

LONGEVITY MEDICAL CLINIC™ | PATIENT PLAN

Health Membership

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Goals	Risks
Lose Weight	
Lower Dementia Risk	
Increase Energy	

Life Style

Book 1: Fitness Self Test and Exercise Plan	
Book 2: Exercise Instructions and Tracking	
Intermittent Fasting	

Nutrition

Book 3: Healthy Eating Plan	
Book 4: Healthy Recipe Guide	

Prescription

	\$		\$
Anastrozole	~\$9/3mo		
Progesterone	~\$85/3mo		
Tadalafil	Varies depending on pharmacy GoodRx.com		
Testosterone	~\$80/3mo		

Supplementation

	\$		\$
Berberines		Essentials	
Boron		Relief Factor	
Chromium		Triple Amino	
Men's Formula		Vessel Protection	
Optimal Memory		Platinum Autoship	~\$478/2mo
		Premier Autoship	~\$605/2mo

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