatment application, 2 mL of Kimera Lux+ exosomes ($600 from Eric Cohn, 214-402-8202)**
* **Frequency: repeat monthly for six months**
* **Technician: Karen Villanueva,**[**karen@avamd.com**](mailto:karen@avamd.com)
* **Location: 2021 Santa Monica Blvd #600 Santa Monica CA**

**2. Sofwave ($~3,000)**

* **Treatment settings: consult Karen Villanueva**
* **Areas: face, neck**
* **Frequency: we’re working to figure out the ideal protocol. Currently doing it every eight weeks.**
* **Technician: Karen Villanueva (see above)**

**3. Face injections:**

* **Sculptra (stimulates body’s collagen production)**
* **Injector: Natalia Guzman, FNP-C, CANS, (323) 505-5010**[**info@atelieraesthetix.com**](mailto:info@atelieraesthetix.com)
* **Under Eye PRF (Natalia)**

**How to Oral Care**

**Oral care protocol:**

**Nine steps you can follow to get your oral health in order:**

1. **Waterpik: The first thing I do in my protocol is use a water pick. It uses a high-pressure stream of water to remove food, plaque, and bacteria from hard-to-reach places. Morning & night. -**[**Amazon**](https://amzn.to/4bDdB91)
2. **Floss: After using the Waterpik to loosen particles, I use floss for plaque and debris removal. I use Dr. Tongue's because it's thicker and showed a 25%+ increase in plaque removal in studies we reviewed. Morning & night. -**[**Amazon**](https://amzn.to/3JDBUHt)
3. **Brush: I use an electric brush, but you may prefer a manual. I enjoy soft bristles as it cleans effectively without unneeded harshness on the tooth or gums. Morning & night. -**[**Amazon**](https://amzn.to/4bYKtbY)
4. **Toothpaste: I am currently using two types of toothpastes, neither of which have fluoride. Morning & night. -**[**Amazon**](https://amzn.to/4bVyoEE)
5. **Tongue Scraper: This is a game changer. If it’s not part of your oral routine, I encourage you to try. It can significantly improve oral hygiene. Morning & night. -**[**Amazon**](https://amzn.to/3wKQ2MB)
6. **Mouthwash: If you plan on smooching that special someone, you can freshen up with a mouthwash. Give your partner the very best. Morning & night. -**[**Amazon**](https://amzn.to/3VjpAD3)
7. **Tea Tree Oil: I previously used tea tree oil, 2-3 drops with 2 oz of water. Recently I discontinued using it. Years ago it helped improve my oral health. Now that my baseline is back to ideal I have not needed it in my protocol. -**[**Amazon**](https://amzn.to/4e2JzNO)
8. **Bruxism Device: For 20 years I was grinding my teeth at night. If you have Bruxism, I strongly encourage you to address it. A dentist on Blueprint recommended the *SomnoDent Bruxism Device*, and for the first time in my life, my Bruxism has stopped. Wear while sleeping. -**[**Link**](https://somnomed.com/en/patients/products/somnodent/somnodent-avant/)
9. **Cleanings: Make sure you visit your dentist at least 2 times a year. It is important to identify problems early and remove hardened plaque. Even with diligent brushing and flossing at home, it's difficult to remove all plaque from your teeth.**

**Oral Hygiene Tips:**

* **Reduce sugar: Try sweeteners like Trehalose, Monk Fruit, Xylitol, and Allulose.**
* **Acidic Liquid: Avoid extended exposure to acidic fluids, such as coffee and lemon water.**
* **Avoid dry mouth: Stay hydrated. Saliva protects your teeth by washing away food debris, neutralizing acid, carrying essential ions like calcium, which help remineralize your enamel, making it stronger.**
* **Wait to brush: I avoid brushing my teeth 30 minutes after eating as tooth enamel is temporarily softened.**
* **Travel Toothbrush: If I spend the day on-the-go, I’ll take a travel toothbrush with me. Throughout the day you can sneak away to a bathroom and give your teeth a clean.**

**How to Care For Your Hair**

**Genetically, I should be bald.**

**I started to lose my hair and go gray in my late 20s. Now, at 46, I’ve got a full head of hair and ~50% of my gray is gone. Here’s how I did it (**[**watch video**](https://www.youtube.com/watch?v=F25RiUZQSLQ)**).**

**1. Start early and be proactive - I made the mistake of addressing my hair loss and graying after noticing it. By age 20, about 20% of men already have some visible hair loss. Many people lose up to 50% of their hair before they start to notice thinning. By age 50, up to 40% of women will have noticeable hair loss. Consider starting a hair health protocol before you can visibly detect loss.**

**2. Nutrition - proper nutrition is important for hair health. You’ll want to make sure you’re getting adequate protein, Omega-3 fatty acids, Biotin (Vitamin B7), Vitamin C, Vitamin D, Vitamin E, Iron, Zinc and Biotin. The Blueprint stack has all of these.**

**3. Topical hair formulation - I use a topical solution, 1 mL applied to my scalp each night . I then massage my scalp with a**[**silicon scrubber**](https://amzn.to/4dGlmfH)**for 1-2 minutes to stimulate blood flow. The formulation I use (listed below) is based upon a genetic test I completed (**[**Blueprint 10% off**](https://www.rootsbyga.com/product/personalised-topical-hair-growth-solution?utm_source=shareasale&utm_medium=cpa&utm_campaign=content&coupon=blueprint)**) that predicted my response to various ingredients. The company then provides you with your custom Rx formulation.  
  
Note I experimented with applying the topical 2x a day (morning and night) and my recent blood results showed my DHT levels too low at 5.8 ng/dL which can create side effects. I’m back at 1x daily and will retest my blood in 90 days. Also, when I applied this in the morning, there would be run-off into my eyes which caused irritation. Now, I shower in the morning to have a clean scalp before I work out. I’ll rinse off after I work out but not wash my hair again. Then I’ll apply my hair topicals before going to sleep.  
  
If you’re on a budget or just want a basic solution, you can try out Minoxidil 5%. Note that some people experience side effects with a topical such as itchy skin, headaches etc. so monitor for those.  
  
The ingredients in my formulation: Minoxidil (7%), Cetirizine HCl (1%), Latanoprost (0.004%), Dutasteride (0.25%), Melatonin (0.1%), Caffeine (0.2%), Tretinoin (0.0125%), Vitamin D3 (1,000IU/ML), Vitamin E (10 IU/ML).**

**4. Red light cap - six minutes a day and you can be doing your morning routine as you wear it.**[**Here’s one option for you**](https://shop.mykerafactor.com/blueprint)**(Blueprint for 20% off).**

**5. Oral Minoxidil - I take 3.75 mg a day. I started with 2.5 mg and evaluated for side effects. In a double-blind, placebo-controlled randomized clinical trial involving 90 men with androgenetic alopecia AGA, oral minoxidil (5 mg daily) was found to have similar efficacy to topical minoxidil (5% solution applied twice daily) after 24 weeks. Oral minoxidil is generally considered safe at low doses, but it can have side effects such as hypertrichosis (excessive hair growth) and headaches.**

**If you want to start oral Minoxidil, you can get the Rx from our friend Dr. Marjon Vatanchi, Irvine Dermatology. 949-800-8551,**[**Concierge@irvinedermatology.com**](mailto:Concierge@irvinedermatology.com)**.**

**6. Gray hair reversal - I’ve been using**[**this product**](https://bit.ly/gr7_blueprint)**(7% discount “Blueprint”) and have seen good results reversing my gray hair. I was around 70% gray and now about 30% gray. Others have told me that it didn’t do anything for them.  If you try it, please share your results so that we have more of us learning of its efficacy.**

**7. Blueprint hair health shampoo is possibly coming soon. We’ve been trailing this formulation and think it’s the best out there. We need to complete our assessment and if it passes, we’ll make it available to you later this year.**

**8. Blueprint hair treatment is also in the works - I was doing PRP and PRF, where you draw blood and then separate out the plasma and then reinject the plasma back into your scalp. After diligently doing it for 12 months, we saw nearly no benefit. That stinks because it’s painful, expensive and time consuming. Seems PRP/PRF works for some but not all.  So we turned our attention to another method that we’re excited about. We are completing our final assessment on this too and if it passes, will also be released later this year.**

**This protocol has worked remarkably well for me. That said, I know many people take oral finasteride and have good results. Luckily I’ve been able to avoid oral finasteride and the risk of its side effects.**

**As with any new therapy, you’ll want to monitor for side effects. I’m doing multiple things simultaneously but that doesn’t mean you need to. Topical minoxidil 5% may be the only thing you need for good results. My objective is to openly share what I’m experimenting with so that you can decide what’s right for you.  We’re still in the early days of anti-aging and likely know far less than we think we know. It’s helpful to remain humble.**

**A final note that I’m in touch with several companies that are building novel hair regrowth therapies. They are promising and exciting. They’re still years out but it’s cool to think that hair loss may no longer be a thing we have to think about. Just one reason why the future is going to be amazing. #dontdie**

[**Watch this video for Bryan Johnson’s hair protocol.**](https://www.youtube.com/watch?v=F25RiUZQSLQ)

**How to Have Clean Water**

**I’m using an alkaline water filtration system ($1,300 cost). System components:**

**1. Carbon Filtration - removes all dirt (solid blocks are better because they can remove smaller particles and volatile organic compounds)**

**2. Reverse Osmosis Membrane - dirty water is diverted for disposal, > 85% pure water at this point**

**3. Mixed Bed Deionization - removes impurities that the RO membrane misses and polishes water to laboratory grade high purity (all chemicals and pharmaceuticals removed to parts per billion)**

**4. Remineralization and Alkalization - water infused with coral calcium sand (> 70 naturally occurring trace minerals)**

**5. Coconut Carbon Fiber - makes water taste as natural as possible**

**If you’re in the U.S. you can get my same water system from William @ +1 323.356.3142. I [simplelab](https://gosimplelab.com/testing) to test the water.**

**Blueprint Protocol for Pregnancy**

1. **The following Blueprint products are safe during pregnancy:**

* **Nutty Pudding**
* **Blueberry Nut Mix**
* **Essential Softgels**
* **EVOO**
* **Protein powders**

**2. The following supplements included in the Blueprint stack should be avoided during pregnancy:**

* **Ashwagandha, Curcumin, Red Yeast Rice, Nicotinamide Riboside, CA-AKG, Glucosamine Sulfate, Creatine, Sodium Hyaluronate, N-Acetyl-Cysteine.**

**3. Consider adding the following supplements:**

* **Prenatal Vitamin with adequate methylated B vitamins (at least 600 mcg Methylfolate, 2.5 mcg methylcobalamin).**
* **Magnesium 500-600 mg daily.**
* **Iron 30 mg daily.**
* **Calcium 1200 mg daily.**
* **Omega 3 Fatty Acids DHA/EPA 1000-2000 mg daily (Low metal source, Blueprint DHA/EPA out in Q1 2025).**

**4. Nutritional recommendations:**

* **Balanced diet with at least 100 g of protein daily.**
* **Avoid processed sugars and foods to reduce gestational diabetes risk.**
* **Consume at least 30 g of fiber daily.**
* **Avoid raw meat, processed meat, unpasteurized cheeses, and high mercury fish.**
* **Avoid alcohol and limit caffeine to 200 mg daily.**

**5. Exercise Recommendations:**

* **Aim for at least 150 minutes of moderate-intensity exercise per week.**
* **Strength training at least 90 minutes per week.**
* **Consider adding in pelvic floor exercises.**

**How to Measure**

**We are working on a Blueprint App & Blueprint Diagnostics where you can track your health, measure blood work, engage with others, share updates, and meetup in real life. More details coming soon, sign up**[**here**](https://blueprint.bryanjohnson.com/pages/help-center?hcUrl=%2Fen-US%2Fhow-can-i-be-part-of-the-blueprint-community-606470)**to be updated.**

**Routine Measurement**

1. **Blood draw, every 3-6 months (Blueprint blood draw coming August 2024)**
2. **Full body MRI, annually (Blueprint full body MRI coming Sept 2024)**
3. **Speed of aging 2x yr (DNA methylation) Blueprint test coming Sept 2024**
4. **Mole check, annually**
5. **Dentist, every 6 months**
6. **Eye doctor, annually**
7. [**Blood glucose**](https://www.levels.com/join?partner=BRYAN&campaignid=36303&utm_source=partner&utm_medium=all-channels&utm_campaign=bryan-johnson)

**Products I Use**

**Stuff you may want:**

**+ An**[**Eight Sleep bed**](https://www.eightsleep.com/?irclickid=0vLToXwHnxyKUEt3AnQII2rcUkC2BlS9xVL7XM0&utm_source=impact&utm_campaign=Blueprint&utm_medium=affiliate&irgwc=1&nb_platform=impact&nb_adid=607198&nb_cid=9942&nb_pid=4214942&nb_aname=Online%20Tracking%20Link&nb_atype=ONLINE_TRACKING_LINK&nb_asize=&nb_product_sku=&nb_partner_name=Blueprint&nb_mtype=mediapartner&nb_partner_shared_id=)**- if you can afford it, 100% recommend. (“BLUEPRINT” for $100 discount)**

**+ Wearable:**[**Whoop**](https://join.whoop.com/en-US/blueprint/)**(first month free), Oura, Apple, Garmin are all fine.**

**Other Advanced Therapies**

**Joints**

**Trialing a new therapy using young Swedish bone derived mesenchymal stem cells (MSCs) from CellcoLabs. In March 2024, I had 300 million MSCs injected into my knees, hips and shoulders. Follow up MRI is in 12 months. (**[**watch video**](https://www.youtube.com/watch?v=MsVIT_54rMU)**)**

**Longevity Gene Therapy**

**Received my first gene therapy in October 2023, Follistatin (**[**watch video**](https://www.youtube.com/watch?v=bax8to_s07Q)**).**

**Rx**

* **Rapamycin, 6 mg per day 1x wk**
* **17α-Estradiol (17aE2) - 2 mg transdermally, 4x week**

**What is the Protocol?**

**What is the Blueprint Protocol?**

* **The power laws of longevity science. The 20% of the effort that accounts for 80% of the benefits.**
* **It consists of evidence based longevity protocols for diet, exercise, sleep, skin care, and more.**
* **We spent years compiling the evidence and developing the protocol on me.**
* **We measured the biological age of my 70+ organs and then implemented the protocols to see the effects. We repeated that process again, and again, and again until I became the most measured person in history.**
* **It’s exactly what I do every day and earned me biomarkers that rank among best in the world.**

**What’s Different About Your Protocol?**

1. **We reviewed all longevity science and ranked the most powerful.**
2. **We then did baseline biological age measurements of my organs.**
3. **We implemented the science in me.**
4. **We measured my organs again, and again, and again, until I became the most measured person in history.**
5. **We achieved top 1% optimal results in my comprehensive health markers.**
6. **We made all of this information free for everyone.**

**Why Did You Create the Protocol?**

* **To ask the unthinkable question, is death no longer inevitable?**
* **To fix my own health problems**
* **To provide a guide for everyone else to follow because everyone in health disagrees with everyone about everything making it hard to know what to do.**
* **I decided to try and do something that the 25th century would respect (**[**read more**](https://x.com/bryan_johnson/status/1716884620774420827)**).**
* **Death is our only foe.**

**My Daily Routine**

**Bedtime**

**In bed by 8:30 pm because every day starts the night before. Sleep is my #1 life priority because high quality rest makes hard things easy and impossible things doable. Following the instructions below, I achieved eight months of 100% perfect sleep, here’s how:**

* **Reframe your identity: you are a professional sleeper**
* **Keep a consistent bedtime, +/- 30 min.**
* **Get morning light +/- 30 min of waking**
* **Eat earlier in the day and lighter in the afternoon/evening**
* **Create a 30-60 minute wind-down routine**
* **Maintain a bedroom temperature between 60-67°F (15-19°C)**
* **Avoid stimulants after ~noon.**
* **1-2 hours before bed, dim lights. Red light is best (a bulb in a lamp).**

**Morning**

**~5 am, I awake naturally as abrupt alarms can have negative effects.**

* **Body composition measurement: weight, fat, muscle, hydration, arterial stiffness (Withins $99 or $199)**
* **Breathing exercise or meditation for 5 min to get my mind and body right for the day**
* **My eyes get light from a 10,000 LUX (**[**device**](https://amzn.to/3XWpind)**) for 3-4 min as I’m up before the sun**
* **I’ll apply an Rx hair serum (see hair section) and massage my scalp for 1-2 minutes for improved blood flow**
* **Then wear a red light therapy cap for six minutes for hair growth as I do my other routines.**

**5:25 am - I’ll consume an 8 oz (236 mL) drink consisting of:**

* **1 scoop of**[**Blueprint Longevity Mix**](https://blueprint.bryanjohnson.com/products/longevity-blend-multinutrient-drink-mix-blood-orange-flavor?variant=47190798696733)
* **Collagen protein, 11 g**
* **Creatine, 2.5 g (Longevity Mix has 2.5 g for 5 g total. Blueprint Creatine in Dec 2024)**
* **½ tsp of prebiotic galactooligosaccharides**
* **1 tsp of Inulin**

**5:30 am - 60-90 min workout: I focus on balance, flexibility, strength training and cardio. Here is an**[**example workout**](https://www.youtube.com/watch?v=sYyVi-H-ozI)**. I’ll rotate listening to music, a book, podcast or educational video. On the weekends I’ll hike, play pickleball, ride a bike, climb, etc. See exercise session for weekly goals.**

**6:45 am breakfast:**

* [**Blueprint Longevity Protein**](https://blueprint.bryanjohnson.com/products/nutty-pudding-protein-mix)**(watch:**[**how I prepare**](https://www.youtube.com/watch?v=8eb_41ZpyOQ)**) with:**
* [**Blueberry Nut mix**](https://blueprint.bryanjohnson.com/products/nutty-pudding-fruit-and-nut-mix)
* **11 grams of collagen protein**
* **1 Tbsp of**[**Extra Virgin Olive oil**](https://blueprint.bryanjohnson.com/products/premium-extra-virgin-olive-oil)
* [**Blueprint Cocoa**](https://blueprint.bryanjohnson.com/products/cocoa-powder)**(6 g)**

**I’ll take the following pills:**

* [**Blueprint Essentials**](https://blueprint.bryanjohnson.com/collections/coming-soon/products/essentials-capsules)**- 3\***
* [**Blueprint Soft Gel**](https://blueprint.bryanjohnson.com/collections/coming-soon/products/essential-softgels)**- 1\***
* [**Blueprint NAC + Ginger + Curcumin**](https://blueprint.bryanjohnson.com/collections/coming-soon/products/nac-ginger-capsules)**- 3\***
* [**Blueprint Red Yeast Rice + odor free garlic**](https://blueprint.bryanjohnson.com/collections/coming-soon/products/red-yeast-rice-garlic-capsules)**- 1\***
* [**EPA/DHA/DPA**](https://www.vegetology.com/supplements/omega-3)**800 mg\***
* [**Garlic**](https://amzn.to/3GGs6vf)**1.2 g (Kyolic)\***
* [**ProButyrate**](https://amzn.to/3HFiS2G)**600 mg\*\***
* [**Proferrin**](https://amzn.to/3UQdijG)**10.5 mg\*\***
* **NR (450 mg) or NMN (500 mg)\*\***
* **Acarbose 200 mg (Rx)\*\*\***
* **Metformin (500 mg)\*\*\***
* **Plasmalogens (1 mL of each**[**Glia and Neuro**](https://prodrome.com/collections/plasmalogen-oils)**)\*\*\***

**While eating, I’ll listen to a book, podcast or educational video.**

**Note:**

* **\* means for everyone (sex and gender)**
* **\*\* for me based upon my biomarker measurements**
* **\*\*\* advanced therapies I’m experimenting with**

**7:15 am**

* **A**[**face wash**](https://amzn.to/3Y9ruYF)**,**[**moisturizer + vitamin C**](https://amzn.to/3zWnaSp)**and**[**Retinol**](https://amzn.to/3zKiW09)**.**
* **Exfoliate with**[**Japanese washcloth**](https://amzn.to/45QGNaF)**2-3x wk**
* [**Sunscreen**](https://amzn.to/4bOb4IC)**if you’re out in the sun when the UV index is high.**
* **Shower**[**(cleanser)**](https://amzn.to/3xv09p8)
* **Wash hair (**[**shampoo**](https://mykerafactor.com/)**) with [Kerlase scalp stimulant](https://mykerafactor.com/" \t "_blank), massaging scalp for 60 seconds with soft silicone bristles.**

**7:45 am**

* **A 10 minute walk outside.**
* **Begin work. My morning hours are my best.**
* **My desk and chair are situated so that I can rotate between sitting and standing, always maintaining proper posture.**
* **Identify and focus on the highest priority items for the day.**
* **I try very hard to avoid checking messages or social media until now and even after I get my first hour of focused work in.**

**9 am**

**I’ll have my second meal of the day: Super Veggie**

* [**Black lentils,**](https://amzn.to/45EX8hG)**45 grams dry, ~150 grams cooked**
* **Broccoli (head+stalk), 250 grams (can also use Broccoli sprouts)**
* **Cauliflower, 150 grams**
* **Shiitake or Maitake Mushrooms, 50 grams**
* **Garlic, 1 clove (a piece)**
* **Ginger Root, 3 grams**
* **Lime, 1**
* **Cumin, 1 Tbsp**
* **Apple Cider Vinegar, 1 Tbsp**
* **Hemp Seeds, 1 Tbsp**
* **After prep, drizzle 1 Tbsp of**[**Extra Virgin Olive Oil**](https://blueprint.bryanjohnson.com/products/premium-extra-virgin-olive-oil)
* **1-4 Tbsp of fermented foods i.e. cabbage, kimchi, beets, etc.**

**9:30 am**

* **Focused work**
* **Every 30 minutes I’ll do ~5 minutes of light activity such as walking, bodyweight exercises, stretching, light household activity, or dancing.**

**11 am, my final meal of the day which will be some combination of veggies, nuts, seeds and berries. Here’s an example: Stuffed Sweet Potato, 500 calories**

* **300 grams cooked sweet potato**
* **Chickpeas 45 grams cooked**
* **Grape Tomatoes 12**
* **Avocado ½**
* **Radishes 4**
* **Cilantro ¼ cup**
* **Jalapeno Pepper 1 large**
* **Limes 2 whole**
* **Lemon 1 whole**
* **Chile Powder 1 Teaspoon**
* **1 Tbsp of Blueprint Snake Oil**

**I’ll take these additional pills.**

* [**EPA/DHA/DPA**](https://www.vegetology.com/supplements/omega-3)**800 mg\***
* [**Garlic**](https://amzn.to/3GGs6vf)**1.2 g (kyolic)\***
* [**NAC**](https://www.lifeextension.com/vitamins-supplements/item01534/n-acetyl-l-cysteine)**1,800 mg\*\***
* [**Proferrin**](https://amzn.to/3UQdijG)**10.5  mg\*\***
* **Metformin (500 mg)\*\*\***

**Note:**

* **\* means for everyone (sex and gender)**
* **\*\* for me based upon my biomarker measurements**
* **\*\*\* advanced therapies I’m experimenting with**

**Approximate daily macros:**

* **Calories: 2,250 (10% caloric restriction from RDA)**
* **Protein: 130 grams (~25%)**
* **Carbs: 206 grams  (~35%)**
* **Fat: 101 grams (~40%)**

**Note: I am vegan by choice, excluding the collagen peptides. Feel free to add meat of your choice.**

**11:30 am - work**

* **Every 30 minutes I’ll do ~5 minutes of light activity such as walking, bodyweight exercises, stretching, light household activity, or dancing.**
* **All liquid I drink is mineralized, meaning it’s tea or with electrolytes or the Blueprint Longevity Mix in the am. This helps avoid having to get up at night to go to the bathroom. I also stop drinking fluids at 4 pm.**

**7:30 pm**

* **A 10 minute walk outside.**
* **Social time with friends and family.**
* **Wind down routine.**
* **No messages, social media or screens.**
* **Night time mode activated.**

**8:00 pm**

* **A**[**face wash**](https://amzn.to/3Y9ruYF)**,**[**moisturizer + vitamin C**](https://amzn.to/3zWnaSp)**and**[**Retinol**](https://amzn.to/3zKiW09)**.**

**8:30 pm - in bed and asleep within 3 minutes of my head hitting the pillow.**

**Lessons Learned / Change Log**

This section is coming soon. I’ll add lessons learned and some change log items.

A few items I’ll be writing about:

1. Mastery of basics
2. Disagreement
3. Measurement
4. Lasers
5. Peptides
6. HGH
7. Risk of too few calories
8. Face fat
9. Speed of aging
10. Systems
11. Will power
12. Sleep
13. Mineralizing water
14. Night time erections