



VIDA WELLNESS
HEALTH AND LONGEVITY

LIVE & AGE WELL



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LIVE & AGE WELL

The **VIDA Wellness Sanctuary** introduces a new paradigm of wellness centers to the global health, wellness and fitness markets. It can be characterized as a hybrid between **integrative longevity clinics** featuring cutting-edge wellness modalities, supplementation, ongoing healthy lifestyle education, boutique **movement studios**, recovery, and inviting **social clubs** with healthy cafés and co-working options.



- Increasing environmental and lifestyle challenges are causing an unprecedented rise in chronic disease rates.
- We also face the inevitability of aging and its consequences on our health, well-being and longevity.





Over 49.9% of the Australian population has one or more chronic health condition. ¹



Over 32% of the Australian population is 50-plus. ²



The Australian healthcare system is designed to manage disease instead of promoting and sustaining health.





VIDA WELLNESS

HEALTH AND LONGEVITY

LIVE & AGE WELL

VIDA Wellness Sanctuaries are multi-disciplinary health, vitality and longevity centers that empower their members and clients to “Live & Age Well.” VIDA facilities combine state-of-the-art health clinics, cutting edge health modalities, movement spaces and a welcoming social club with a healthy options cafe. VIDA curates an unparalleled experience for its clients and members.

VIDA Wellness features world class clinicians providing advanced precision health treatments and scientifically curated tools and modalities ranging from regenerative medicine, orthobiologics and hyperbarics to targeted dietary supplementation and nutrition, guiding clients and members in their quest for intrinsic health, graceful aging and ultimate well-being.





VIDA WELLNESS
HEALTH AND LONGEVITY

AVATARS

Alison, Joan & Denise

Met at an author's night at VIDA.

Now they meet regularly there for a **workout or to enjoy a coffee and friendship**, while admiring the latest artworks in attractive, welcoming surroundings.

Ensclosed in an intimate community with an ethos of inclusion.





VIDA WELLNESS
HEALTH AND LONGEVITY

AVATARS

Jana

Jana is an artist, designer & freelancer working from home, or coffee shops.

The **coworking space, combined with the workout options**, allows Jana to reduce the isolatory impact of working from home and provides attractive surroundings with curated amenities to work and workout in . . .

Ensconced in an intimate community with an ambiance of inclusion.





VIDA WELLNESS
HEALTH AND LONGEVITY

AVATARS

Jack and Muriel

Jack and Muriel are both retired widowers and met at VIDA.

They bumped into each other in the Infrared Sauna, and both came to a wine tasting, and have been fast friends since. The beautiful surroundings, and curated amenities have become a second home to both of them.

Ensnconced in an intimate community with an ambiance of inclusion.



THE OPPORTUNITY - MARKET

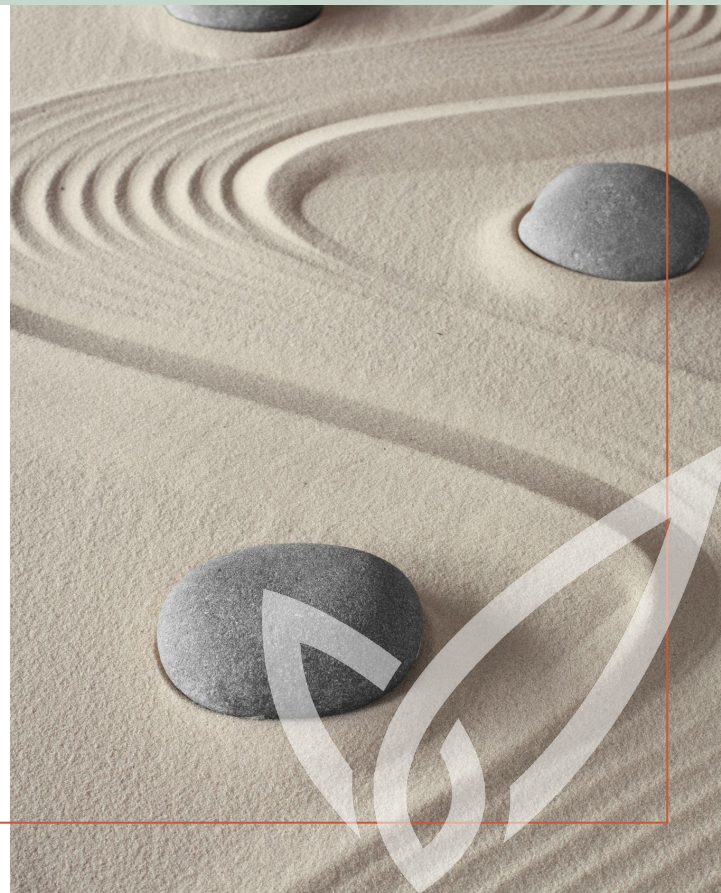
- Continued growth in the anti-aging segment has made it the largest sector in the \$5.6 Trillion Global Wellness Economy, at \$1,083 Billion in 2022.⁴
- The average wealth of households 55+ in Australia in 2020 was 1.5 times that of younger age group households (\$1.4 million compared with \$0.9 million, respectively) .
- Ken Smith, director of the Mobility Division at the Stanford Center on Longevity, predicts a stronger focus on the personalized wellness space with more prevention and management solutions for chronic illnesses.⁵
- In McKinsey's 2024 "Future Wellness Trends" report ⁷ that more than 60 percent of consumers surveyed considered it "very" or "extremely" important to purchase products or services that help with healthy aging and longevity.
- By 2030 1-in-6 of the global population will be over 60.





THE OPPORTUNITY - MARKET

- Exponential growth of alternative wellness-oriented approaches are being driven in part by rising concerns over the adverse effects of allopathic drugs, clearing the way for biologics, regenerative treatments, supplements, wellness technologies, and botanicals.⁵
- Advancements in biometrics and epigenetics are revolutionizing personalized care, driven in part by accelerated awareness around the importance of a strong immune system since the COVID Pandemic. Those who relied on traditional healthcare to cure their ailments have been forced to embrace “self-care.”⁴
- In the McKinsey’s 2024 “Future Wellness Trends report” 37% of US consumers expressed a desire for additional sleep products, including mindfulness products and services, driven by an epidemic of sleep deprivation and chronic health conditions associated with sleep loss.⁵





THE OPPORTUNITY - MODALITIES

A photograph of a SonoSite ultrasound machine in a clinical setting. The screen displays a grayscale ultrasound image of a joint. The machine is on a stand, and there are various cables and a control panel visible. The background shows a desk with a printer and a telephone.

REGENERATIVE MEDICINE & INTERVENTIONAL ORTHOBIOLOGICS

- **Platelet Rich Plasma (PRP) & Cyto-X PRP:** These treatments involve using concentrated platelets from the patient's blood to promote healing of injured tendons, ligaments, muscles, and joints.
- **Orthokine (Growth Factors):** This involves the use of growth factors to stimulate tissue repair and regeneration.
- **Hyaluronic Acid Injections:** These injections are used to improve joint function and reduce pain, often used in the treatment of osteoarthritis.
- **Comprehensive Prolotherapy:** A treatment that involves the injection of a proliferative agent to stimulate the healing of connective tissues.
- **Perineural Therapy:** This therapy targets the perineural system to treat chronic pain.
- **Focal and Radial Shockwave Therapy:** A non-invasive treatment that uses shockwaves to enhance tissue repair and cell growth.
- **Intraosseous Injections:** These are injections into the bone to treat conditions like osteoarthritis or osteochondral defects.
- **Exercise Rehabilitation:** Tailored exercise programs to support recovery and improve functional outcomes.





THE OPPORTUNITY - MODALITIES

HYPERBARIC OXYGEN THERAPY



- **Improved Circulation** by increasing the oxygen content in blood plasma, HBOT can improve circulation, particularly in areas with restricted blood flow.
- **Reduction of Inflammation** by reducing inflammation and improving conditions characterized by chronic inflammation.
- **Neurological Benefits** evidenced my multiple studies showing that HBOT can aid in the recovery of brain injuries, including traumatic brain injury (TBI) and stroke, by promoting neuroplasticity and helping to repair damaged brain tissue.
- **Reversal in aging and immunosenescence processes** has been demonstrated in a study where there was a 38% increase in telomere length in the DNA of immune cells and a decrease of up to 37% in old, deteriorating immune cells, indicating a reversal in aging and immunosenescence processes.





THE OPPORTUNITY - MODALITIES

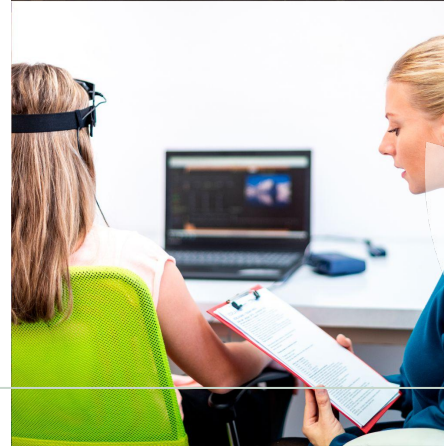
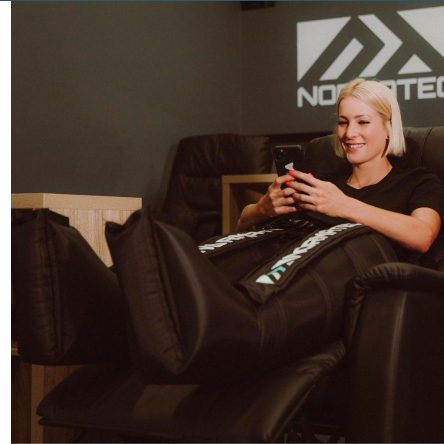
- **Magnesium Sulfate pools** offer significant health benefits including muscle relaxation, stress reduction, improved sleep, and skin health through magnesium absorption. Optimal immersion time is 12-20 minutes, providing a soothing, therapeutic experience that enhances well-being and recovery.¹⁴
- **Far Infrared Sauna Therapy** has demonstrated numerous benefits including cardiovascular⁷, detoxification⁸, cognitive health⁹, boosted immune system¹⁰, decreased pain and inflammation¹¹, cognitive and mental health¹², and longevity¹³ benefits.
- **Cold Immersion** has been scientifically proven to reduce stress, anxiety, depression, pain and muscle soreness. Floating also induces deep relaxation and is well documented in its ability to optimize uptake of magnesium.¹⁴





THE OPPORTUNITY - MODALITIES

- **Compression Therapy** uses air pressure on limbs to enhance blood flow, speed up recovery, and reduce muscle soreness, often used by athletes for recovery but ideal for individuals with circulatory issues.
- **Percussion Therapy** involves a handheld device delivering rapid bursts of pressure into the muscle tissue to relieve muscle stiffness, enhance mobility, and promote circulation, popular for muscle recovery and relaxation.
- **Neurofeedback and Biofeedback** are safe and non-invasive modalities that has shown improvement in the treatment of ADHD, anxiety, depression, epilepsy, insomnia, drug addiction, schizophrenia, learning disabilities, and dyslexia.
- **Red Light Therapy (RLT)** uses low-level wavelengths of red light to treat skin issues, reduce inflammation, and promote healing.





THE OPPORTUNITY - MODALITIES

The **OpenSeed meditation pod** is a sleek, egg-shaped capsule designed to provide an immersive meditation experience.

It works by combining elements like ambient lighting, calming music, and guided meditations to create a tranquil environment, isolated from external distractions.

Users can enter the pod to find a comfortable seating area, where they can engage with pre-programmed or customizable meditation sessions.

The benefits of using an OpenSeed pod include enhanced relaxation, reduced stress and anxiety, improved focus, and a rejuvenated sense of well-being. This innovative approach to meditation offers a private sanctuary for individuals and couples seeking a peaceful retreat.





HUR Equipment Benefits

Pneumatic Technology: Offers smooth resistance in 100g increments, that is ideal for seniors and rehabilitation.

Accessibility: Designed with accessibility in mind, making it suitable for users with a wide range of physical abilities.

Automated Workouts: Automatically adjusts machines to the user's set resistance levels and ergonomic settings.

Progress Tracking: Detailed tracking of user progress, strength improvements, workout frequencies, and completed exercises.

Personalized Workouts: Enables the creation of personalized workout plans that are automatically loaded on the equipment.

Data-Driven Decisions: Gives trainers and therapists access to comprehensive data to make informed decisions about adjustments to training or rehabilitation programs.





MOVEMENT MODALITIES - CLUB WITHOUT WALLS

Movement Options

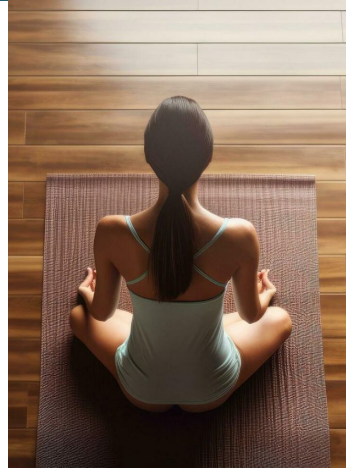
Movement Studio: Offers yoga, meditation, mat pilates, barre, Tai Chi and Qi Gong.

Cardio Options: Ranging from treadmills to Nu Steps allowing for a wide range of fitness levels and access options.

Outdoor Recreation Clubs: Including walking, running, hiking and biking clubs.

Personalized Workouts: Custom workouts for members to pursue their passions within and outside of VIDA.

Pickleball Leagues: Pickleball is known for its accessibility and social nature, making it popular among players of all ages and skill levels.



The **Social Club** element fits beautifully into the **VIDA** model, nurturing community, a sense of belonging, and significantly impacting members' personal and professional lives.



Coffee, always on tap

Curated library & bookstore

Work & meeting spaces

Curated art exhibitions

Drinks & light snacks

Programs & events

Live music

Community partnerships

Blazing fast wi-fi

Private meeting spaces

Podcast studios



The **Social Club** is a gathering space that cultivates **community** through **inspirational design, dynamic programming, and curated experiences.**

(work and meeting spaces are a byproduct of the whole)



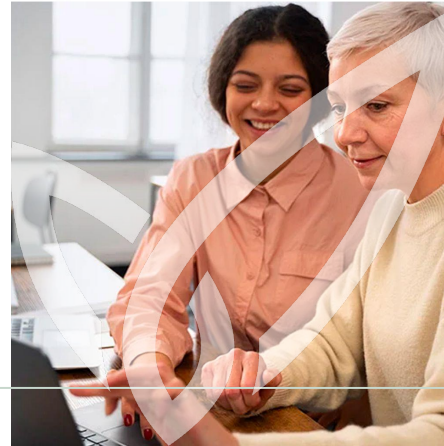
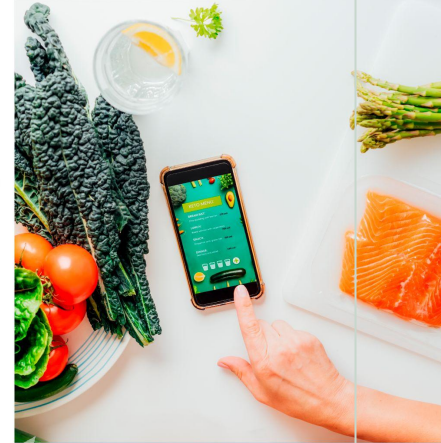
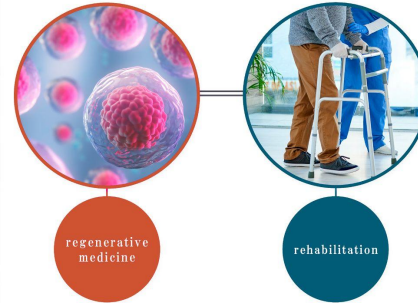


WELLNESS TREATMENTS & INTERVENTIONS

McKinsey's 2024 "Future Wellness Trends" report⁴⁷ revealed that consumers want effective, data-driven, science-backed health and wellness solutions. VIDA is built around this demand.

- **Regenerative Rehabilitation:** Combining the principles of physiotherapy and regenerative medicine* to enhance the body's intrinsic healing processes. Treatments involve specific exercise regimens combined with biological therapies to improve tissue repair and functional recovery in conditions such as osteoarthritis or post injury.
- **Precision Nutrition:** Utilizes genetic and metabolic analyses to create tailored dietary plans for managing chronic diseases such as diabetes and cardiovascular diseases. Ph360 is our preferred vendor for this.
- **Cognitive Rehabilitation:** Providing a preventative program, and also targeting cognitive decline with interventions like memory training and cognitive-behavioral therapy, beneficial for dementia and stroke recovery.
- **Integrative Therapies:** Incorporating holistic and integrative therapies, such as acupuncture, yoga, and meditation, to manage chronic pain, stress, and mental health issues associated with chronic diseases and aging. These therapies complement conventional treatments and focus on improving quality of life.

* See *REGENERATIVE MEDICINE & INTERVENTIONAL ORTHOBIOLOGICS*





WELLNESS TECHNOLOGIES & OFFERINGS

Overview of advanced Wellness Technologies and Offerings provided for health aging and combating chronic disease:

- **Telehealth and Digital Therapeutics:** Utilizing digital platforms and telehealth to deliver allied health services. Digital therapeutics, including apps and software provide therapeutic interventions can be used to manage chronic diseases, mental health conditions, to support healthy aging.
- **Wearable Technology:** Devices prescribed and utilized to monitor health metrics, aiding in personalized treatment adjustments for chronic conditions like diabetes, heart disease and COPD.
- **Functional Technologies:** Assistance in assessment, procuring and implementation of assistive devices and adaptive technologies to enhance mobility and independence for individuals with disabilities or mobility issues.
- **Gerontechnology:** Working with and consulting on technologies to address the challenges of aging, including social isolation, mobility, and daily living activities. Innovations such as smart home systems, virtual reality and gamification for cognitive and physical stimulation to support older adults.

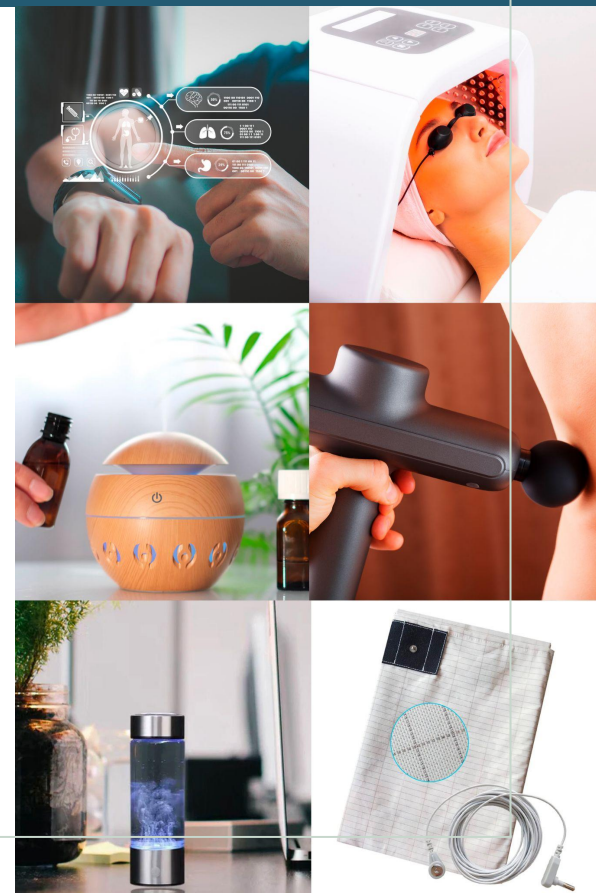




THE OPPORTUNITY - PRODUCTS

VIDA will stock a range of retail products including:

- **Wearable Health Trackers** track physical activity, sleep patterns, heart rate, HRV, and more, helping clients monitor their health and wellness metrics closely.
- **Portable Light Therapy Devices** using LED light therapy (red and near-infrared light) for their anti-aging benefits, including improving skin health, reducing wrinkles, and healing wounds, as well as for reducing inflammation and pain.
- **Aromatherapy Diffusers** use essential oils for stress-reducing, anti-inflammatory, and mood-enhancing health benefits.
- **Percussion tools** to relieve muscle stiffness, enhance mobility, and promote circulation for clients and members at home.
- **Hydrogen Water Bottles** generate hydrogen-rich water, shown to have antioxidant properties, reducing oxidative stress and inflammation, potentially slowing down the aging process.
- **Grounding sheets** help improve sleep, reduce inflammation and stress, enhance circulation, counteract EMF exposure, and support faster recovery from physical activities.



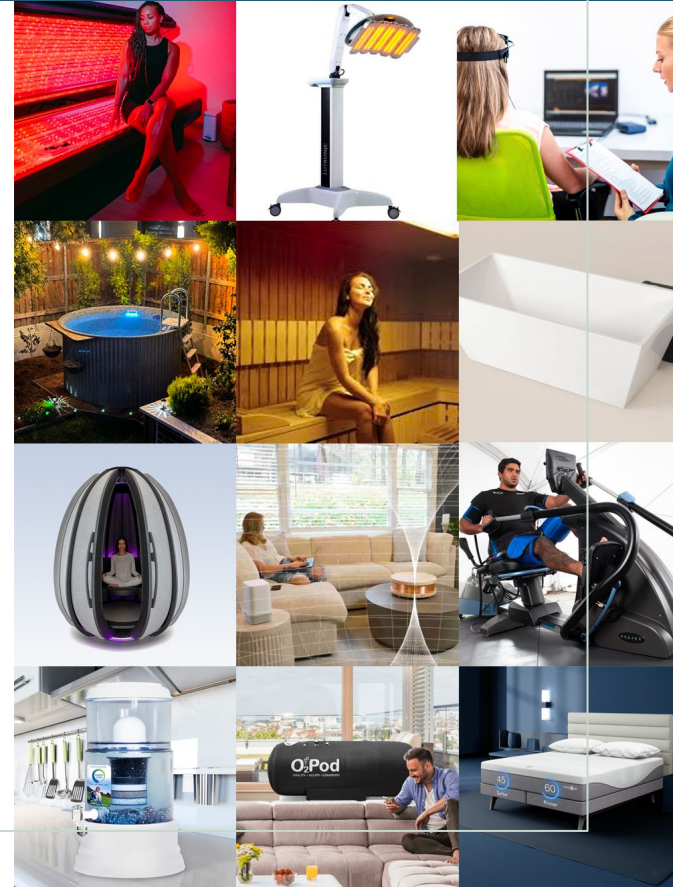


THE OPPORTUNITY - PRODUCTS

VIDA will also represent larger home products including:

- Red Light Therapy (RLT) beds *
- Large LED Light Therapy Devices *
- Neurofeedback and Biofeedback units *
- Magnesium Sulfate pools
- Far Infrared Saunas
- Cold Immersion pools
- OpenSeed meditation pods
- EMF systems *
- VASPER machines
- Zazen Water Filter systems
- Soft Shell HBOT units *
- Sleep Number mattresses

* Available as at-home/at-work rentals.





THE DIETARY SUPPLEMENT MARKET

VIDA will provide precision supplementation testing, produce proprietary supplements, and use quality white label mainstays to provide a well rounded online and in-house supplementation offering.

The Australian dietary supplement market explosion has been driven by rising awareness of **nutritional enrichment** and an unprecedented development of awareness around **the need for a strong immune system driven by COVID**.

This follows a global trend, with the Asia Pacific expected to witness the fastest growth of any geographic area over the forecast period, through to 2025.





THE DIETARY SUPPLEMENT MARKET

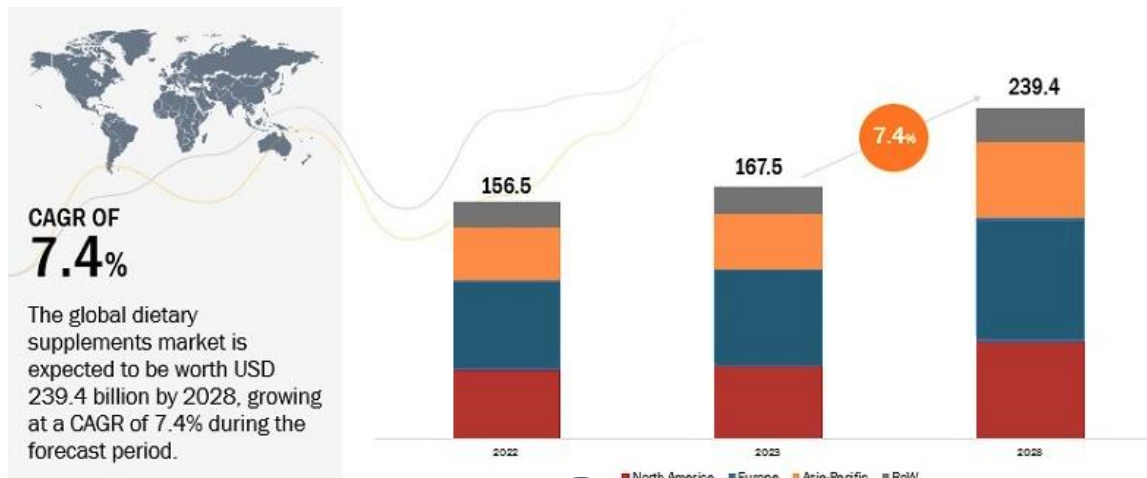
- The largest online growth has been vitamins and herbs/botanicals, with both segments reaching \$3.1 billion in 2023. Energy and weight management are expected to remain a dominant segment through to 2025.
- In an industry that has traditionally relied on brick and mortar sales, e-commerce was thrust into the spotlight by COVID with online sales growing by 26.5% annually compared to growth of 2.8% for brick-and-mortar sales.
- The supplement market is further driven by hectic work schedules coupled with fluctuations in diet intervals. Such factors promoting the sale of dietary and nutritional supplements in the form of powder, liquids, and capsules across the globe.





THE GLOBAL DIETARY SUPPLEMENT MARKET

- The global dietary supplements market size is projected to reach **USD 239.4 billion** by 2028 with a compound annual growth rate (CAGR) of **7.4%**, according to a new report by Grand View Research, Inc.
- This growth is attributed to factors such as the increasing elderly population, a shift towards nutraceuticals, and a focus on preventive healthcare.





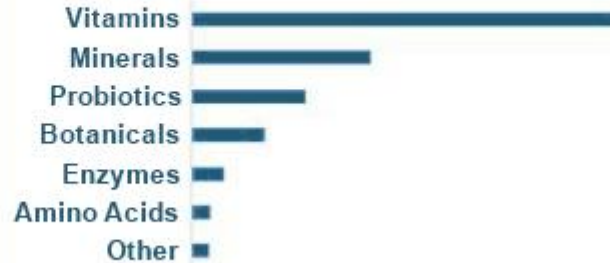
THE U.S. DIETARY SUPPLEMENT MARKET

- The U.S. dietary supplement market is an established “early indicator” of Australian dietary supplement trends and the expanding aging population seeking natural remedies and supplements is growing exponentially.
- Rising prevalence of chronic diseases and shift towards self-care is fueling demand for dietary supplements.

U.S. Supplement Market Share, by Ingredient 2023 (USD Million)



BY TYPE
2023 (USD MILLION)





PRECISION TESTING AND SUPPLEMENTATION

Navigating supplementation is challenging due to uncertainties about individual needs, risks of over- or under-consumption, bioavailability issues, potential interactions with medications, concerns about product quality and regulation, the importance of absorption and timing, and individual health and dietary variations.

VIDA begins with an **in-depth online questionnaire** to assess health, lifestyle, dietary habits, and specific health goals. We also provide an online testing protocol that includes a variety of blood tests to determine whether the client is receiving appropriate levels of essential nutrients. This protocol includes:

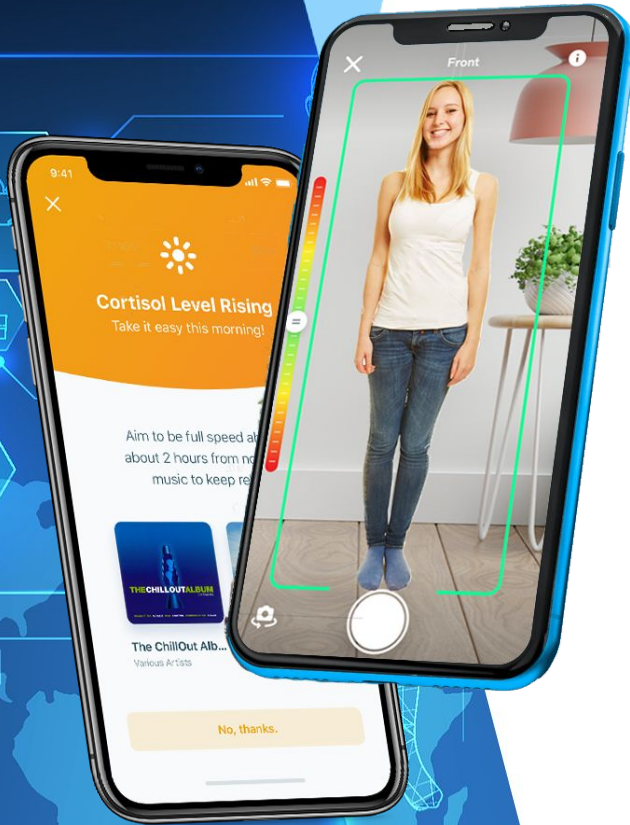
- **Comprehensive blood panels**, which measure levels of vitamins, minerals, enzymes and other nutrients essential to health and well-being.
- **Genetic testing** to provide insights into metabolization of certain nutrients and predisposition to certain health conditions allowing tailoring supplement recommendations to the clients genetic profile.

If needed, **individual blood tests** are available to test levels of vitamins, minerals and other nutrients that include vitamins A, D, C, K, and B-complex vitamins B-12, B-6, B-1 and folates, minerals like magnesium, calcium, selenium and zinc, as well as antioxidants, beta carotenes and essential enzymes, like CoQ10.

By identifying any nutrients that the client is under, or over, consuming we can provide **precision supplementation** along with **nutritional recommendations** based on concrete evidence.



Shae.ai: Revolutionary BioScan Intelligence™



Instantly captures + deciphers **HIGHLY** valuable **INTERNAL** health data within seconds, via your smartphone



Connects your **WEARABLES** or other health/medical **DATA** for Pulse.ai to crunch



“**AI BRAIN**” intuitively predicts, matches & hyper-assists users to change habits and behavior in real time, via interactive hyper- personalized habit/behavior change AI

How Shae Works

Advanced Precision Health AI

Shae creates an avatar of your external body to understand your internal health

Machine learning considers your needs, wants and behaviours to influence advice

Shae AI delivers actionable real-time advice to inspire smart choices and healthy habits

Research from over 16 scientific fields, 500 ratios & 10,000 data points inform Shae AI



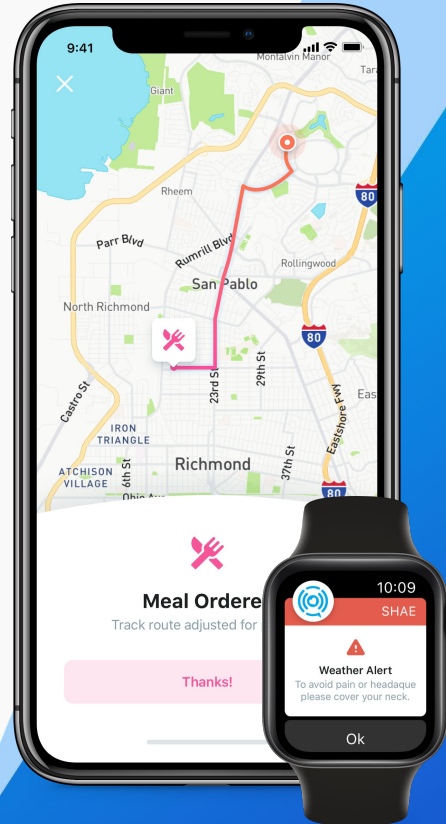
1. Create Your Avatar



2. Set Your Goals



3. Get Healthy!



100% EVIDENCE-BASED Scientific research including

Epigenetics	Molecular Biology
Embryology	Neuropsychology
Anthropometry	Lifestyle Medicine
Chronobiology	Phenotypology
Endocrinology	Semeiotics
Geomedicine	Exposomics
Climatology	Symptomatology
Neuroscience	Ancestry & Genetic Lineage
Nutrigenomics	

No Two User Profiles Are The Same



THE VIDA MODEL

1.



Wellness Appraisal

Available In-Clinic and Online (distributed through Social Media).

- Provides an entry into the world of VIDA. This in-depth quiz has two parts:

- Self-Appraisal(PH360)
- Wellness IQ Quiz

N.B. In-Clinic includes biometric markers

The quiz provides great feedback and an introduction to the VIDA philosophy.

2.



Detox Program

VIDA-branded 10 to 21-day programs are distributed In-Clinic and online.

- Provides a strong starting point for the individual with dietary guidance and supplementation to cleanse their inner organs and set the stage for improved nutrition and hydration habits going forward.
- Produces an immediate positive impact and establishes buy-in.

3.



Daily Dose

VIDA-branded supplements are supplied In-Clinic and online.

- Recommended regimes, based on the members' needs, provides ongoing nutritional support.
- Auto-ship service to the member in attractive and sustainable packaging provides an annuity stream.

4.



VIDA Sanctuaries

VIDA Sanctuaries provide access to VIDA modalities, including Hyperbarics, Salt Pools, Far Infrared, and Neurofeedback systems.

- For members and clients needing more support, the VIDA Precision Health and Wellness Team can help them uncover the root cause of chronic conditions and achieve long-term, healthy, outcomes naturally and holistically.

5.

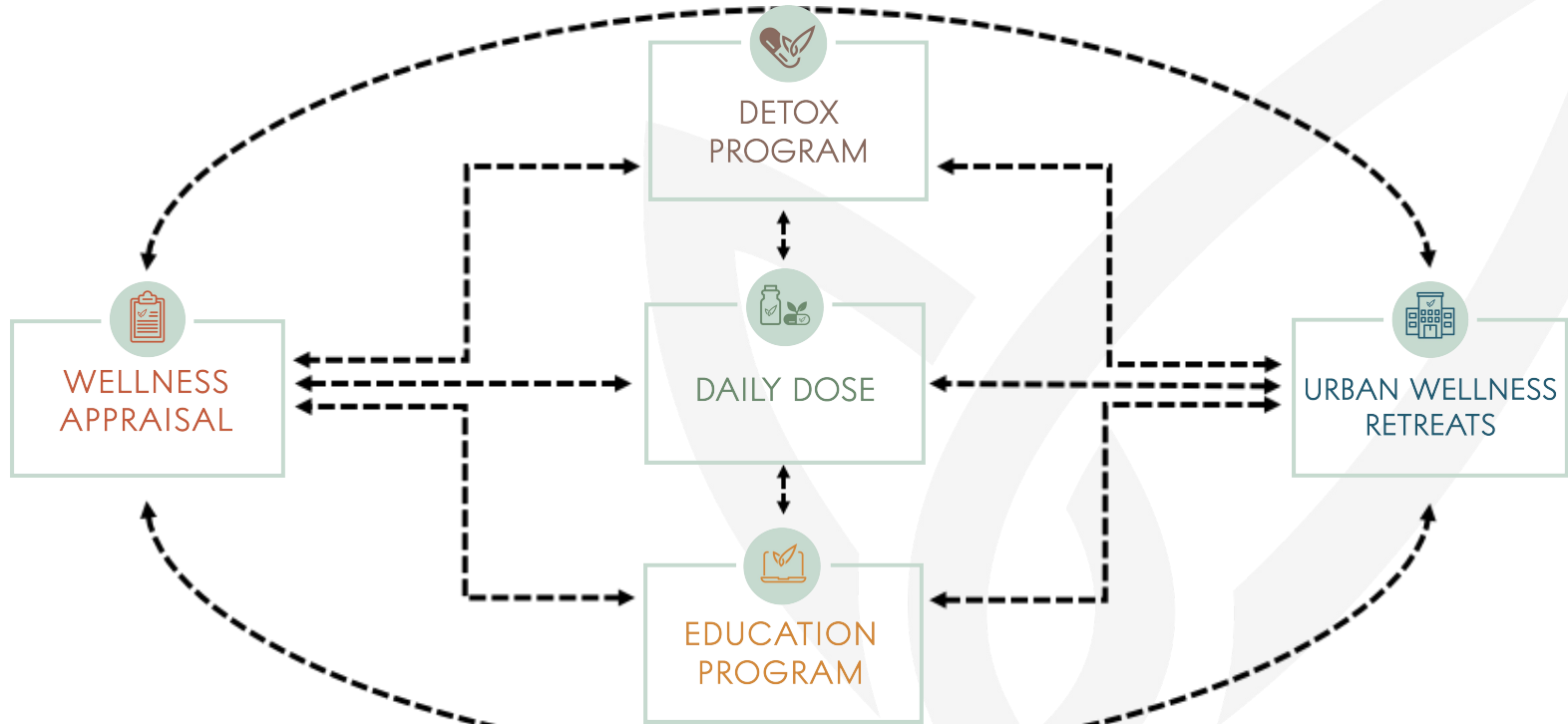


Online Education

Online 'Live and Age Well' education system.

- Developed to complement the VIDA Quiz, Detox and Daily Dose programs and ultimately feed the VIDA Clinics.
- Inspires engagement and promotes physiological and psychological enhancement of the members' quality of life.

 THE VIDA FLOW





THE VIDA DIFFERENCE

- VIDA provides functional modalities and supplement regimes scientifically designed to address *root causes* and reduce the risk of chronic disease.
- The Team at VIDA utilizes the very latest science to *slow and often reverse elements of aging* that were previously thought to be inevitable.
- Through VIDA, clients can leverage the latest breakthroughs in supplementation, diet, exercise and technology to help improve quality of life and slow the aging process.
- VIDA products and regimens are designed to reduce physiological and psychological stress; improve strength, stamina; increase longevity; and create an overall sense of well-being.
- All products and technologies are backed by scientific research and evidence-based findings and where possible they leverage the incredible power of nature.





THE VIDA HEALTH AND WELLNESS SANCTUARY MODEL

HYPERBARIC
CHAMBERS

SOCIAL
LOUNGE

WELLNESS
APPRAISAL SUITES

RECOVERY
LOUNGE

MAGNESIUM &
PLUNGE POOLS

FAR INFRARED
SAUNAS

RED LIGHT
THERAPY

NUTRITION AND
HYDRATION BAR

STUDIO
SUITE

NEUROFEEDBACK
SUITE

SUPPLEMENT
APOTHECARY

MEDITATION PODS



VIDA WELLNESS
HEALTH AND LONGEVITY

LIVE & AGE WELL

COLORS



PRECISION HEALTH	MOVEMENT	SOCIAL CIRCLE	SLEEP	NUTRITION	MINDFULNESS	HYDRATION	COMMUNITY
#E77D87	#453A76	#1E784E	#F7941E	#4CAF50	#F0E68C	#A9D0D9	#1E784E
#D96040	#7E57C2	#F7941E	#4CAF50	#1E784E	#F0E68C	#A9D0D9	#1E784E
#D96040	#7E57C2	#F7941E	#4CAF50	#1E784E	#F0E68C	#A9D0D9	#1E784E

FONTS

HEADLINES: SEM BOLD, CAPS
#A9D0D9 #D96040 #E77D87 #F7941E #F0E68C

TITLELINE

LIVE & AGE WELL

GRAPHIC ELEMENTS/ICONS



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The *Vida Wellness Sanctuary* introduces a new paradigm of wellness centers to the global health, wellness and fitness markets. It can be characterized as a hybrid between integrative medicine clinics featuring cutting-edge modalities, supplementation, and ongoing healthy lifestyle education, boutique on-demand movement studios, and inviting social clubs with healthy cafés and co-working options.



60's-Inspired Interior Design Featuring:

- Sustainability
- Greenery & Water
- Local Artists



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VIDA WELLNESS
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MODALITIES

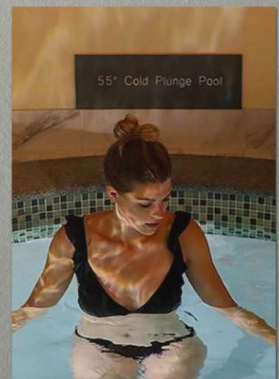
Social Club



Meditation Pod



Far Infrared Sauna



Hot & Cold Plunge Pools



Magnesium Sulfate Pool



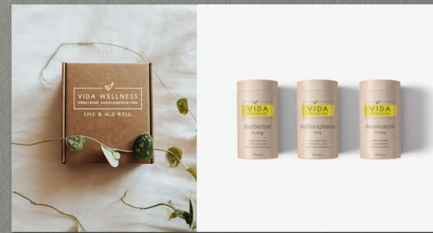
Neurofeedback Therapy



Hyperbaric Oxygen Therapy



Recovery Lounge



Precision Supplementation



Through the lens of **care and compassion**, science, collective expertise, and dedication, the VIDA Team will provide you with the tools and support to empower you to explore and master your own intrinsic health, well-being, and longevity.

Our mission is to help you live a healthy, joyful, long and purposeful life, filled with **love**.



THE FOUNDATION OF THE VIDA SYSTEM





THE SEVEN PILLARS OF THE VIDA WELLNESS SANCTUARY MODEL





THE TWO LEVERS OF THE VIDA SYSTEM



Online

There is no 'magic pill', but our understanding of the wonders of the natural world and the unfathomable healing power of natural supplements, preventative health, regenerative musculoskeletal medicine, healthy lifestyle choices, scientifically founded technologies, and self care allows the VIDA Team to fully employ the latest findings in the world of wellness through VIDA's online Wellness and Longevity platform.



In-House

The Team at VIDA provides scientifically based guidelines, precision health, tools and modalities to optimize clients' nutrition, hydration, exercise, sleep, community, and mindfulness. VIDA's products and programs are underwritten by science and research providing its clients with a simple and achievable path to enhanced wellness and longevity.





THE GLOBAL WELLNESS ECONOMY

**\$5.6
TRILLION**

Source: Global Wellness Institute
Note: Numbers do not add to total due to overlap in sectors.



 THE TEAM

VIDA has assembled an exceptional clinical, management, marketing, design, operations and science team of high caliber individuals with a wealth of knowledge and experience in the sectors in which VIDA is engaging.

Our team is purpose-driven and passionate about making a positive impact in medicine, wellness and longevity.





THE FOUNDING TEAM



GRANT GAMBLE

Co-Founder, CEO
grantiangamble.com

Grant has managed the design, development, construction, opening and ongoing operations of dozens of wellness campuses and companies across the globe.

He is also a best selling author on leadership and attributes his many business successes to his people-first approach, which has made him a respected leader in the wellness community.

Grant has also owned and managed numerous wellness centers and businesses that have achieved unprecedented market penetration in Australia, South East Asia, and the U.S.

Between 2017 and 2019, Grant grew a dietary supplement and healthy lifestyle startup from \$150k/month to c. \$1.5M/month over the span of 18 months. As the COO of this U.S.-based startup, he built marketing, sales, production, shipping, and core lab research divisions to achieve the company's goals. He oversaw growth in the DTC, Physician, B2B and Amazon marketplaces extending the company's footprint to 120 countries.

Grant has also opened and operated numerous clinics including Integrative Health, Functional Health, Hyperbaric Oxygen Therapy, Traditional Chinese Medicine, Physical Therapy, and Concierge Medicine. These clinics continue to successfully serve a vast array of patients and clients.





THE FOUNDING TEAM



PAUL SCHIAVO

Co-Founder, CMO
orthoregen.com.au

Dr Paul Schiavo is a global leader and pioneer in regenerative medicine in Australia. He is the founder, CEO and medical director of OrthoRegen, the premier regenerative medicine clinic in the country.

Dr Schiavo treats his patients holistically and empathetically, with his main focus of getting to the root cause of the issue rather than employing bandaid medicine. He is a pioneer in medicine 4.0, the integration of digital technologies and biologics in healthcare. He is leading the field in Australia, with his innovative and evidence based approaches to regenerative medicine.

Dr Schiavo's knowledge of the musculoskeletal system and cellular biology is immense. He has a deep understanding of the mechanisms and potential of regenerative medicine, and how to apply them to various clinical scenarios. He remains at the forefront of the latest developments and best practices in the field.

Dr Schiavo is also passionate about biohacking and longevity medicine, which go hand in hand with regenerative medicine. He is interested in optimizing his own health and performance, as well as helping his patients achieve their wellness and longevity goals. He uses a combination of lifestyle interventions, nutritional supplements, and advanced therapies to enhance his physical, mental, and emotional well-being. He is a role model and advocate for healthy aging and living longer better.

Dr Schiavo has significantly advanced the field of regenerative medicine and improved the quality of life of his patients. He is a respected and trusted leader in Australia, who is committed to delivering the best possible outcomes for his patients. He is a true pioneer and visionary in regenerative medicine, who is making a positive impact on the world.





THE FOUNDING TEAM



JOHN GILDEA, PhD

Co-Founder, CSO



In his 25 years in basic science and research, John has established an extraordinary body of work and reputation in both academic and private sectors. John is an Associate Professor at the University of Virginia, and the research director at the multi-million dollar Felder Core Laboratory. He has expertise in genomics, kidney cell function and toxicity, hypertension, and metastatic cancer, and wrote the book on methodology for optimal cell culture studies.

As director of the Core Laboratory, he oversees the publications of peer-reviewed journal articles in a vast array

of scientific areas. He has been a lead investigator on over twenty NIH-funded scientific studies, and has published hundreds of peer-reviewed scientific articles. He has worked with Dr. Fauci and multiple government agencies as a consultant.

In addition, John has created the first three-dimensional cell culture environment and many other best in class laboratory techniques. John has used his knowledge to create numerous ground-breaking chronic disease protocols. He has also developed several supplement lines that have unmatched bioavailability (the measure of uptake), the hubris of most supplements today.





THE FOUNDING TEAM



JANA GAMBLE

Co-Founder, CMO

stellajacksoncreative.com

Jana has over 15 years of experience in Branding, Graphic Design, Web Design, and Marketing. Having worked with dozens of companies, she has become an expert in crafting effective Brand Identities across many industries.

She is passionate about the environment and human health, and has served as the Marketing Director for the [Amazon Aid Foundation](#). Jana has a wealth of experience in the human health sector and has helped develop brand identities and marketing strategies for five medical clinics including a Hyperbaric Oxygen Therapy Clinic, a group of physical therapy clinics, as well as a line of dietary supplements.

Jana's expertise encompasses digital marketing, including social media, and her design and marketing services include logo design, print collateral, website design and SEO, packaging design, signage, marketing strategy development and more.

Because Jana has been a business owner and operator herself, the breadth of her experience gives her the ability to evaluate and develop brand identities and marketing strategies through a holistic lens.

Jana is a passionate hiker, trail runner, and yoga practitioner, and she loves to spend time in her [art studio](#).





VIDA WELLNESS
HEALTH AND LONGEVITY

LIVE & AGE WELL

Competitive Analysis

VIEW





VIDA WELLNESS

HEALTH AND LONGEVITY

LIVE & AGE WELL

Demographic data

VIEW





EOY MEMBERSHIP COUNT	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	2029/2030
Individual Memberships	556	612	673	740	777	816
Couple Memberships	207	228	251	276	290	304
Online Memberships	72	79	87	96	101	106
Monthly Dues - Singles	\$199	\$205	\$211	\$217	\$224	\$231
Monthly Dues - Couples	\$349	\$359	\$370	\$381	\$393	\$405
Monthly Dues - Online	\$29	\$30	\$31	\$32	\$33	\$34
REVENUE	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029	2029/2030
Membership Dues - Singles	\$755,358	\$830,894	\$913,983	\$1,005,381	\$1,055,650	\$1,108,433
Membership Dues - Couples	\$450,916	\$496,008	\$545,609	\$600,169	\$630,178	\$661,687
Membership Dues - Online	\$11,166	\$12,282	\$13,510	\$14,861	\$15,605	\$16,385
Clinic Services	\$4,059,927	\$5,359,104	\$5,895,014	\$6,484,516	\$6,808,741	\$7,149,178
Additional Revenue Lines	\$311,330	\$410,955	\$452,051	\$497,256	\$522,119	\$548,225
Total Revenue	\$5,588,697	\$7,109,243	\$7,820,167	\$8,602,184	\$9,032,293	\$9,483,907
Total Expenses	\$3,278,399	\$3,696,394	\$4,167,685	\$4,699,065	\$5,057,368	\$5,442,993
Net Profit before Tax	\$2,310,298	\$3,412,848	\$3,652,482	\$3,903,119	\$3,974,925	\$4,040,915



THE STRUCTURE



VIDA WELLNESS
HEALTH AND LONGEVITY

LIVE & AGE WELL

An investment in VIDA provides a unique opportunity to capitalize on the **growing demand for personalized wellness offerings, regenerative medicine, and curated supplements**, underwriting immunity and longevity.

VIDA supplements can initially scale through private labeling and drop-shipping proven products, reducing risk and allowing for scale to be reached prior to developing production, packaging, and shipping assets downstream.



Precision Health



Detox Program



Daily Dose



Online Education



VIDA Wellness Sanctuaries





THE ASK



- **VIDA Wellness is raising \$2.5M** to finance comprehensive startup costs for a pilot site, including strategic marketing efforts to effectively reach our target market, layout and interior design, FF&E, operating supplies, and fit-up expenses.
- This investment will enable us to **establish a solid foundation** for our first wellness and longevity center, ensuring an unparalleled client experience and providing invaluable learnings for future sites.
- With our experienced team and unique regenerative medicine and wellness offerings **we anticipate strong growth and profitability** offering investors a clear path to a significant return on investment.



THANK YOU!



VIDA WELLNESS
HEALTH AND LONGEVITY

LIVE & AGE WELL

GRANT GAMBLE

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NEWS IN THE SPACE

[The Sand Clinic - Longevity club](#)

[Everlab - Live Better, Today and Tomorrow, Australia](#)

[Compound - Built for men who want more from their health, Australia](#)

[Maximon - AYUN Walk in longevity clinic](#)

[Maximon - Data Driven Health Analytics](#)

[Maximon - AVEA Longevity supplements](#)

[Maximon - Mastering the Challenges of Menopause](#)

[Maximon - MANA Quality of Life for Seniors](#)

[Evolution - Younger, Fitter, Stronger for Longer - Matt Roberts Longevity Club UK](#)

[The Longevity Club - Lifetime of Wellbeing Begins Here - USA](#)