

The science of aging well.

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SRW[®] **Training**

Modules 1 & 2

Science Research Wellness

A new way to approach aging

Everything we do at SRW® is science-led, backed by research and found in nature. We believe that aging and discomfort do not have to go hand in hand. Our products are formulated by pharmacists and scientists for maximum efficacy and each of our high- quality ingredients are scientifically shown to have a cellular impact.

SRW® is a committed scientific entity, as a consequence, we seek to employ and partner with like-minded people, who value and share a deep appreciation of science.

SRW® Laboratories is a nutraceutical company founded by biotechnologist and health expert, Greg Macpherson. With the expertise of global leading scientists, we develop formulations using quality ingredients to provide support at a cellular level for wellbeing, especially as we age.

The Hallmarks of Aging describe specific changes in our cells that are directly associated with the aging process. The Hallmarks are widely accepted in the scientific community and have been extensively studied in biomedical research over the past decade.

Aging is characterised by a series of processes that over time result in the gradual decline in function. As we age, our cell functionality, energy levels and ability to remove waste and toxins from the body are negatively affected.

SRW® are the first in market to address all Nine Hallmarks of Aging with the Cellular System range. A comprehensive suite of products with carefully selected, science backed ingredients that work in perfect synergy.



Founder Greg Macpherson has used his entrepreneurial spirit to develop nutraceutical solutions to combat the aging process described in his book, *Harnessing the Nine Hallmarks of Aging*.

Module 1

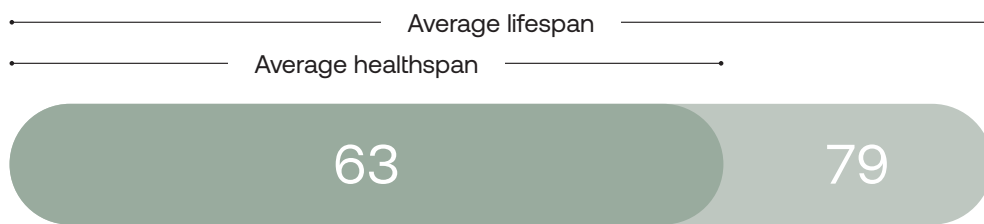
We all face the inevitability of aging

Due to the modern diet, lifestyle changes and advances in science, our life expectancy has been increasing each generation.

However, this increasing life expectancy isn't paired with a proportionate increase in health span. In fact, old-age brings with it the prevalence of age-related health issues and aging is now known to be the biggest risk factor for poor health.

The aging process is an increasingly popular topic for research, studies and publications, and there is mounting evidence that along with a healthy lifestyle, supplementation with nutraceuticals can support healthy cellular function and overall health. SRW curates this research to formulate nutraceuticals to support your long-term health and healthy aging.

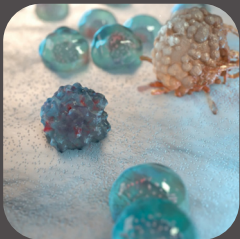
Healthspan: the portion of our lives for which we are healthy



Adapted from Allen, 2012 & Zuo et al., 2018

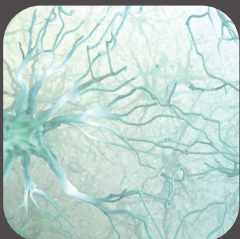
The Hallmarks of Aging

As we age the structure, function and processes within our cells change. The 'Hallmarks of Aging' describe these changes, which are widely accepted by the science community.



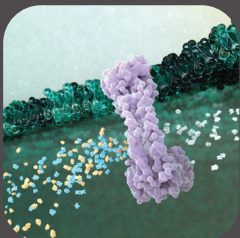
Cellular Senescence

Accumulation of senescent (non dividing) cells in the body, impairing tissue function and increasing inflammation.



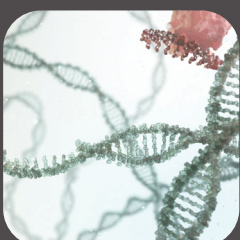
Altered Intracellular Communications

Deregulation of communication channels between cells.



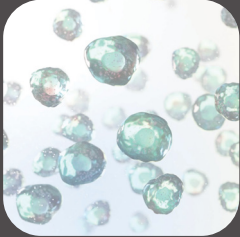
Loss of Proteostasis

Deregulation of the mechanism responsible for protein folding and recycling.



Epigenetic Alterations

Modification in gene expression turning on pro-aging genes and turning off youthful ones leading to system wide loss of function.

The Hallmarks of Aging **continue**

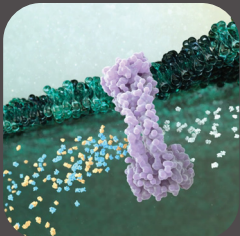
Stem Cell Exhaustion

Depletion of stem cells reserves, leading to a weaker immune system and inadequate tissue repair.



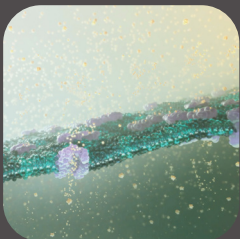
Mitochondrial Dysfunction

Mitochondrial decline resulting in reduced efficiency in energy production and increased oxidative stress.



Genomic Instability

Damage to Nuclear and mitochondrial DNA by free radicals, radiation and mutagens.



Deregulated Nutrient Sensing

Deterioration of the cell's nutrient level response, leading to impairments in energy production, cell growth, and other essential functions.



Telomere Attrition

Wearing down the protective caps of our chromosomes.

Module 2

Backed by Science

SRW® aligns with the world's leading scientists. They are specialists in their respected fields and have carefully appraised SRW® products. Our ingredients scientists and advisory board demonstrate strong scientific credentials and it is our fervent belief that their research is fundamental to the quality of human development, particularly as it applies to the arena of therapeutic treatment.



Dr. Naji Abumrad MD

With over 40 years' experience as a scientist and surgeon, Dr. Abumrad is a world-renowned leader in the medical industry. He has collaborated with the founders of 2-HOBA (Hobamine™) resulting in several issued patents.



Dr. Cem Aydogan MD, PhD

Dr. Aydogan has over 20 years' experience in pharmaceutical and nutritional industries. His career as a scientist, physician and corporate professional is a unique addition to the SRW advisory board. Dr. Aydogan has been involved in several scientific studies on the safety and efficacy of the NEM® ingredient's application to support joint health.



Dr. Mark Houston MD, MS

Dr. Houston has presented over 10,000 lectures, and published over 250 medical articles, scientific abstracts in peer reviewed medical journals, books and book chapters. In 2018 he was named one of America's Best Physicians in Cardiology and has been elected to the Continental WHO'S WHO as a Top Doctor in the field of Medicine.

Scientists **continue**

Dr. Ross Walker MBBS

Dr. Ross Walker is an eminent practising cardiologist with a passion for people and health with 40 years' experience as a clinician. For the past 20 years he has been focusing on preventative cardiology and is one of Australia's leading preventative health experts. Dr. Walker has published 7 best-selling books on preventative cardiology and lectures both nationally and internationally on this subject.



Dr. Alan Snow PhD, MS

Dr. Snow is a world-renowned expert in brain aging and misfolded protein disorders. His knowledge and theories about brain plaque and tangle formation have been at the forefront of brain aging research for the past 25 years. He has acquired 18 National Institute of Health (NIH) awards and has 345 issued patents pertaining to new drugs, nutraceuticals and screening technologies.



Dr. Jianjun Yu PhD

With over 10 years' experience leading research at various institutions, Dr. Yu has synthesized over 150 new compounds and holds several patents in the medical field.

He is passionate about helping humans age better through use of the ingredient NMN.



Dr. Paul Kilgore MD

Dr. Paul Kilgore, MD, MPH, FACP, is a distinguished physician-epidemiologist with over 27 years of experience in public health research.

Dr. Kilgore has been heavily involved in the development of human studies for Natural glycoprotein isolate applications to support overall immune health.

Scientists **continue**

Dr. Paul Davis PhD

Dr. Paul Davis has over 50 years' experience undertaking biomedical research, with 25 years specialising in research on aging at the molecular and cellular level.

Dr. Davis has published over 90 research papers and book chapters, is the owner of 16 issued patents and has numerous awards and honours across Australasia and the US for his contribution to biological research.



Dr. Matthew Yousefzadeh PhD

Dr. Matt Yousefzadeh has lead numerous projects researching the efficacy of Fisetin and how it supports healthspan and lifespan. He is also invested in the key drivers that lead to enhancement to cellular senescence and the impact of this to the aging process.



Dr. Varun Dwaraka PhD

Dr. Dwaraka is a principal investigator in aging and longevity, specialising in epigenetics and bioinformatics. He has co-authored numerous publications relating to genetics, epigenetic clocks, DNA methylation, and tissue regeneration.

Dr. Dwaraka is passionate about implementing machine learning methods to advance predictive medicine and our understanding of the biology of aging.



Dr. Curtis Crasto PhD

Dr. Crasto is a qualified patent and trademark attorney with over 25 years' experience as a scientist with over 10 years spent formulating cosmeceuticals and nutraceuticals. He is a member of the Australian Society of Cosmetic Chemists with an interest in the study of biological mechanisms of diseases and use of small molecule therapeutics.

Scientists **continue**

Dr. Mark Gray MBChB

Dr. Mark Gray is the founder of MoleMap NZ, Skin Institute, Ao Skincare, and is a renowned Clinical Dermatologist. Dr Gray's work heavily focuses on dermatologic surgery, laser surgery, cosmetic medicine and phototherapy, and has published numerous articles in peer reviewed journals.



Professor Fatah Ahtesh

Professor Fatah Ahtesh is a distinguished academic and research officer with over a decade of experience specialising in natural pharmaceuticals, peptides and anti-microbials.

Professor Ahtesh has led scientific studies on PhytoCann BP showing promising signs to support pain management, stress, anxiety and mood.



Dr. Doni Wilson

Dr. Doni Wilson is a board-certified naturopathic doctor with over 20 years of experience, recognized as an expert in the field of natural medicine, with a focus on digestive health, hormone balance, and detoxification.



Prof. Gustavo Duque MD, Ph.D., FRACP, FGSA

Professor Gustavo Duque is a world leader in aging and musculoskeletal research. He has published over 260+ scientific articles with a focus on the muscular system. Prof. Duque is the Director of the RUIS McGill Centre of Excellence on Longevity at McGill University (Montreal, Canada).



Dr. Masahiro Terasawa PhD

Dr. Mashiro Terasawa has over 25 years' experience specialising in Molecular Biology. His recent research is largely focused on the potential for Rhamnan Sulphate to support digestive, immune and vascular health. He has published 4 papers on the ability of this ingredient to support blood vessel health in the body.

Module completion

Test your knowledge

To complete this SRW[®] training module, please take the Modules 1 & 2 test:

Modules 1 & 2 **Test**

At the beginning of each month, we will mark all completed test answers and send successful participants who have completed modules 1, 2 and 3 and email to select complimentary SRW[®] Cellular range product of their choice.

Thank you for completing this module.

If you have any further questions about SRW[®] products or services, please contact us at **0800 779 522** or orders@srw.co