

Deep Knowledge Group Longevity Blueprint *ILB2*

*A Comprehensive Approach to
Optimizing Health, Longevity, and
Resilience for Moderate-Intensity
Professionals*

DKG Longevity Blueprints Advanced Management System (LBam)

- Meta-System for Navigation, Management, and Optimization of various Longevity Blueprints

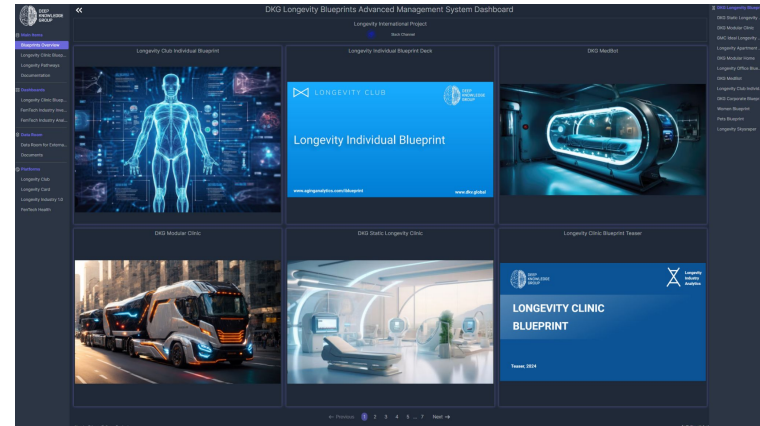
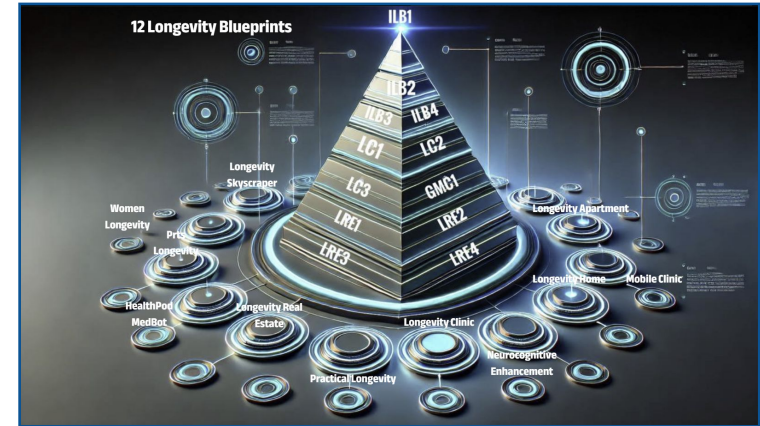
- Enables configuration of Longevity Blueprint variations, adjusted specific cases and White Labels

- On stage 2.0 to be integrated with dedicated AI Co-Pilots and AI Recommendation System

- Developed due to the high level of project complexity and high demand for blueprint reconfigurability in DKG

- Optimal Solution for Configuring and Utilizing Multiple Co-Integrated Longevity Blueprints in Synergy

- Dual Use as Internal DKG Resource Management System and Commercially Viable White Label Solution



Executive Summary

The **Individual Longevity Blueprint N2 (ILB2)** is a groundbreaking framework designed by the **Deep Knowledge Group (DKG)** to optimize health, longevity, and professional resilience for individuals in moderately high-stress, high-responsibility environments. Building on DKG's expertise in Longevity, DeepTech, and personalized healthcare, ILB2 offers a practical, scalable approach to health optimization, designed for accessibility without sacrificing scientific rigor or effectiveness.

Targeting professionals aged 25–60, such as middle managers, knowledge workers, and other high-performance individuals, ILB2 focuses on mitigating the unique challenges faced by this demographic. These include managing chronic stress, enhancing neurocognitive performance, and fostering resilience to maintain long-term health and productivity. The blueprint emphasizes proactive, data-driven strategies to help participants achieve measurable improvements in health biomarkers, cognitive metrics, and overall well-being.

Unlike its predecessor, **ILB1**, which was tailored for elite professionals with higher resource availability, ILB2 is designed to be accessible to a wider demographic. It incorporates components from DKG General Partner Dmitry Kaminskiy's personal protocols, optimized for individuals with average resources and moderate professional demands. By offering affordable diagnostic tools, simplified therapies, and scalable neurocognitive enhancements, ILB2 brings the benefits of precision longevity to a broader audience.

At its core, ILB2 integrates cutting-edge diagnostics, therapeutic interventions, neurocognitive training, and environmental optimizations into a seamless, personalized framework. Participants benefit from a modular and adaptable design that adjusts to their evolving needs through ongoing monitoring, AI-driven analytics, and real-time adjustments.

Executive Summary

Key Features of ILB2:

- **Baseline Assessments:** Affordable tools like genetic risk profiling, VO2 max estimates, and simplified biomarker panels provide participants with critical insights into their current health status.
- **Therapeutic Interventions:** Accessible and proven therapies, including NAD+ supplements, IV infusions, and stress-adapted nutraceuticals, address both immediate and long-term health challenges.
- **Neurocognitive Enhancement:** Scalable tools such as tDCS devices, virtual training apps, and mindfulness programs promote focus, resilience, and emotional balance.
- **Environmental Optimization:** Interventions like circadian lighting systems, air purifiers, and ergonomic furniture ensure participants can thrive in work and personal environments.
- **Continuous Monitoring and Adjustments:** Wearable integration, AI dashboards, and periodic check-ins enable real-time feedback, ensuring protocols are consistently optimized.

By democratizing access to Longevity as an asset class, ILB2 aligns with **DKG's vision for advancing the 5th Industrial Revolution**, emphasizing the fusion of DeepTech and precision health for societal benefit. It is a transformative tool for individuals and organizations seeking to enhance healthspan, productivity, and overall quality of life, marking a significant milestone in the evolution of practical longevity solutions.

ILB 2: Individual Longevity Blueprint N2

DKG Corporate Blueprint (Personal Blueprint for DKG Workers)

This blueprint constitutes the ideal Personal Longevity Blueprint for optimizing Health, Longevity and Performance of Deep Knowledge Group's own workforce.

Besides Health, Wellness and Longevity, it also incorporates elements meant to optimize high-intensity professional work (neurocognitive enhancement modalities), and methods for preserving health under high-intensity work conditions (burnout prevention, etc).

It will be constructed on the basis of the Longevity Club Individual Blueprint (Priority Blueprint #2 above), utilizing components from Deep Knowledge Group General Partner Dmitry Kaminskiy's own protocol, but with an overall lower degree of intensivity and comprehensiveness.

Whereas Longevity Blueprint ILB 1 is optimized for Level 4 intensive work, Priority Blueprint ILB 2 will be optimized for Level 2 work intensivity; additionally, whereas Priority Blueprint ILB 1 assumes a higher degree of available resources (monetary and otherwise) at the individual's disposal, Priority Blueprint ILB 2 will be optimized for average individuals, including middle and low-income, and will generally be more obtainable in practice by a wider demographic of people.



ILB 2: Individual Longevity Blueprint N2

Longevity Suitcase



A 10 kg travel case packed with devices for on-the-go Longevity Diagnostics and Treatments.

Sleeping Room



The Sleep Room Blueprint enhances sleep with advanced technologies

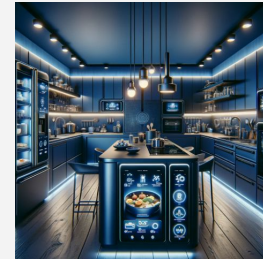
Longevity Room



The Longevity Room Blueprint offers a comprehensive approach to well-being, health and longevity.

Individual Blueprint

Longevity Kitchen



Longevity Kitchen is a hub of health-conscious practices and cutting-edge innovations

Longevity Suitcase, Room, Sleeping Room and Kitchen are hybrid technological and methodological blueprints and protocols for maintaining personal Practical Longevity in your home and on-the-go.

ILB 2: Individual Longevity Blueprint N2

Diagnostic and Monitoring Practices

Genetic Testing

Body Composition Analysis

AI-Powered Monitoring
Devices

Biomarkers Assessment

Nutrient Deficiency Tests

Sleep Quality Analysis

Treatment and Therapy Procedures

IV Treatments

Hormonal Support Therapy

Audio-Visual Therapy

Air purification

Nutritional Counseling

Red Light Therapy

Sports and Physical Well-being

Cardio Workouts

Affordable Nutrition
Adjustments

Fitness Trackers

Virtual Cycling or Running

Decision Support Systems

AI-powered Decision Tool

Therapy Planning Checklist

Workflow Optimization
Tracker

Basic Health Dashboard

ILB 2: Individual Longevity Blueprint N2

Environmental Control Systems

Temperature Control
System

Air purification
System

Blood Testing Kits

Humidity Control
System

CO2 Monitoring
System

Carbon Monoxide
Detector

Oxygen Control
System

Simple Nutrient
Deficiency Kits

Sleep Optimization Furniture

Genetic Test Panels

Ambient Enhancement

Red Light

Entertainment
Systems

Sound System

Biometric Feedback
Loop

Video System

Safe Alert System

Heart Rate Monitoring

ECG Monitoring

Alerts System

Sleep Monitoring
System

At-Home Microbiome Testing

Safety Monitoring Systems

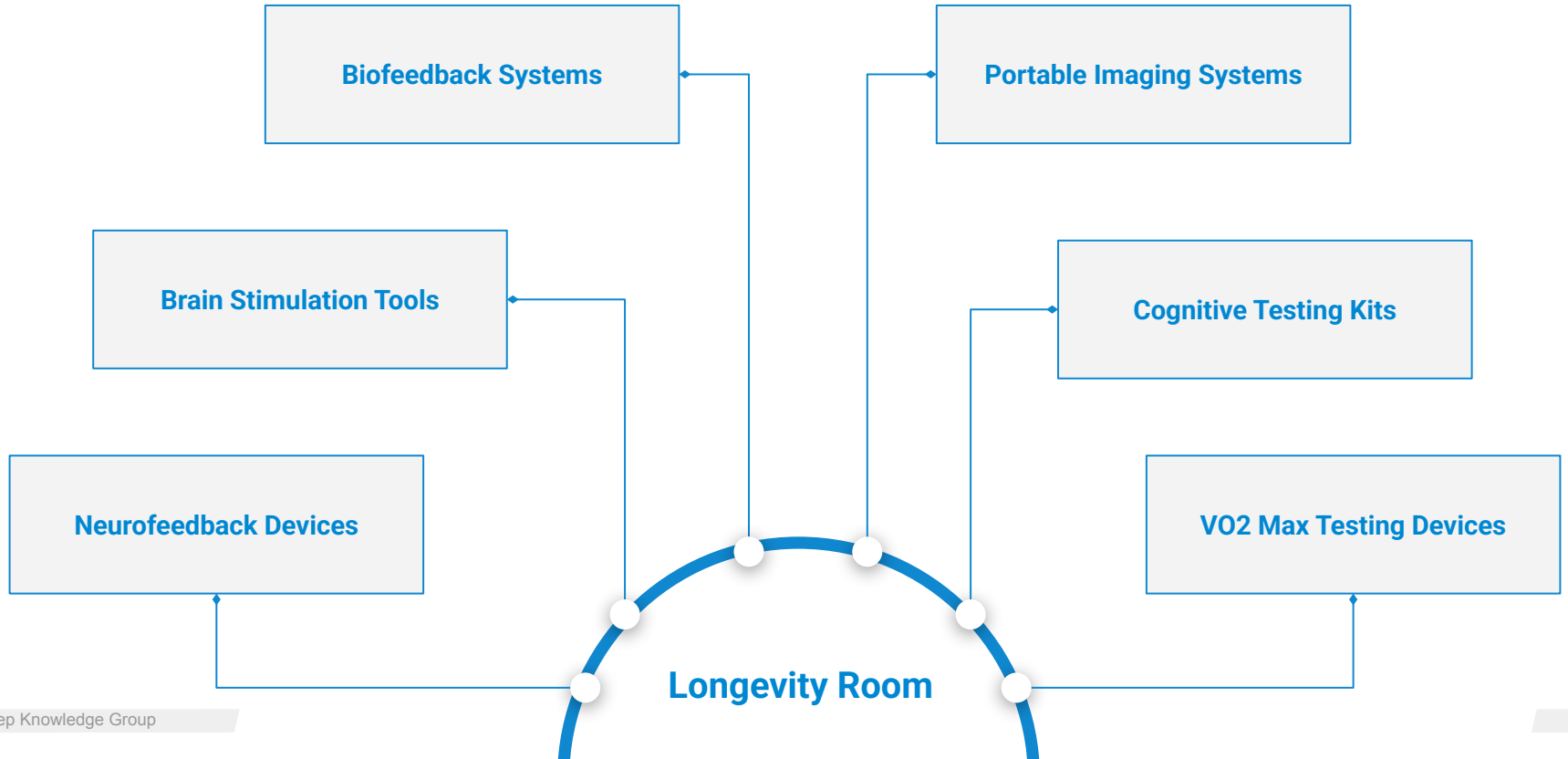
Electromagnetic
Shielding

Fire Alarm System

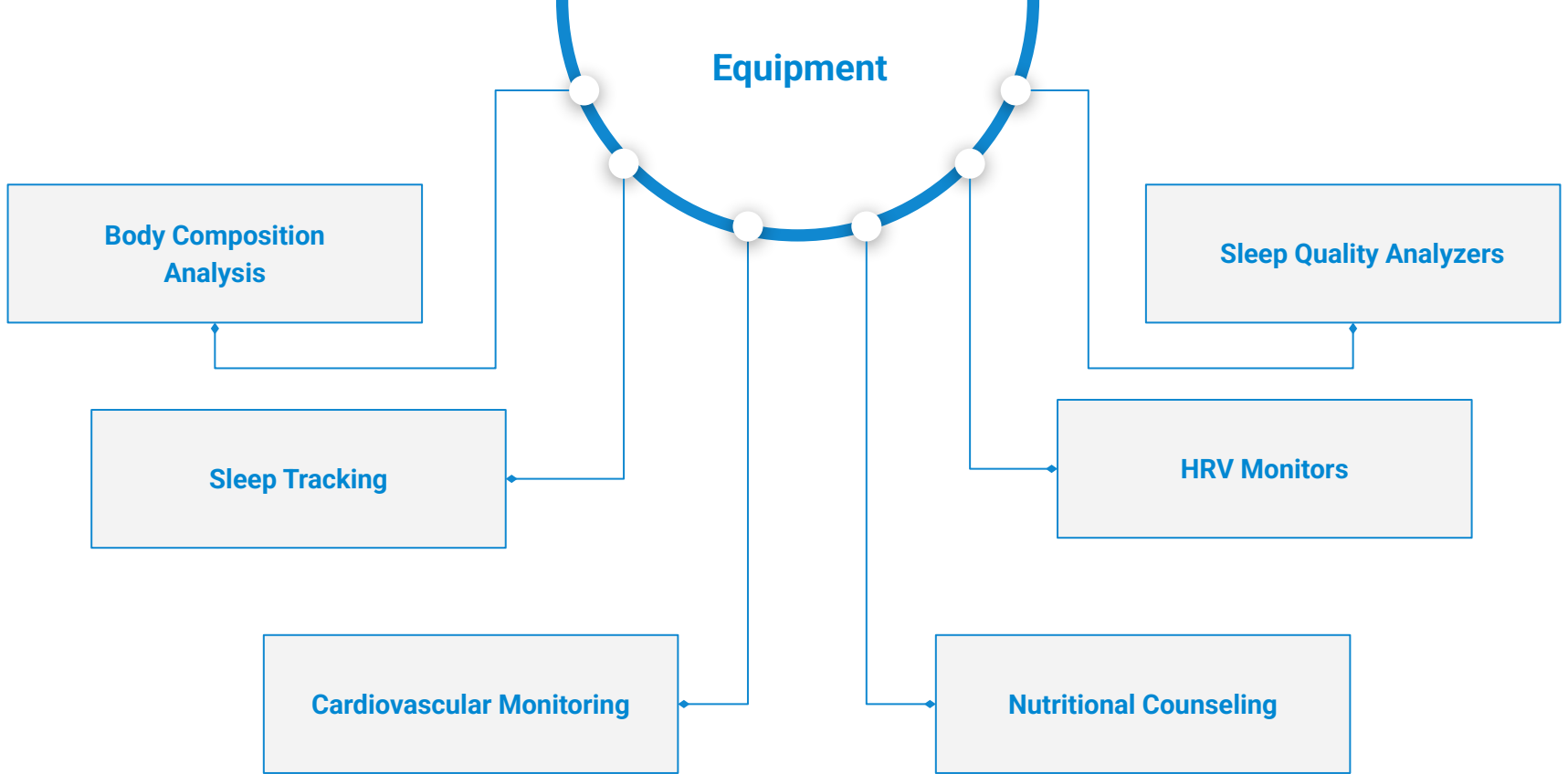
Geiger Counter
Integration

Smart Wake-Up
Technology

Equipment



Equipment



Therapeutic Interventions

The **Advanced Diagnostic Tools** in **ILB2** offer essential assessments of stress, aging, and performance through a selection of affordable and clinically validated diagnostic kits and technologies. Utilizing **Basic Biomarker Panels**, **Affordable Genetic Risk Profiling**, and **Neurocognitive Screening Tools**, ILB2 ensures accurate measurement and monitoring of stress biomarkers, aging indicators, and cognitive functions. These tools provide sufficient sensitivity and multi-parameter analysis, enabling personalized health insights and targeted interventions tailored to each individual's unique physiological and professional profile.

The **Nutrition and Supplementation** component of **ILB2** emphasizes practical nutritional support to enhance longevity and daily energy for high-performance professionals. Through **Customized Nutritional Blends** and specialized supplements such as **Omega-3 Capsules** and **Stress-Resilience Herb Blends**, ILB2 delivers tailored nutritional solutions based on comprehensive biomarker analyses. Additionally, the **Mitochondrial Support Complex** enhances cellular energy production and promotes optimal mitochondrial function. This personalized approach ensures that each participant receives the precise nutrients and supplements necessary to support their unique health, longevity, and energy goals.

Advanced Diagnostic Tools

Molecular Biomarker Panels

Epigenetic Clock Analysis

Advanced Neuroimaging Systems

Metabolic Profiling Kits

Nutrition and Supplementation

Custom Nutraceutical Formulations

Omega-3 Capsules

Herbal Stress Support Blends

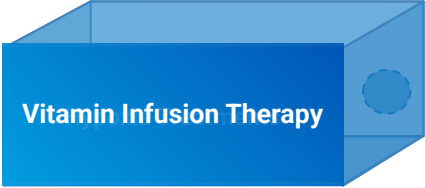
Mitochondrial Support Complex

Targeted Therapies

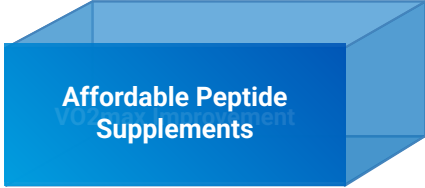
Explore evidence-based **Targeted Therapies** that prioritize individual resilience and performance, making them adaptable for personalized health needs. From essential treatments such as hormonal support protocols and vitamin infusion therapy to innovative interventions like transcranial direct current stimulation (tDCS) and virtual cognitive training apps, the Individual Longevity Blueprint ILB2 caters to diverse wellness goals, including those addressed by stress resilience and cognitive enhancement strategies.



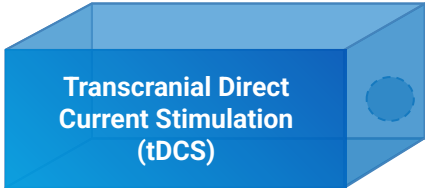
Hormonal Support
Protocols



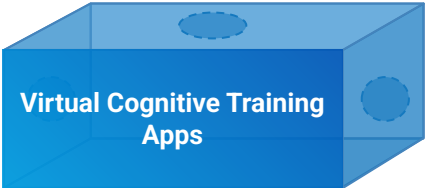
Vitamin Infusion Therapy



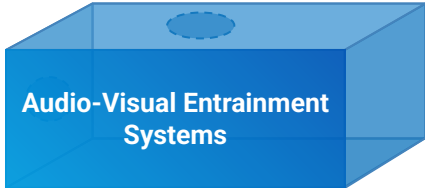
Affordable Peptide
Supplements



Transcranial Direct
Current Stimulation
(tDCS)



Virtual Cognitive Training
Apps



Audio-Visual Entrainment
Systems

Longevity Treatments

Hormonal Support Protocols

Dual-Action Mechanism

Hormonal Support Protocols operate through a dual-action mechanism, balancing essential hormones to optimize energy levels and cognitive functions. This approach enhances resilience against burnout and supports sustained performance in high-stress environments.

Cognitive Enhancement Benefits

By regulating hormones that influence memory, focus, and executive functions, these protocols improve cognitive resilience. Enhanced cognitive performance reduces the risk of burnout and supports high productivity in demanding professional roles.

Personalized Hormonal Balancing

Recognizing individual hormonal variations, Hormonal Support Protocols emphasize personalized interventions. Tailored to each participant's unique hormonal profile, these protocols ensure precise adjustments for optimal energy and cognitive health.

Vitamin Infusion Therapy

Dual-Action Mechanism

Vitamin Infusion Therapy utilizes a dual-action approach by delivering high-dose vitamins directly into the bloodstream, ensuring rapid and efficient absorption. This method enhances immune function and supports overall physiological resilience.

Immune and Stress Support

By providing essential vitamins and antioxidants, Vitamin Infusion Therapy boosts the immune system and reduces stress markers. This promotes physiological recovery and enhances resilience in high-performance professionals.

Targeted Nutrient Delivery

Recognizing the unique nutritional needs of each individual, Vitamin Infusion Therapy integrates personalized nutrient blends. These tailored infusions ensure that each participant receives the specific vitamins and minerals necessary to support their health and longevity goals.

Longevity Treatments

Neurocognitive Performance Enhancement for Burnout Resilience

Advanced Neurocognitive Stimulation for Mental Acuity

ILB2 enhances cognitive function, focus, and resilience through cutting-edge neurostimulation technologies. Transcranial Direct Current Stimulation (tDCS) devices precisely target brain regions to improve memory and flexibility. AI-driven virtual cognitive training adapts in real time to individual performance, optimizing mental engagement. Audio-visual entrainment systems use customizable light and sound frequencies to enhance brainwave activity, promoting focus, relaxation, and cognitive endurance.

Adaptive Neurofeedback Systems for Stress and Burnout Resilience

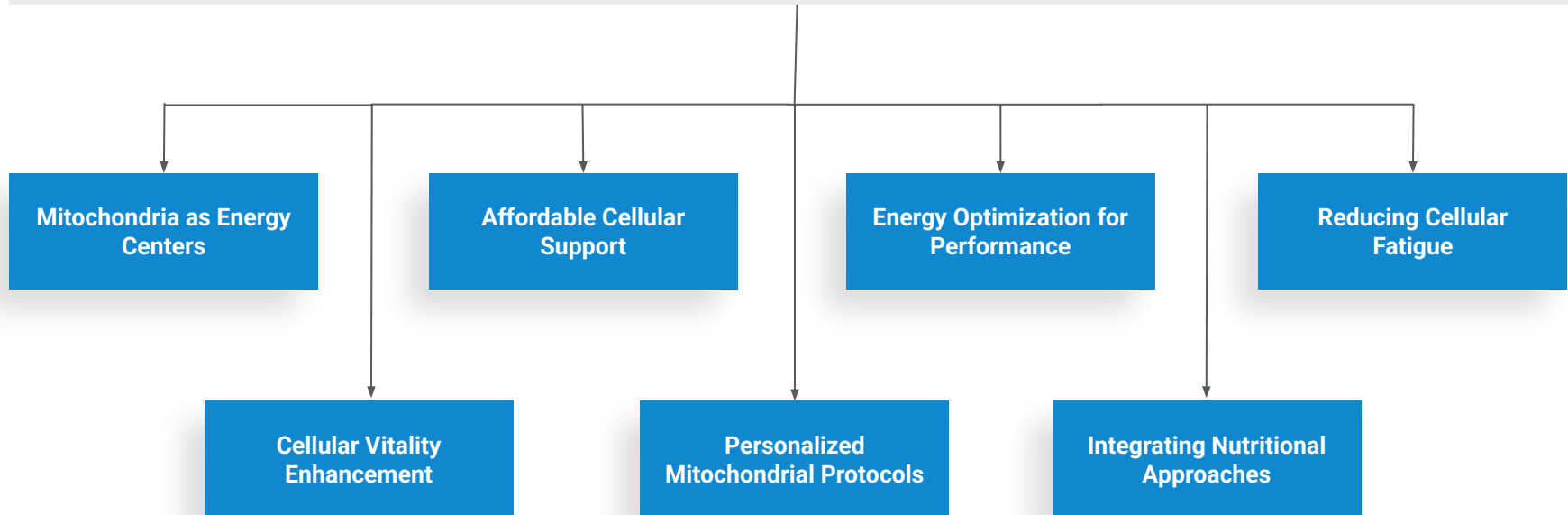
ILB2 employs advanced neurofeedback systems that monitor brain activity and provide real-time adjustments to optimize cognitive function. By leveraging AI-driven biofeedback, professionals can fine-tune their stress response, enhance emotional regulation, and sustain high-level mental agility under moderate-intensity workloads.

Targeted Nootropic and Adaptogenic Interventions for Long-Term Brain Vitality

Customized nootropic and adaptogenic supplement protocols are tailored to individual biomarker profiles, ensuring neuroprotection, neurotransmitter balance, and stress adaptation. These interventions include scientifically validated compounds such as rhodiola, ashwagandha, and omega-3 fatty acids, promoting sustained cognitive performance while mitigating burnout risks.

Mitochondrial Medicine

Mitochondrial Medicine transforms the Longevity Blueprint by emphasizing the mitochondria's pivotal role as cellular energy centers. This practical approach aims to enhance mitochondrial function, boost cellular vitality, and support sustained performance, providing a comprehensive framework for high-performance professionals seeking longevity and optimal well-being.



DKG Longevity AI-Copilot

In the pragmatic realm of workplace wellness and longevity, the Longevity AI-Copilot stands at the forefront, transforming ILB2's approach with its intelligent and adaptive capabilities. This AI-powered system is not just a tool; it's a strategic partner in navigating the complexities of high-stress healthcare protocols, ensuring that professionals in demanding roles receive the most precise and effective interventions tailored to their unique stress resilience, aging biomarkers, and performance profiles.

Personalized Protocol Development



Advanced Data Integration



Predictive Health and Performance Analytics



Interactive Dashboards

AI crafts customized health plans based on comprehensive assessments and individual resilience and performance goals.

Consolidates data from cost-effective diagnostics, wearables, and EMRs for a unified and comprehensive health profile.

Uses machine learning to forecast stress and aging trends and anticipate performance-related challenges proactively.

Transforms complex health data into clear, actionable insights for real-time monitoring and adjustments.

Pathways and Digital Avatar Integration

An Individual Blueprint is an engaging and interactive 3D visualization platform for customers, allowing them to explore and monitor their health, wellness, and longevity data through personalized 3D avatars and dynamic dashboards.

The Digital Avatar incorporates real-time data integration from wearable devices and health sensors, providing a comprehensive view of one's biomarkers and physiological parameters.

It offers personalized insights and recommendations based on the analysis of biomarker trends, empowering individuals to make informed decisions about their health and well-being.

With its interactive features, users can track progress, set goals, and engage in virtual health coaching, creating a dynamic and immersive experience that enhances their journey towards longevity.

By leveraging AI-driven insights and predictive analytics, it can suggest tailored lifestyle modifications, preventive measures, and treatment plans based on the individual's unique health profile.

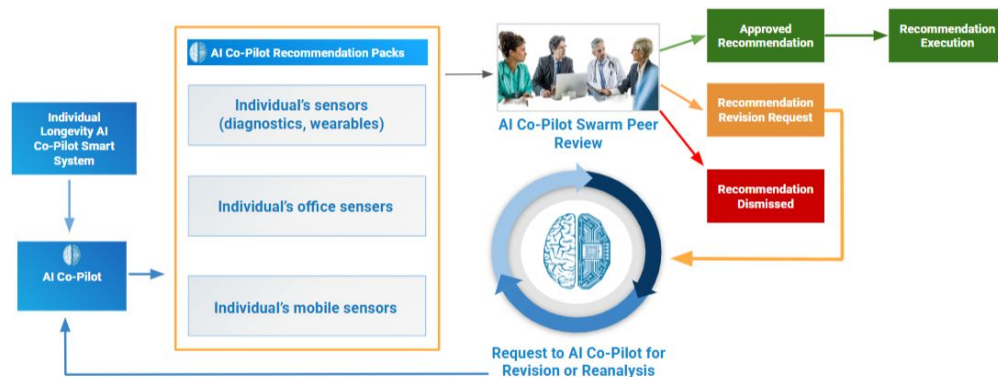


The central element of Individual Blueprint is a Digital Health Avatar, an AI-driven information analysis hub that collects and analyzes all data from Individual Blueprint components

Big Data Analytics Dashboard and Market Intelligence System

The [Individual Longevity Club Individual Blueprint \(ILB2\)](#) provides detailed insights into practical strategies for aging, burnout resilience, and performance enhancement, featuring a comprehensive suite of tools for analytics, comparative assessment, market intelligence, and operational environment monitoring. Designed for professionals aged 25–60 in moderately high-stress, high-responsibility roles such as middle managers, knowledge workers, and other high-performance individuals, ILB2 integrates advanced diagnostics, targeted therapies, personalized nutrition, neurocognitive stimulation, and lifestyle optimization. The dashboard includes benchmarking, competitive analyses, customizable reporting, and in-depth participant profiles for comprehensive health and business intelligence. Our product and service suite includes structured recommendations on how to optimize and modernize existing health optimization protocols and interventions based on data-driven ecosystem analysis and market intelligence. This enables participants to adopt best practices, monitor and integrate innovations, and adapt to evolving health standards. Developed by Deep Knowledge Group's Life Sciences division and health-focused analytics subsidiaries, a consortium of entities technically unprecedented in their capabilities for domain-specific analytics, market intelligence, monitoring, benchmarking, and forecasting,

ILB2 benefits from a deep understanding of complex health and workplace dynamics and access to best-in-class databases, technical and methodological intellectual property, and Big Data Analytics Dashboards and Market Intelligence Systems. The ILB2 Dashboard provides the most comprehensive and technologically sophisticated solution available for optimizing individual health, burnout resilience, and performance management, ensuring high-performing professionals receive effective and personalized wellness strategies.





DEEP
KNOWLEDGE
GROUP



Corporate Blueprint - ILB2



12 Individual Longevity Blueprint



4 Open Source Platform



1 B2C VR Recommendation System

Digital Avatar Integration



Compositional Blueprint



Compositional Blueprint Documentation



Benchmark



Other Individual Longevity Blueprints



Pathways Integration



Other Individual Long...

Longevity Blueprints Ad...

Ideal Individual Longeit...

Women Blueprint - ILB3

Pets Blueprint - ILB4

DKG MedBot - LC1

DKG Modular Clinic - LC2

DKG Static Longevity Cli...

Ideal Longevity Corpora...

Modular Home - LRE1

Longevity Apartment - L...

Blueprint Longevity Offi...

Longevity Skyscraper - L...

Data Room

[Pathways Integration](#)

[Compositional Blueprint](#)

[Blueprint Overview](#)

[Benchmark](#)

[Compositional Blueprint...](#)

Database

Blueprint Visualizations

[MindMap](#)

[Comparative Assessments](#)

[Advanced Frameworks](#)

[Digital Avatar Integration](#)

Open Source

[Longevity Club](#)

[Longevity Card](#)

[Longevity Industry 1.0](#)

[FemTech Health](#)



12 Individual Longevity Blueprint



4 Open Source Platform



1 B2C VR Recommendation System

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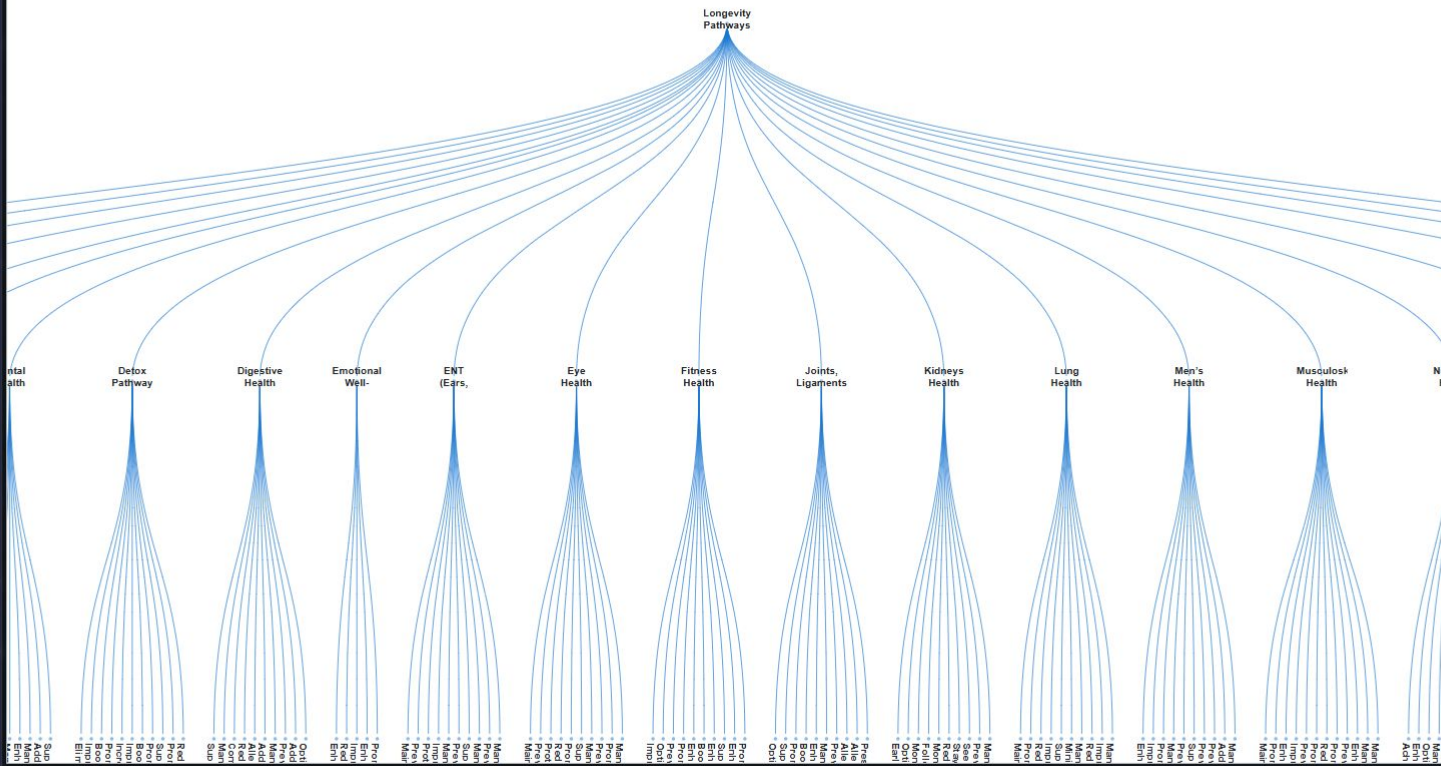
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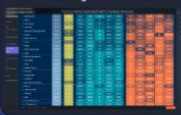
Blueprint Longevity Offi...

Longevity Skyscraper - L...

Analytical and Assessment Tools

Analytical and Assessment Tools

Benchmarking Visualisation Tool



Benchmarking Analysis Tool



Benchmarks Comparison Tool



Ecosystem Benchmarks Tool



Statistical Benchmarks Tool



Financial Benchmarks Tool



Evaluation and Comparison Tools

Evaluation and Comparison tools

Benchmarking Visualisation Tool



Benchmarking Analysis Tool



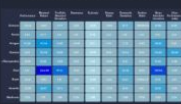
Benchmarks Comparison Tool



Ecosystem Benchmarks Tool



Statistical Benchmarks Tool



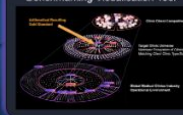
Financial Benchmarks Tool



Visualisation and Mapping Tools

Visualization and Mapping Tools

Benchmarking Visualisation Tool



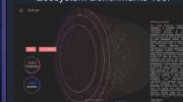
Benchmarking Analysis Tool



Benchmarks Comparison Tool



Ecosystem Benchmarks Tool



Statistical Benchmarks Tool



Financial Benchmarks Tool



Dashboard and Reporting Tools

Dashboard and Reporting Tools

Benchmarking Visualisation Tool



Benchmarking Analysis Tool



Benchmarks Comparison Tool



Ecosystem Benchmarks Tool



Statistical Benchmarks Tool



Financial Benchmarks Tool



Database and Management Tools

Database and Management Tools

Benchmarking Visualisation Tool



Benchmarking Analysis Tool



Benchmarks Comparison Tool



Ecosystem Benchmarks Tool



Statistical Benchmarks Tool



Financial Benchmarks Tool



Research and Parsing Tools

Research and Parsing Tools

Benchmarking Visualisation Tool



Benchmarking Analysis Tool



Benchmarks Comparison Tool



Ecosystem Benchmarks Tool



Statistical Benchmarks Tool



Financial Benchmarks Tool



Longevity Club Individual Blueprint



Longevity Individual Blueprint Deck



DKG MedBot



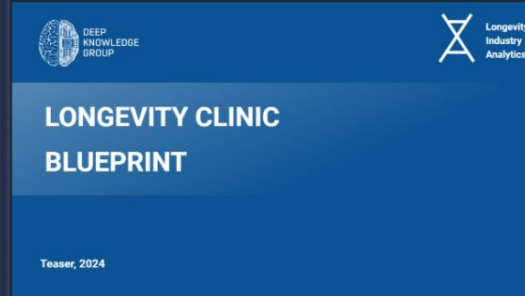
DKG Modular Clinic



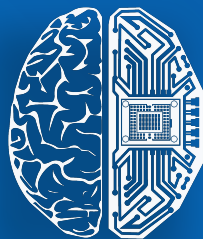
DKG Static Longevity Clinic



Longevity Clinic Blueprint Teaser



To make impact on the positive
trajectory of humankind development



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