

Saúde do Homem em Foco:

do Cuidado à Performance



**VICTOR
PAVIANI**



**LONGEVIDADE
PERSONALIZADA**

Conteúdo Programático

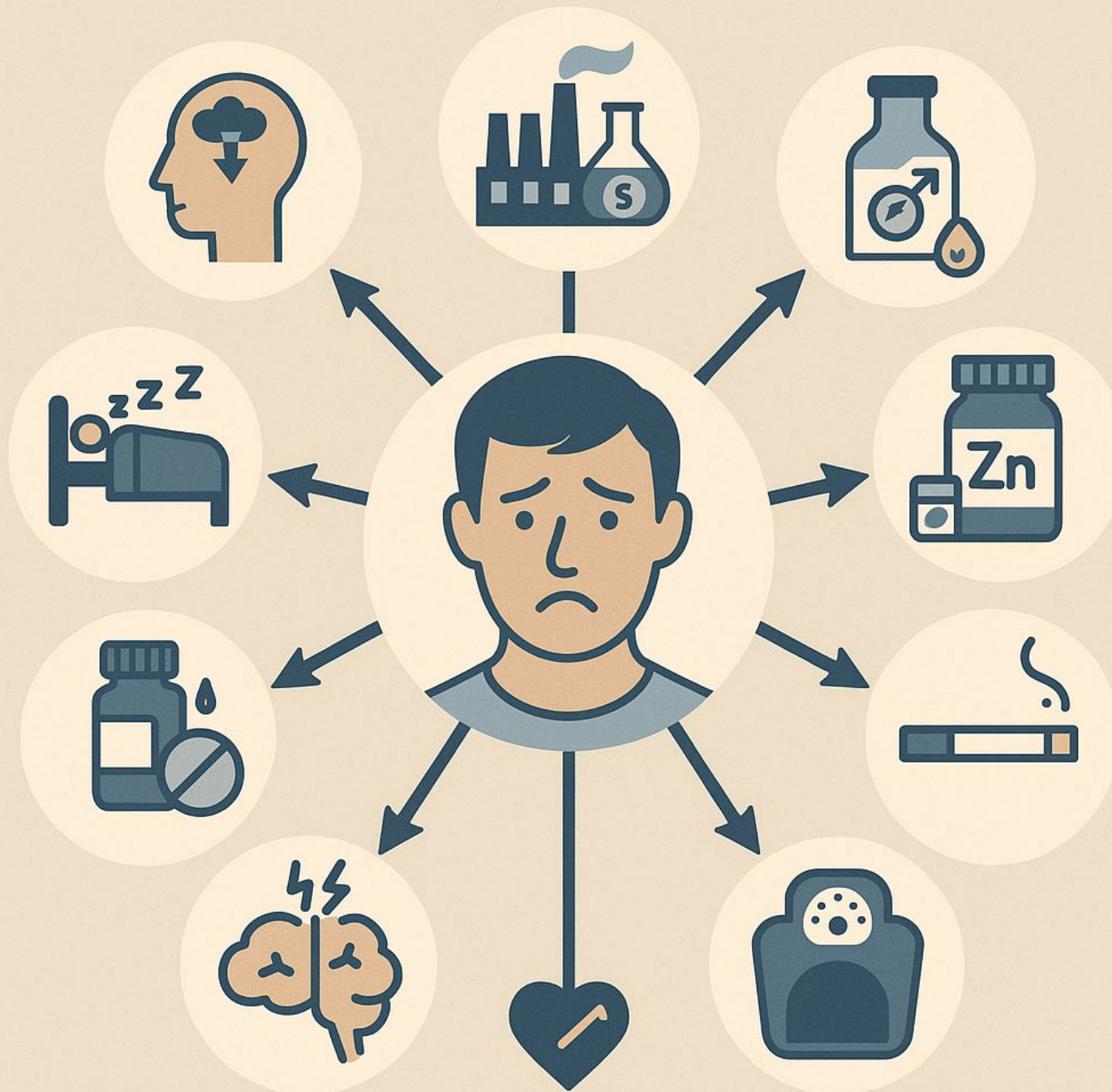
- Os pilares da saúde masculina contemporânea, unindo prevenção, vitalidade e alta performance.
- Reorganizar o conceito de Saúde
- Despertar a importância da prevenção e construção Ativa de Saúde
- O Controle da Inflamação crônica - um dos pilares fundamentais da Saúde
- Otimização da Saúde e Alta Performance
- Armadilhas mentais comuns que sabotam a sua Saúde





Mollaioli D, Ciocca G, Limoncin E, Di Sante S, Gravina GL, Carosa E, Lenzi A, Jannini EAF. Lifestyles and sexuality in men and women: the gender perspective in sexual medicine. *Reprod Biol Endocrinol*. 2020 Feb 17;18(1):10. doi: 10.1186/s12958-019-0557-9. PMID: 32066450; PMCID: PMC7025405.

Grant P, Jackson G, Baig I, Quin J. Erectile dysfunction in general medicine. *Clin Med (Lond)*. 2013 Apr;13(2):136-40. doi: 10.7861/clinmedicine.13-2-136. PMID: 23681859; PMCID: PMC4952627.



Esfahani SB, Pal S. Obesity, mental health, and sexual dysfunction: A critical review. *Health Psychol Open*. 2018 Jul 12;5(2):2055102918786867. doi: 10.1177/2055102918786867. PMID: 30023076; PMCID: PMC6047250.

Corona G, Maggi M. The role of testosterone in male sexual function. *Rev Endocr Metab Disord*. 2022 Dec;23(6):1159-1172. doi: 10.1007/s11154-022-09748-3. Epub 2022 Aug 23. PMID: 35999483; PMCID: PMC9789013.





**MORTES
PREMATURAS**



- 7 ~ 18 anos

**EXPECTATIVA
DE VIDA**

- ✓ O'Doherty MG, Cairns K, O'Neill V, Lamrock F, Jørgensen T, Brenner H, Schöttker B, Wilsgaard T, Siganos G, Kuulasmaa K, Boffetta P, Trichopoulou A, Kee F. Effect of major lifestyle risk factors, independent and jointly, on life expectancy with and without cardiovascular disease: results from the Consortium on Health and Ageing Network of Cohorts in Europe and the United States (CHANCES). *Eur J Epidemiol*. 2016 May;31(5):455-68. doi: 10.1007/s10654-015-0112-8. Epub 2016 Jan 18. PMID: 26781655; PMCID: PMC4901087.
- ✓ Mokdad AH, Forouzanfar MH, Daoud F, et al. Global burden of diseases, injuries, and risk factors for young people's health during 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet* 2016;387:2383-401. doi:10.1016/S0140-6736(16)00648-6
- ✓ Tamakoshi A, Tamakoshi K, Lin Y, Yagyu K, Kikuchi S, JACC Study Group. Healthy lifestyle and preventable death: findings from the Japan Collaborative Cohort (JACC) Study. *Prev Med* 2009;48:486-92. doi:10.1016/j.ypmed.2009.02.017
- ✓ Khaw KT, Wareham N, Bingham S, Welch A, Luben R, Day N. Combined impact of health behaviours and mortality in men and women: the EPIC-Norfolk prospective population study. *PLoS Med* 2008;5:e12. doi:10.1371/journal.pmed.0050012
- ✓ Manuel DG, Perez R, Sanmartin C, et al. Measuring Burden of Unhealthy Behaviours Using a Multivariable Predictive Approach: Life Expectancy Lost in Canada Attributable to Smoking, Alcohol, Physical Inactivity, and Diet. *PLoS Med* 2016;13:e1002082. doi:10.1371/journal.pmed.1002082

✓ O que a ciência mostra

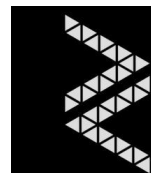
Diversos estudos de grandes coortes internacionais (Nurses' Health Study, EPIC, PURE, HALE, CHANCES, Life's Essential 8, entre outros) demonstram que **entre 50% e 60% das mortes prematuras** estão associadas a **fatores de risco modificáveis**, principalmente:

- sedentarismo
- má alimentação
- tabagismo
- álcool em excesso
- obesidade
- sono inadequado
- estresse crônico



ChatGPT

Esses mesmos estudos mostram que **adotar 4–5 hábitos saudáveis** pode **reduzir o risco de mortalidade precoce em 50% a 70%** e **aumentar a expectativa de vida em 7 a 18 anos**.



IMPACTO DA REDUÇÃO GLOBAL



**MORTES POR
CÂNCER**



**MORTES POR
DCV**



**DOENÇAS DO
CORAÇÃO**



DIABETES

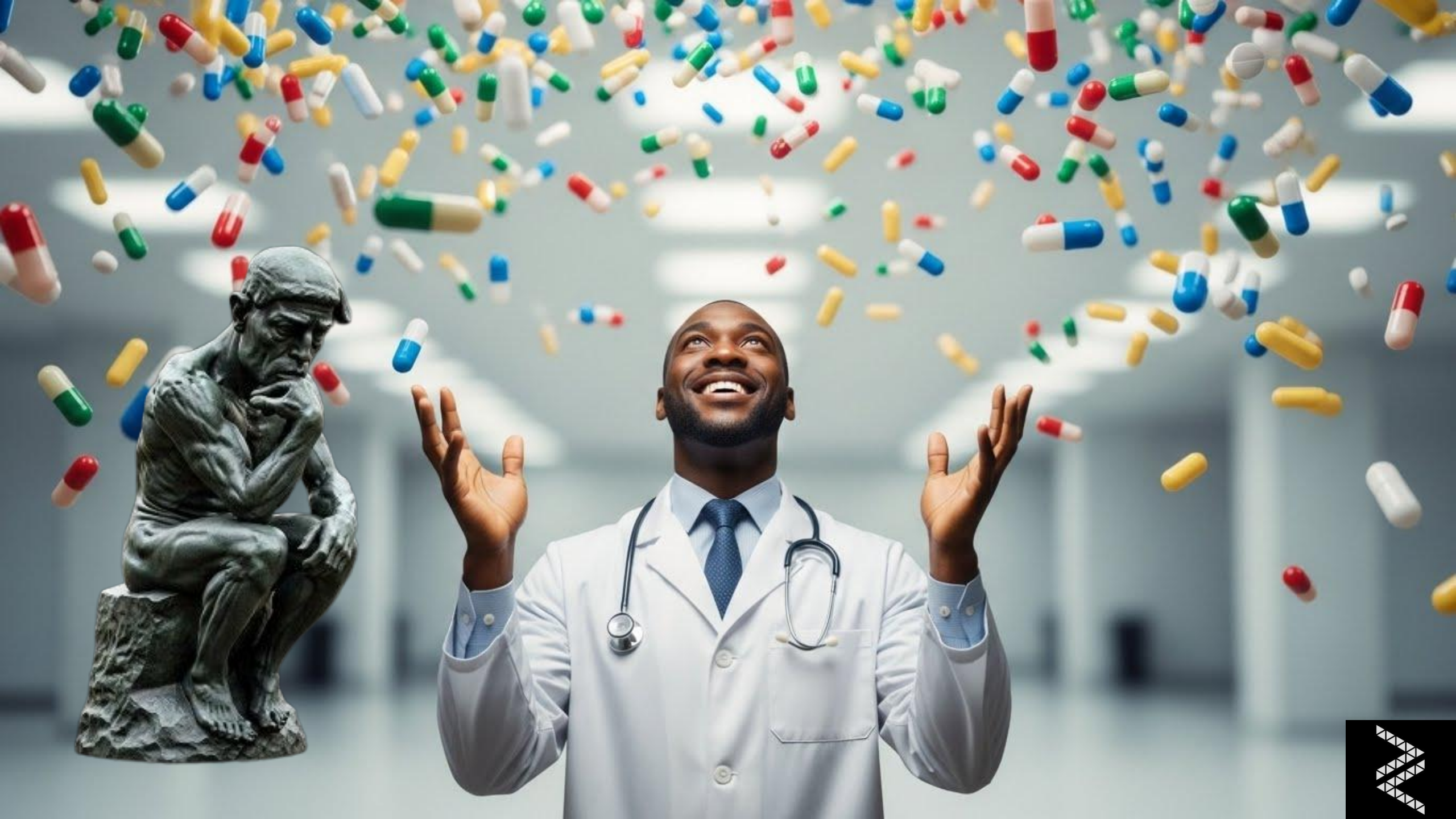
Li Y, Schoufour J, Wang DD, Dhana K, Pan A, Liu X, Song M, Liu G, Shin HJ, Sun Q, Al-Shaar L, Wang M, Rimm EB, Hertzmark E, Stampfer MJ, Willett WC, Franco OH, Hu FB. Healthy lifestyle and life expectancy free of cancer, cardiovascular disease, and type 2 diabetes: prospective cohort study. *BMJ*. 2020 Jan 8;368:l6669. doi: 10.1136/bmj.l6669. PMID: 31915124; PMCID: PMC7190036.



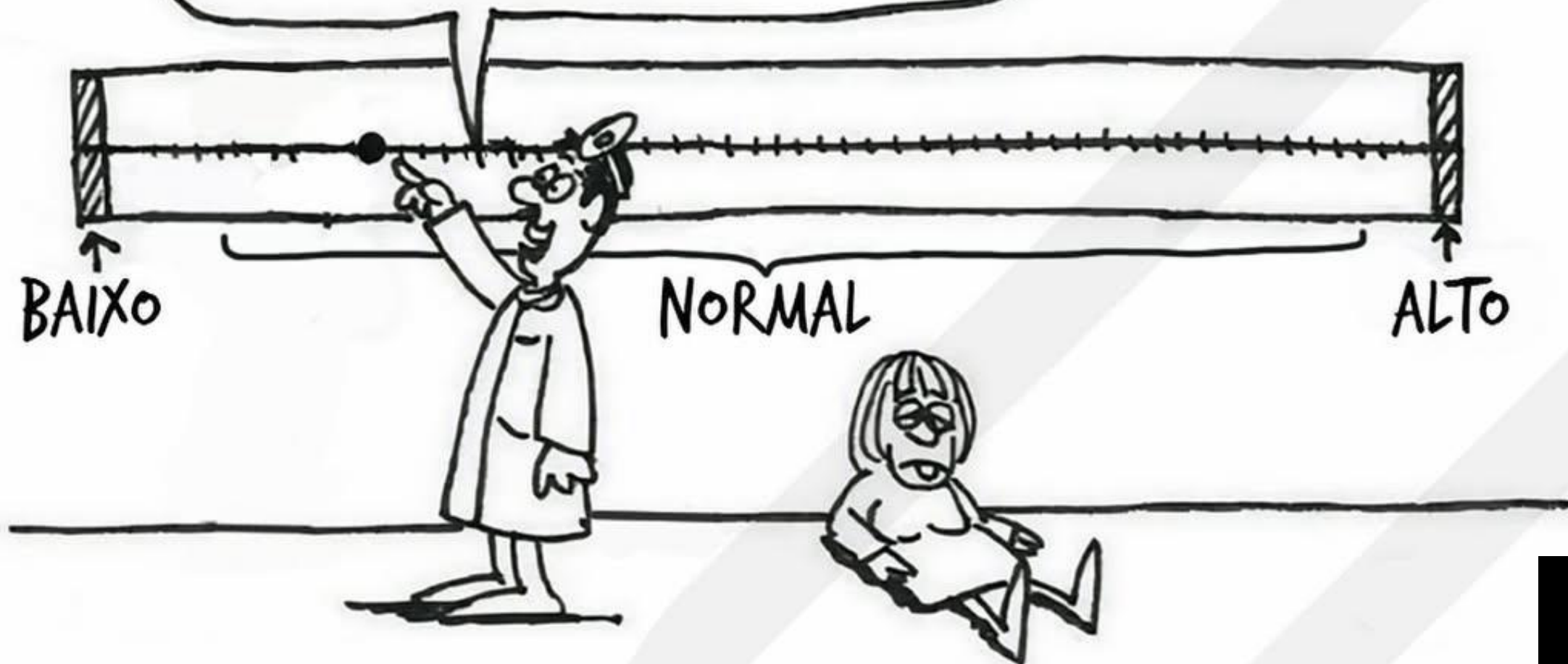
DIAGNÓSTICO DE DOENÇAS

- ✓ Fármacos
- ✓ Procedimentos





BOAS NOTÍCIAS!
SEUS EXAMES ESTÃO DENTRO
DA FAIXA NORMAL!



“Canis lupus familiaris”





SCIENTIFIC
PROOF
REQUIRES
TIME.



Em **2002** o FDA aprova formulações de ômega-3 e o primeiro artigo da American Heart Association (AHA) mostra que o uso de 2–4 g/dia de EPA+DHA podem reduzir os TG em ~25–30%

Em **2012**, guideline da Sociedade de Endocrinologia (USA) aceita que o uso de Omega 3 pode ser uma opção terapêutica para pacientes com Hipertrigliceridemia.

Em **2019**, o Board da AHA em uma revisão de artigo consolidam o uso de ômega-3 como terapia efetiva para hipertrigliceridemia.

Atualmente (**2025**) – Inúmeras Revisões Sistemáticas e Meta-Análises de ECR comprovam que o uso de Ômega-3 funciona para Hipertrigliceridemia - Nível de Evidência/ Grau de Recomendação: IA

Berglund L, Brunzell JD, Goldberg AC, Goldberg IJ, Sacks F, Murad MH, Stalenhoef AF; Endocrine society. Evaluation and treatment of hypertriglyceridemia: an Endocrine Society clinical practice guideline. J Clin Endocrinol Metab. 2012 Sep;97(9):2969-89. doi: 10.1210/jc.2011-3213. Erratum in: J Clin Endocrinol Metab. 2015 Dec;100(12):4685. doi: 10.1210/jc.2015-3649. PMID: 22962670; PMCID: PMC3431581.

Skulas-Ray AC, Wilson PWF, Harris WS, Brinton EA, Kris-Etherton PM, Richter CK, Jacobson TA, Engler MB, Miller M, Robinson JG, Blum CB, Rodriguez-Leyva D, de Ferranti SD, Welty FK; American Heart Association Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Lifestyle and Cardiometabolic Health; Council on Cardiovascular Disease in the Young; Council on Cardiovascular and Stroke Nursing; and Council on Clinical Cardiology. Omega-3 Fatty Acids for the Management of Hypertriglyceridemia: A Science Advisory From the American Heart Association. Circulation. 2019 Sep 17;140(12):e673-e691. doi: 10.1161/CIR.0000000000000709. Epub 2019 Aug 19. PMID: 31422671.

Basirat A, Merino-Torres JF. Marine-Based Omega-3 Fatty Acids and Metabolic Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrients. 2025 Oct 18;17(20):3279. doi: 10.3390/nu17203279. PMID: 41156531; PMCID: PMC12567179.



< 2000



> 2000



It Takes an Average of 17 Years for Evidence to Change Practice—the Burgeoning Field of Implementation Science Seeks to Speed Things Up

Rita Rubin, MA

Impact Factor: 10.3 / 5-Year Impact Factor: 14.6[Open access](#) | [CC BY](#) | [Review article](#) | First published online December 16, 2011

The answer is 17 years, what is the question: understanding time lags in translational research

[Zoë Slote Morris](#), [Steven Wooding](#), and [Jonathan Grant](#) [✉](#) [View all authors and affiliations](#)[Volume 104, Issue 12](#) | <https://doi.org/10.1258/jrsm.2011.110180>

WHO remains firmly committed to the principles set out in the preamble to the Constitution

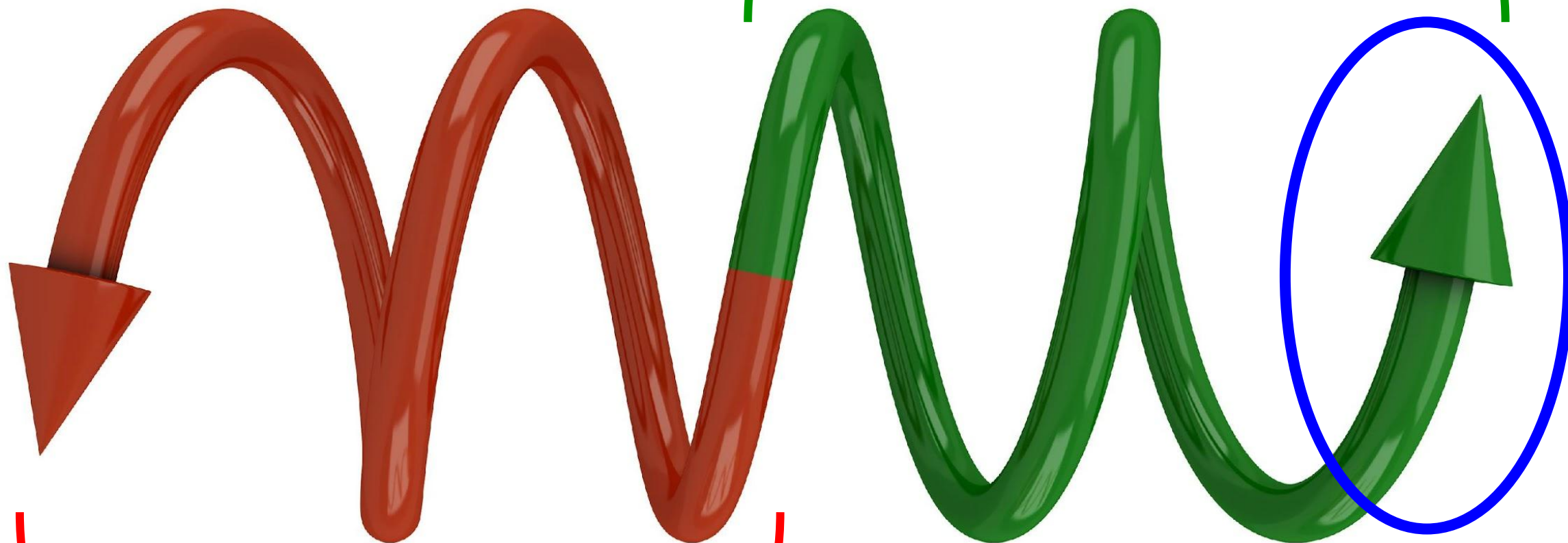
- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
- The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.
- The health of all peoples is fundamental to the attainment of peace and the highest standard of living, and can be improved only by the fullest co-operation of individuals and States.



**World Health
Organization**



SAÚDE



DOENÇA

ALTA PERFORMANCE





Sono



Bioquímica Nutricional



Exercício (movimento)



Moléculas diversas



Manejo Stress / Saúde Mental



PREVENÇÃO



OTIMIZAÇÃO





Night Shift Work Associates with All-Cause and Cause-Specific Mortality: A Large Prospective Cohort Study

Original Research | Published: 10 September 2024

JOURNAL ARTICLE

Night shift work, accelerated biological aging and reduced life expectancy: a prospective cohort study

[Get access](#) >

Yangwei Cai, Jingwei Gao, Yixiu Xie, Maoxiong Wu, Guanghong Liao, Chuanrui Zeng, Jiewen Cai, Zhiteng Chen, Pinming Liu, Yangxin Chen ✉ ... [Show more](#)

QJM: An International Journal of Medicine, Volume 118, Issue 8, August 2025, Pages 575–583, <https://doi.org/10.1093/qjmed/hcaf091>

Published: 07 April 2025 **Article history** ▼

“Trabalhadores noturnos apresentaram um aumento de 12% na mortalidade por todas as causas”

Exposição prolongada
(> 20–30a de trabalho noturno):

- Mortalidade por todas as causas: > 52%
- Mortalidade cardiovascular: > 108%

“Trabalhar no turno da noite está associado ao envelhecimento biológico acelerado e à redução da expectativa de vida.”



Meta-Analysis > Psychol Bull. 2024 Apr;150(4):440-463. doi: 10.1037/bul0000410.

Epub 2023 Dec 21.

Sleep loss and emotion: A systematic review and meta-analysis of over 50 years of experimental research

Cara A Palmer ¹, Joanne L Bower ², Kit W Cho ³, Michelle A Clementi ⁴, Simon Lau ⁵, Benjamin Oosterhoff ⁶, Candice A Alfano ⁵

Affiliations + expand

PMID: 38127505 DOI: [10.1037/bul0000410](https://doi.org/10.1037/bul0000410)

[Home](#) > [Sleep and Breathing](#) > Article

Association of sleep duration and risk of mental disorder: a systematic review and meta-analysis

Sleep Breathing Physiology and Disorders • Original Article | [Open access](#) | Published: 29 August 2023

Volume 28, pages 261–280, (2024) [Cite this article](#)

❑ *Privação de sono (dormir pouco)*

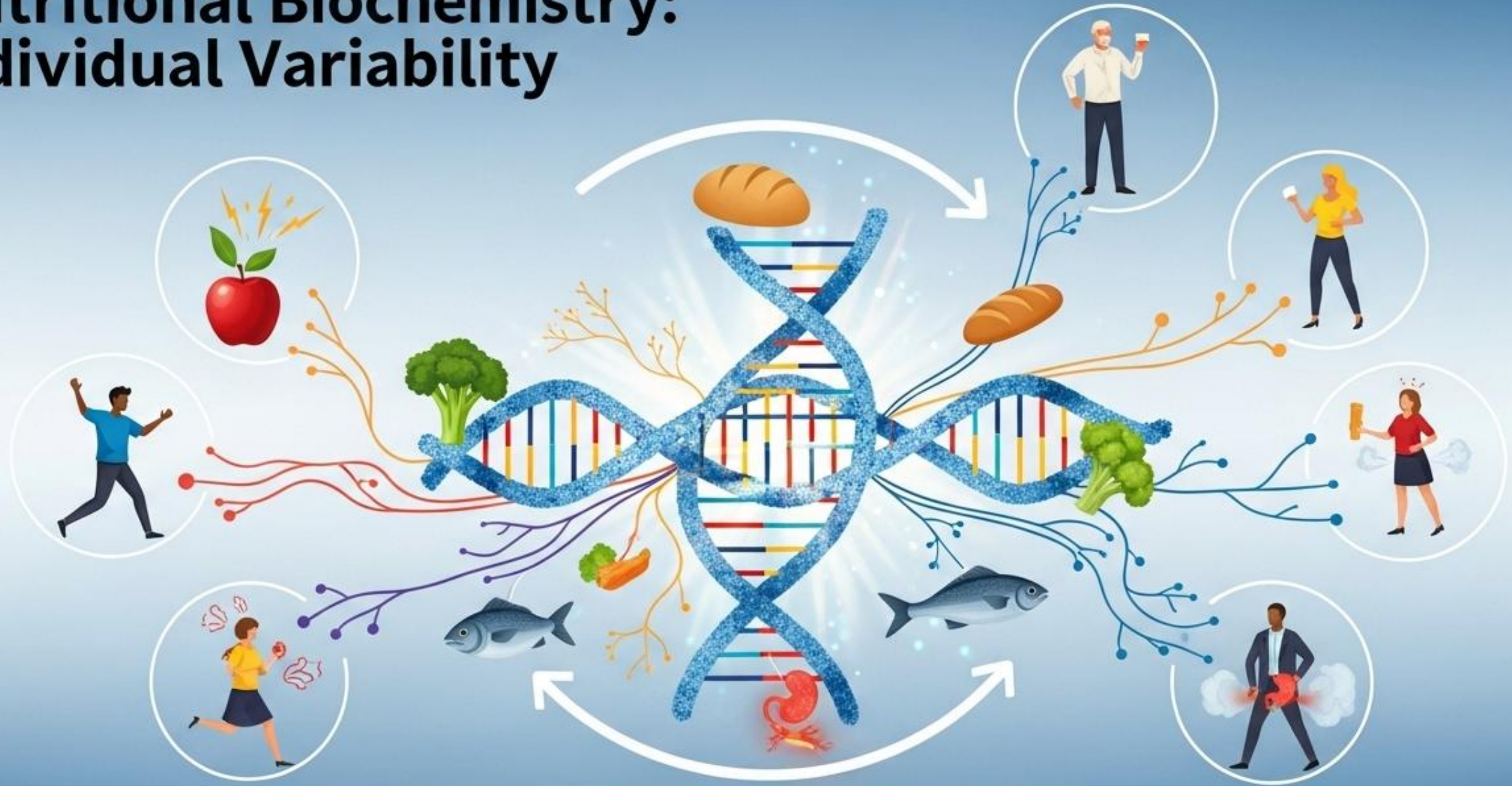
❑ *Sono de má qualidade / fragmentado*

- ✓ Maior risco de diversos transtornos do humor, principalmente ansiedade e depressão.
- ✓ Melhorar a qualidade e/ou duração do sono reduz o risco e auxilia no tratamento.





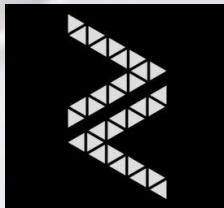
Nutritional Biochemistry: Individual Variability

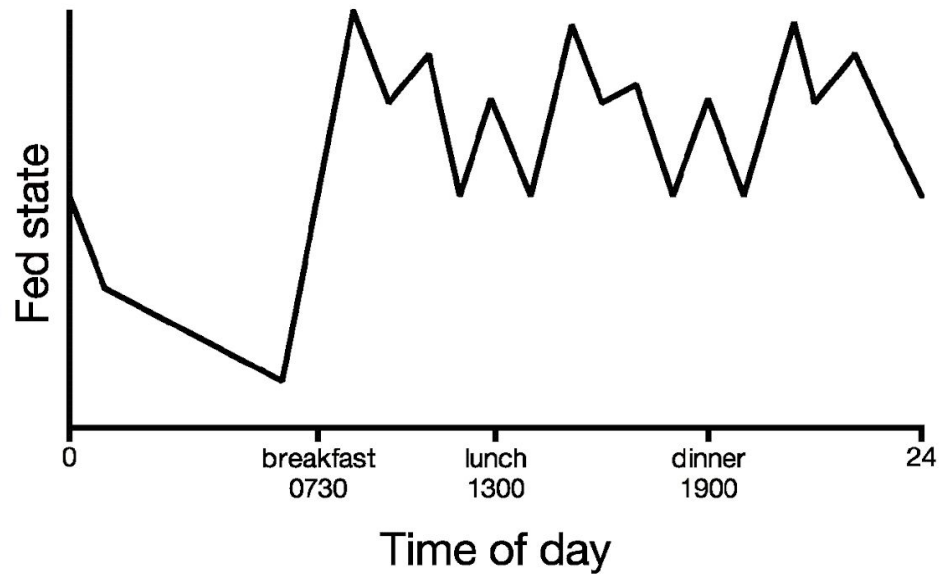
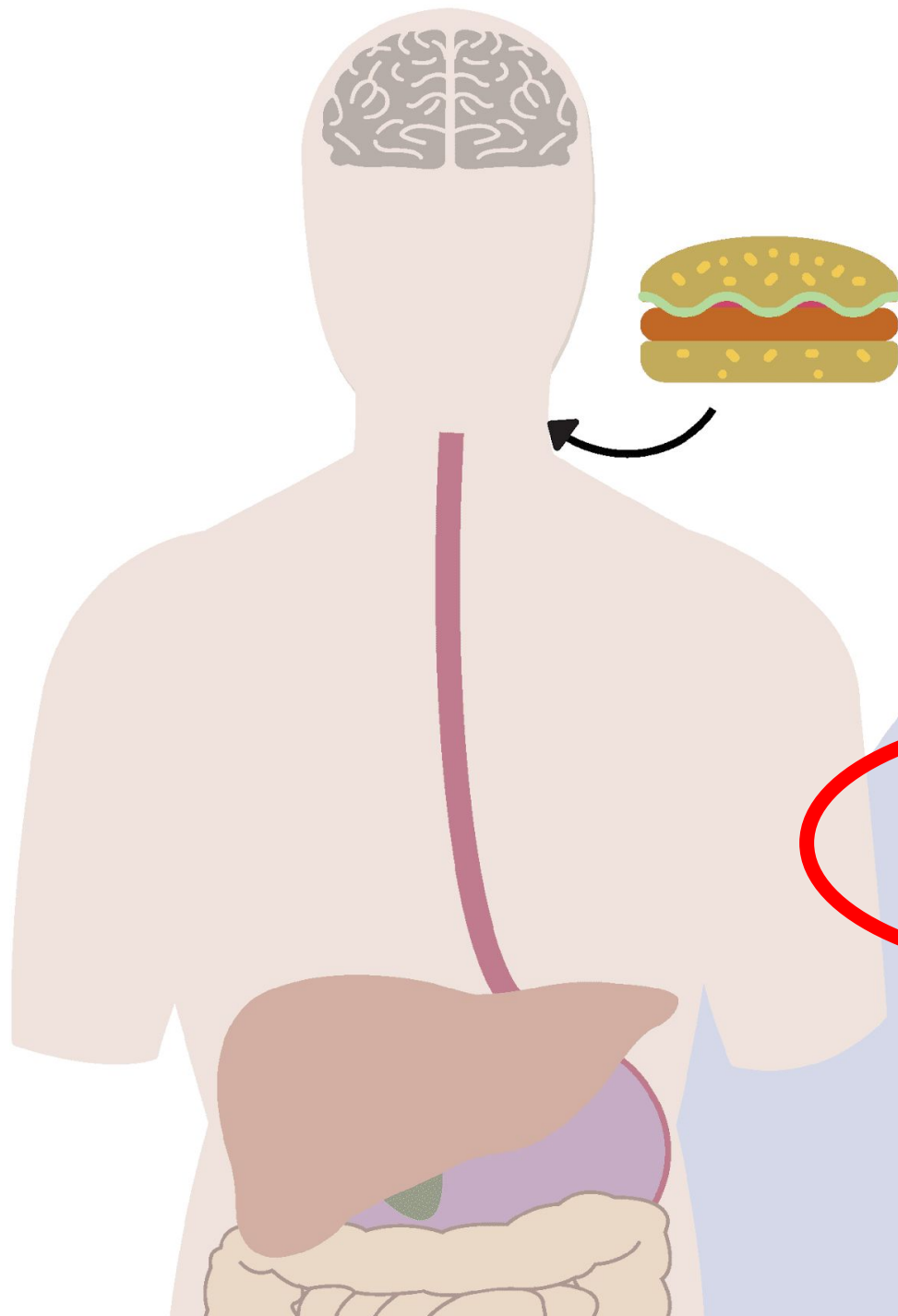


No single pattern fits all people. Personal responses to food exposure are unique and multifaceted.



ENDOTOXEMIA PÓS-PRANDIAL



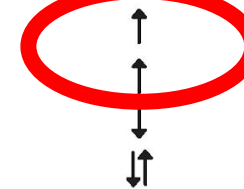


Postprandial mediated inflammatory effects

Macronutrients

- Glucose
- Lipids
- N-3 PUFAs
- Amino acids

Inflammatory effect



Enterokines/hormones

- Insulin
- Bile acids
- FGF19
- GLP-1
- Ghrelin
- Leptin



Meessen ECE,
Warmbrunn MV,
Nieuwdorp M, Soeters
MR. Human
Postprandial Nutrient
Metabolism and
Low-Grade
Inflammation: A
Narrative Review.
Nutrients. 2019 Dec
7;11(12):3000. doi:
10.3390/nu1123000.
PMID: 31817857;
PMCID: PMC6950246.





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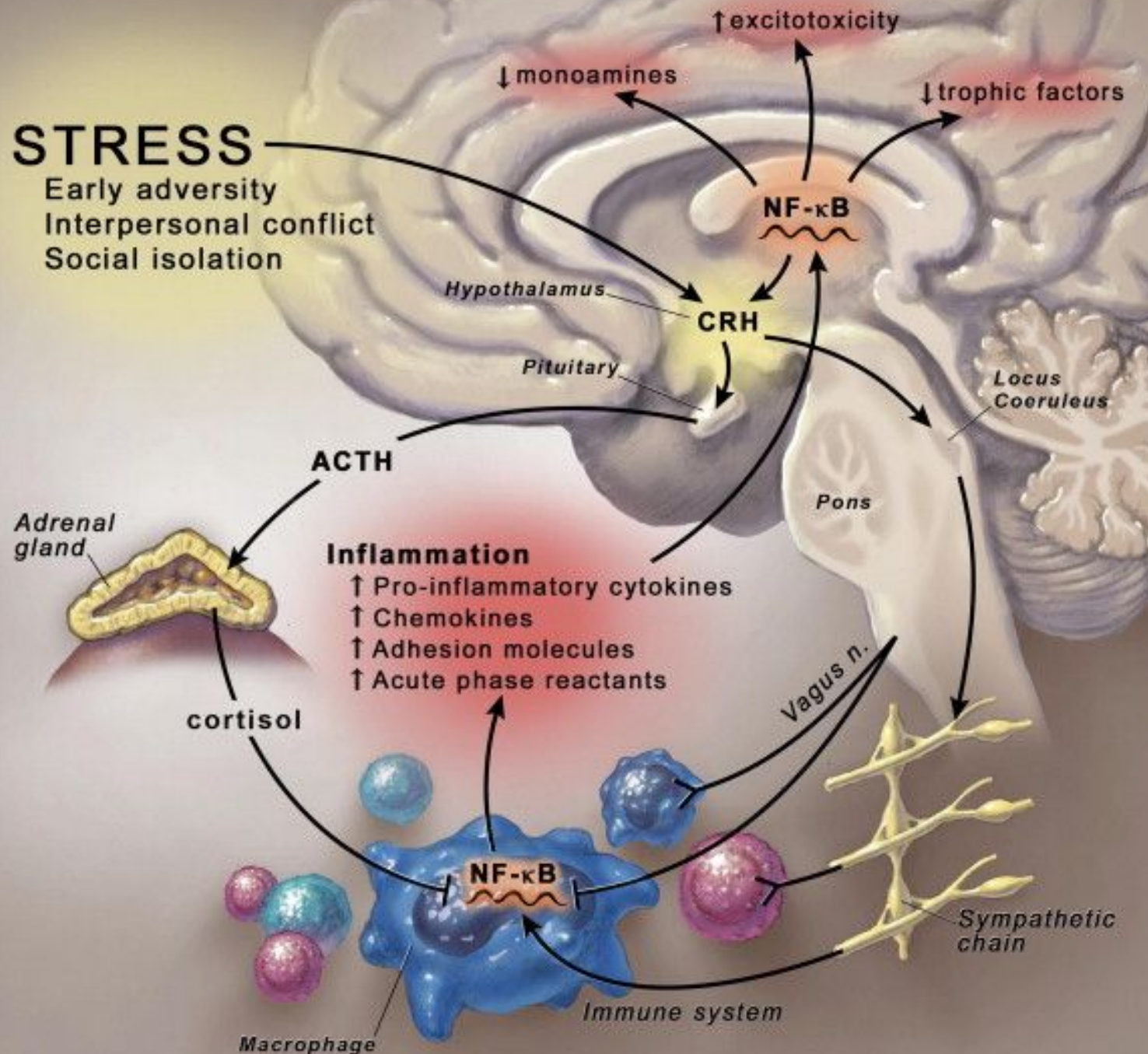
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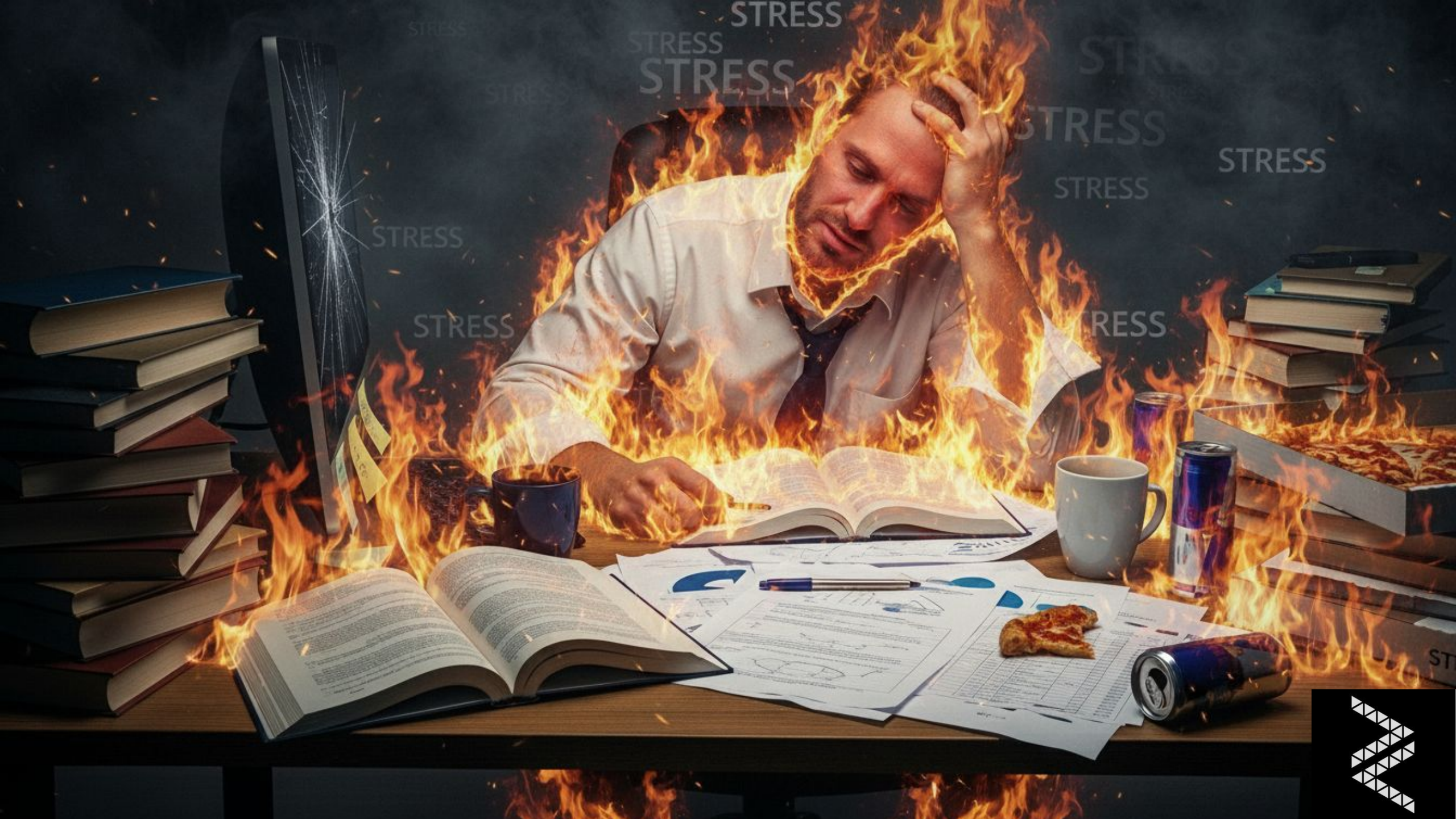
Early adversity
Interpersonal conflict
Social isolation

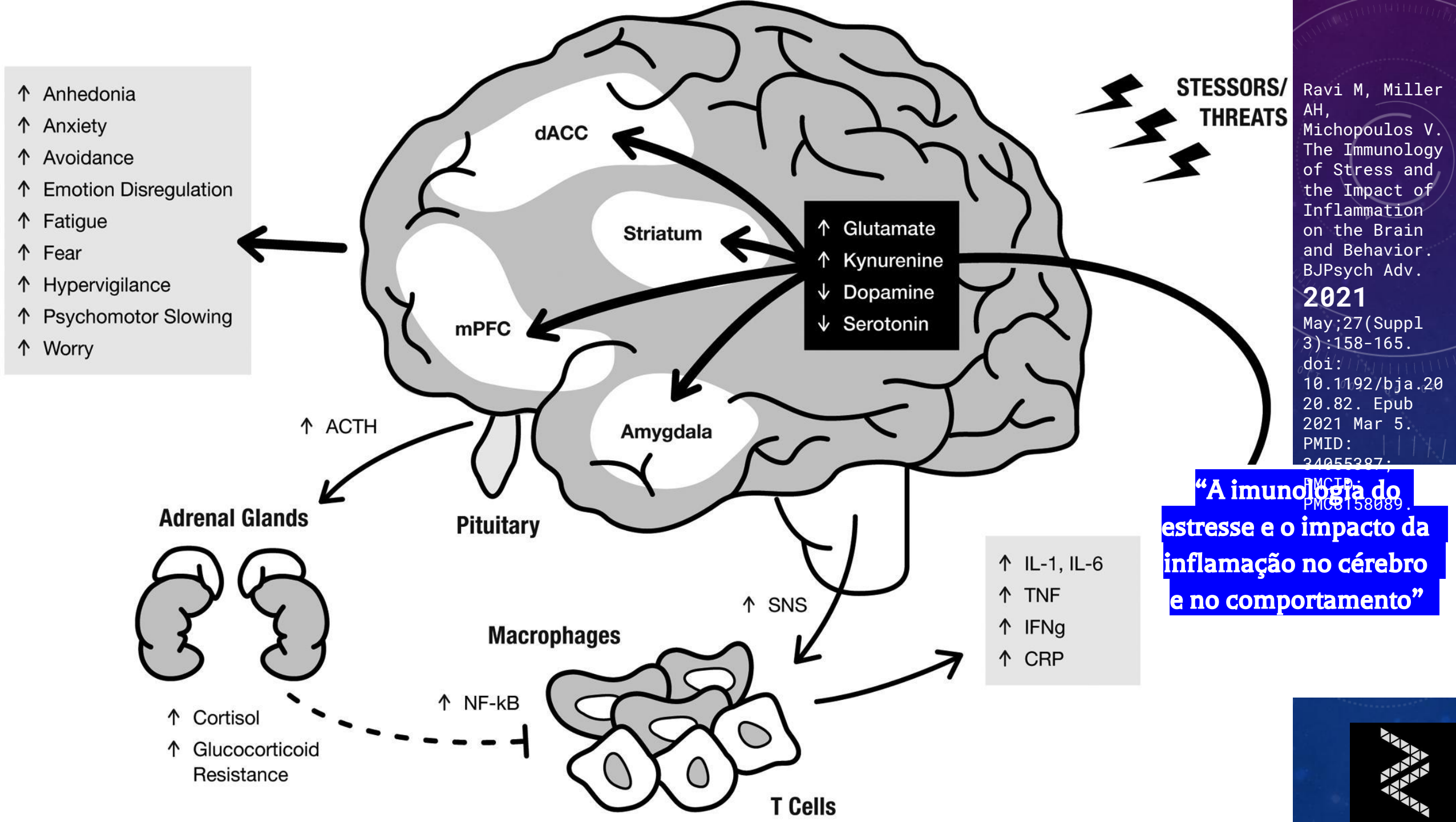


**“Inflamação e seus
descontentamentos o papel
das citocinas na
fisiopatologia da depressão”**

Miller AH, Maletic V, Raison CL. Inflammation and its discontents: the role of cytokines in the pathophysiology of major depression. *Biol Psychiatry*. 2009 May 1;65(9):732-41. doi: 10.1016/j.biopsych.2008.11.029. Epub **2009** Jan 15. PMID: 19150053; PMCID: PMC2680424.











1 Treino de Força (Strength Training)

Objetivo: preservar massa muscular, potência e independência funcional.

- A **sarcopenia** é um dos maiores vilões do envelhecimento.
- A perda de **força e potência** aumenta risco de quedas, fraturas, institucionalização e mortalidade.
- A Força/Massa muscular é um preditor **INDEPENDENTE** de Longevidade.





② Capacidade Cardiorrespiratória / VO_2 Máx (Zona 2 + treinos intensos)

Objetivo: aumentar eficiência metabólica e cardiorrespiratória.

- ◆ **Zona 2 (base aeróbica)**
 - Melhora **biogênese mitocondrial**, flexibilidade metabólica e sensibilidade à insulina
 - É o que mais **reduz risco de mortalidade** e doenças crônicas
- ◆ **Treino intenso (picos de VO_2 máx)**
 - Aumenta **reserva fisiológica aeróbica**
 - O **VO_2 máx** é também um preditor INDEPENDENTE de Longevidade





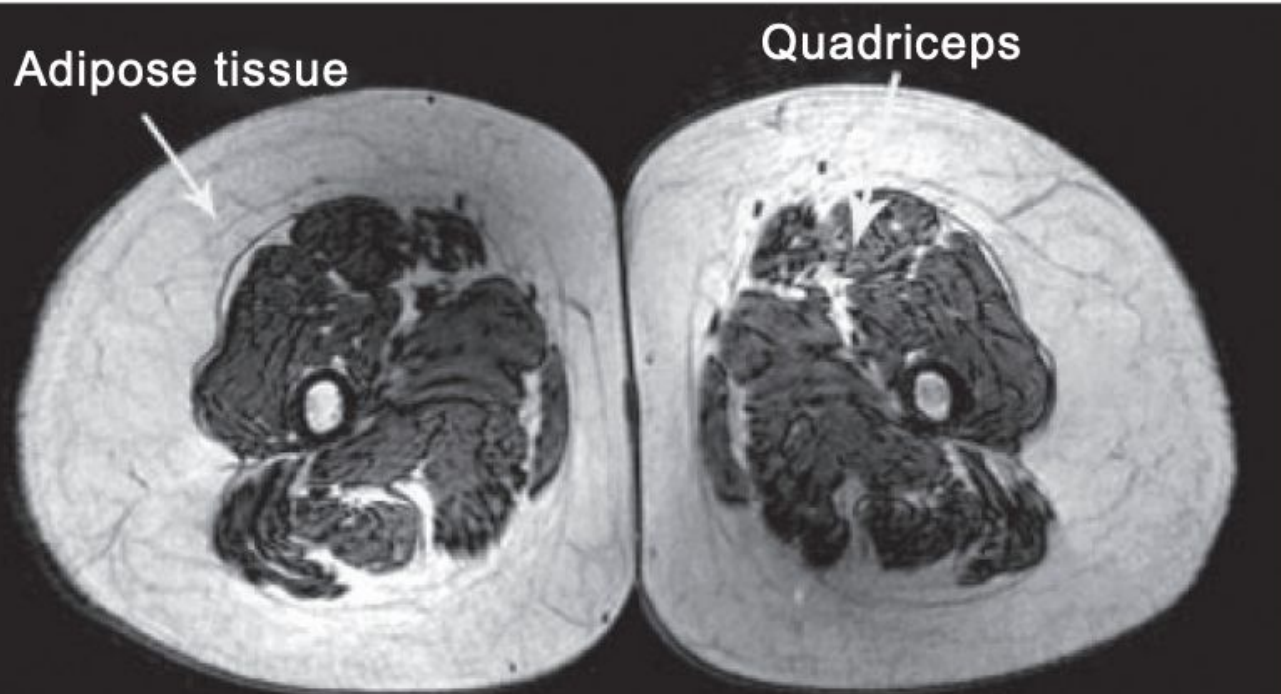
3 Estabilidade (Balance, Mobility & Posture)

Objetivo: prevenir quedas, manter movimentos seguros e coordenados.

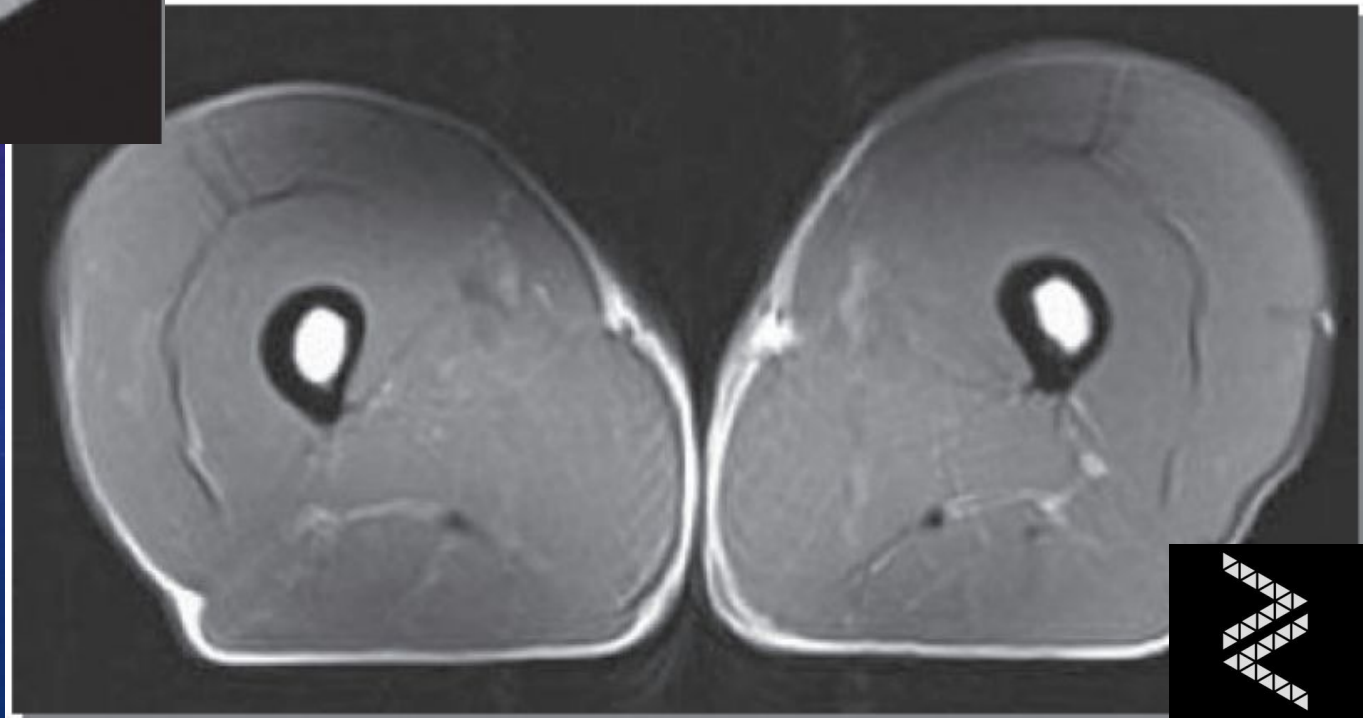
- **Mobilidade articular**
- **Flexibilidade**
- **Coordenação motora**
- **Equilíbrio e estabilidade do core**



74-year-old sedentary man



70-year-old triathlete



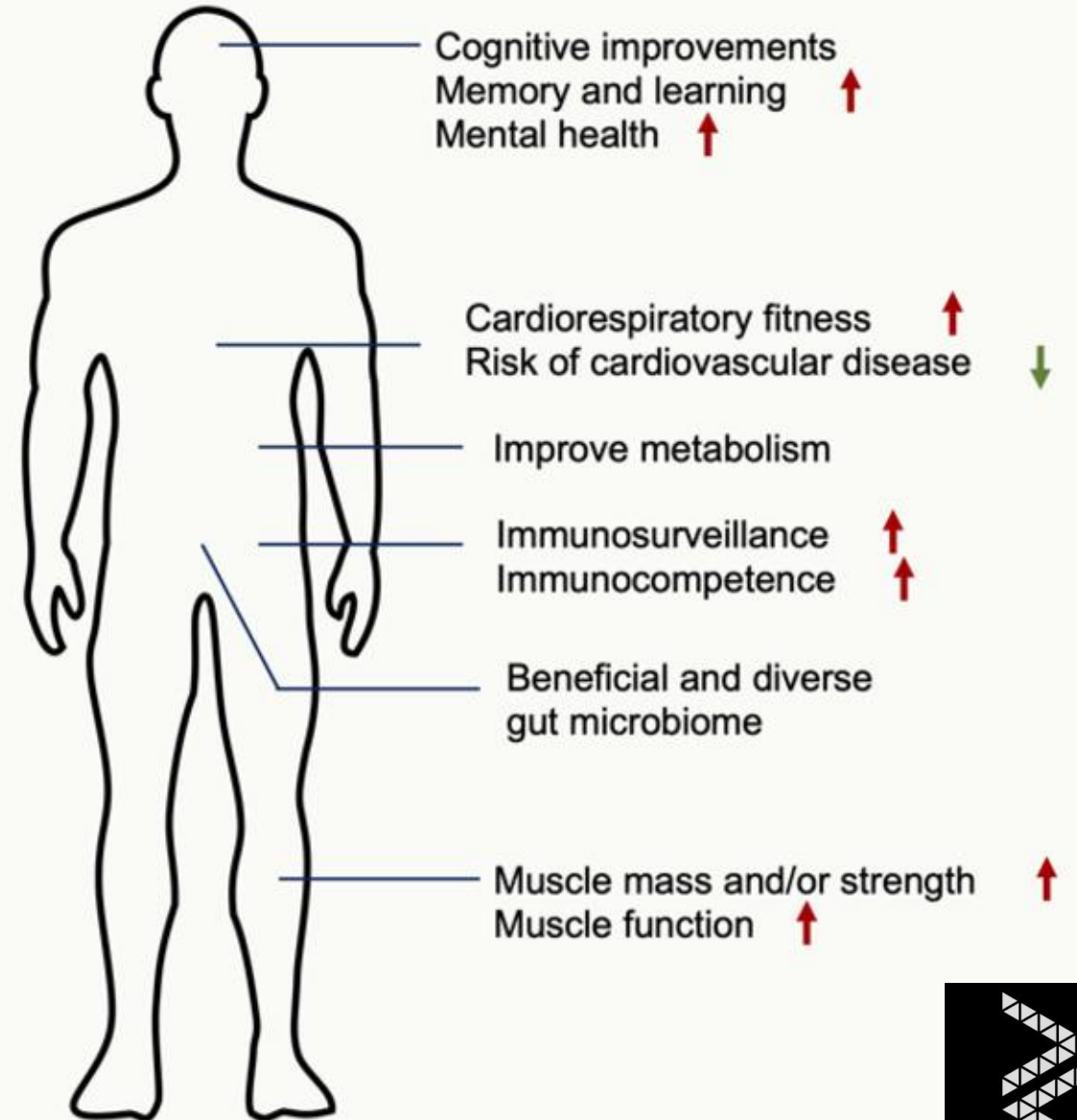
Wroblewski AP, Amati F, Smiley MA, Goodpaster B, Wright V. Chronic exercise preserves lean muscle mass in masters athletes. *Phys Sportsmed*. 2011 Sep;39(3):172-8. doi: 10.3810/psm.2011.09.1933. PMID: 22030953.



Exercise sustains the hallmarks of health



Protect the integrity of barriers
Maintain local homeostasis
Benefit recycling and turnover
Regulate multiple circuitries
Enhance circadian rhythms
Improve resilience
Hormetic regulation
Promote repair and regeneration



Review > J Sport Health Sci. 2023 Jan;12(1):8-35. doi: 10.1016/j.jshs.2022.10.003.
Epub 2022 Oct 29.

Exercise sustains the hallmarks of health

Yan Qiu ¹, Benjamin Fernández-García ², H Immo Lehmann ³, Guoping Li ³, Guido Kroemer ⁴,
Carlos López-Otín ⁵, Junjie Xiao ⁶

Affiliations + expand

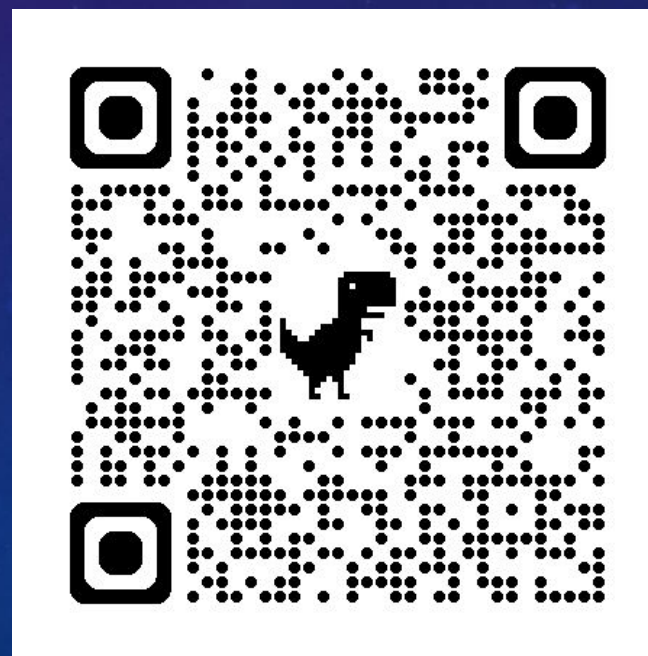
PMID: 36374766 PMCID: PMC9923435 DOI: 10.1016/j.jshs.2022.10.003



ORIENTAÇÕES GERAIS PARA ADULTOS SEDENTÁRIOS

- ✓ **Atividade aeróbica moderada: > 150 minutos por semana (6km/h) — (p.ex. 30 min/dia × 5 dias por semana velocidade 6Km/h)**
- ✓ **Para benefícios adicionais e maior proteção à saúde: até 300 minutos/sem**
- ✓ **Além disso, recomenda-se 2 dias/semana de exercícios de fortalecimento muscular**

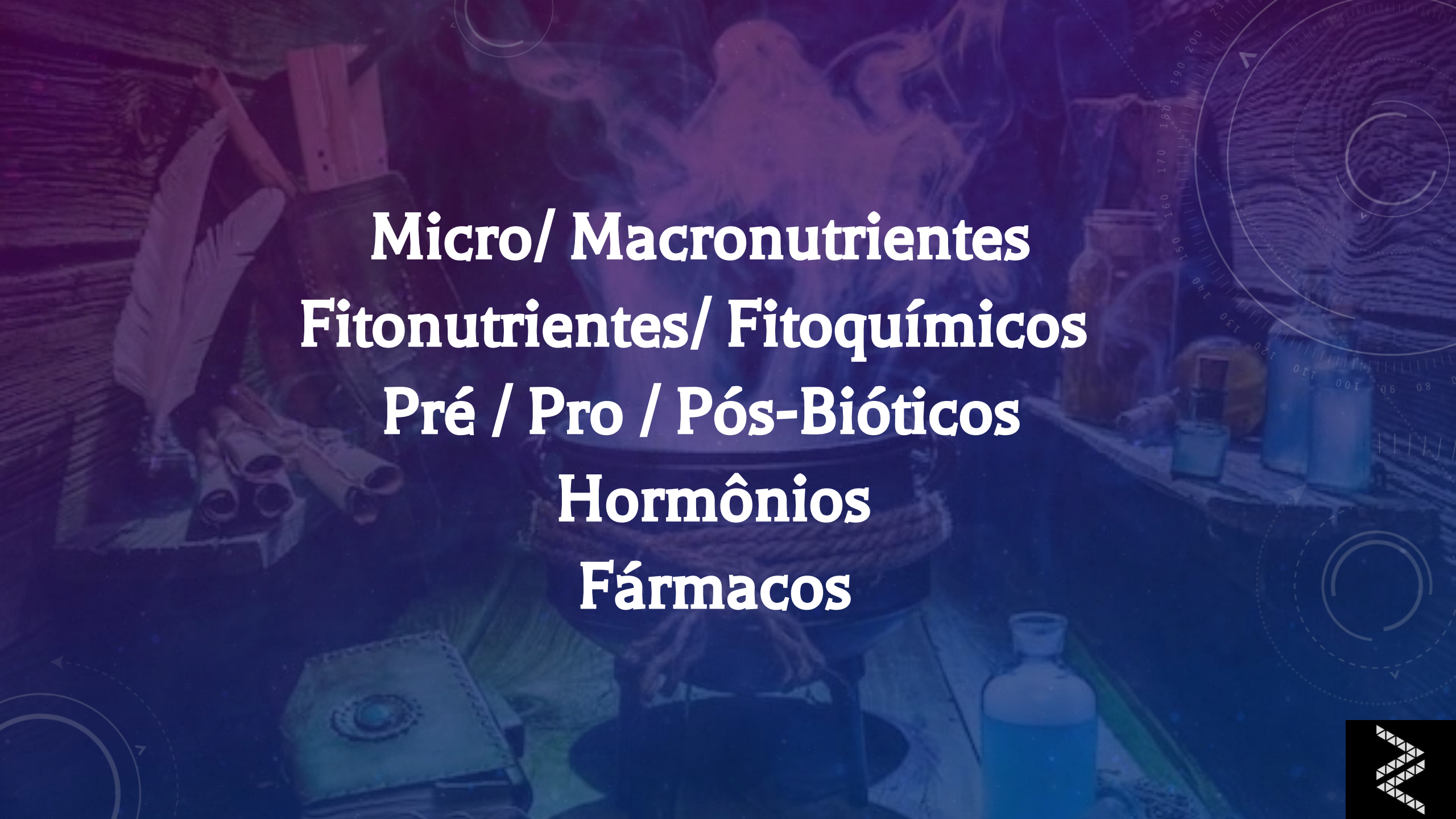
Zone	Effort	Fitness Goal
Zone 5	90 - 100% Maximum	Speed training and max performance training
Zone 4	80 - 90% Hard	Increase anaerobic capacity and endurance
Zone 3	70 - 80% Moderate	Improve aerobic fitness and build strength
Zone 2	60 - 70% Light	Improve endurance, increase metabolism, and burn fat
Zone 1	50 - 60% Very Light	Warm up, cool down, and workout recovery



A detailed illustration of a mystical laboratory or alchemist's workshop. In the center, a large, dark metal cauldron sits on a wooden stand, with thick, billowing white smoke rising from it. To the left, a wooden shelf holds several rolled-up scrolls, a quill pen, and a small, ornate metal container. To the right, a wooden shelf displays various glass bottles containing liquids of different colors (yellow, blue, and clear). In the foreground, a small, glowing blue bottle is visible. The background is a dark, textured wall, possibly made of stone or wood. The overall atmosphere is magical and mysterious.

MOLÉCULAS DIVERSAS





Micro/ Macronutrientes
Fitonutrientes/ Fitoquímicos
Pré / Pro / Pós-Bióticos
Hormônios
Fármacos





“À espera de que a ciência eleve meus suplementos ao mais alto nível de evidência, e que tudo isso seja incorporado na prática clínica”

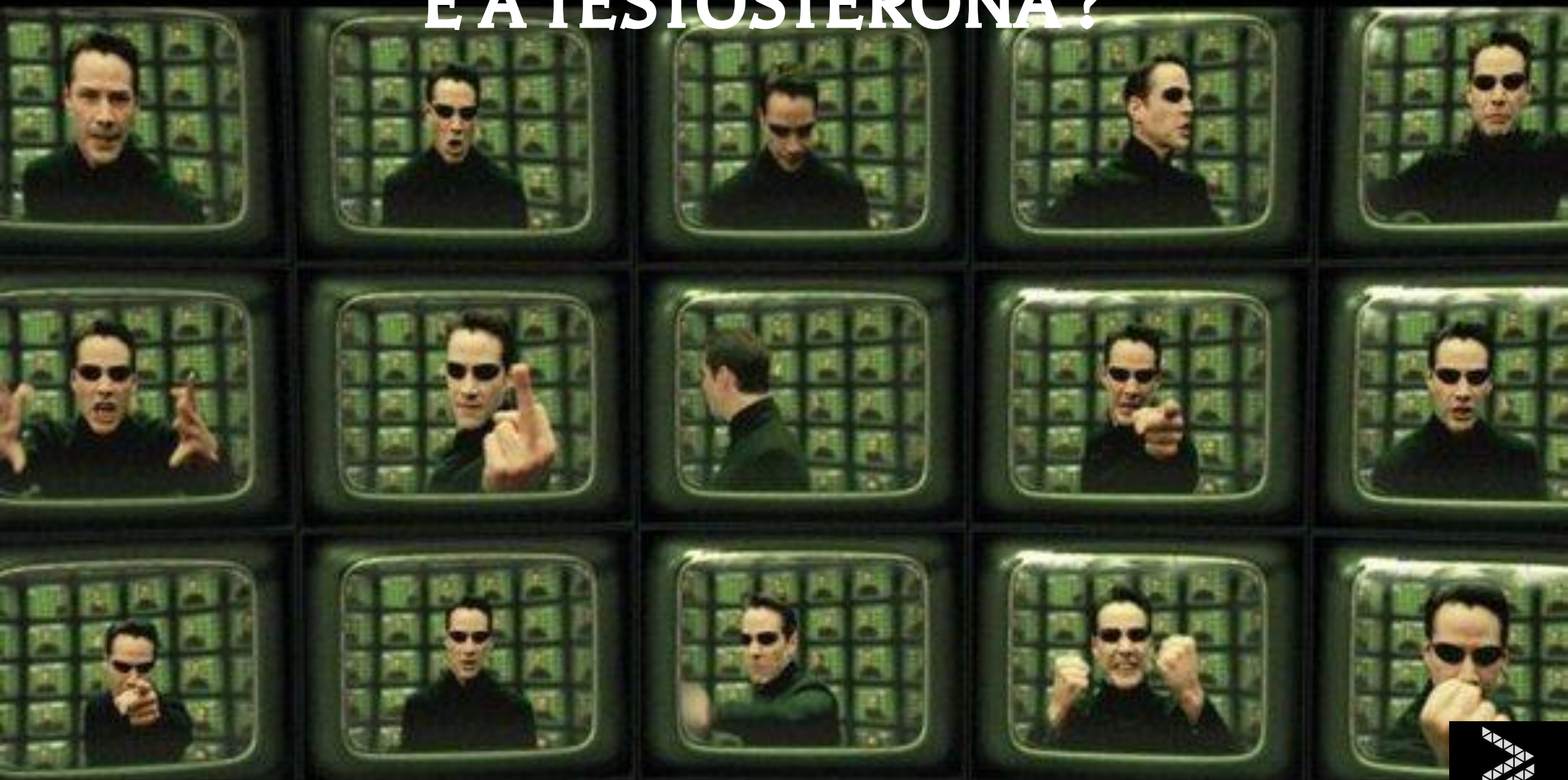


A close-up photograph of a person's hands holding a small, clear glass vial. The vial contains a blue liquid, and a wispy plume of blue smoke or vapor is rising from its opening. The person's hands are adorned with several rings and bracelets, including one with a blue gemstone. The background is a dark, textured purple fabric. The overall mood is mystical or alchemical.

**MOLÉCULAS CERTAS, NA DOSE CERTA,
PARA PESSOA CERTA, CONFORME
SUAS NECESSIDADES E OBJETIVOS**



“E A TESTOSTERONA?”



“E A TESTOSTERONA ?”

Confusão entre testosterona terapêutica e anabolizantes em doses suprafisiológicas (abuso de esteroides)

No imaginário popular, “testosterona = bomba” — o que é falso quando falamos de **reposição bem indicada e monitorada**.

Tabus sobre saúde sexual masculina

Problemas como baixa libido, disfunção erétil e fadiga ainda carregam vergonha, ocultando discussão adequada.

Medo desatualizado de risco cardiovascular ou câncer de próstata

Há décadas circulam mitos já refutados em estudos modernos e guidelines — mas o medo permanece na cultura clínica.

Preconceito gerado por manchetes sensacionalistas

A mídia costuma reforçar o medo difundindo os piores casos sem contextualizar o cenário terapêutico.



[nature](#) > [nature reviews urology](#) > [opinion](#) > article

Opinion | Published: 13 October 2015

The practical management of testosterone deficiency in men

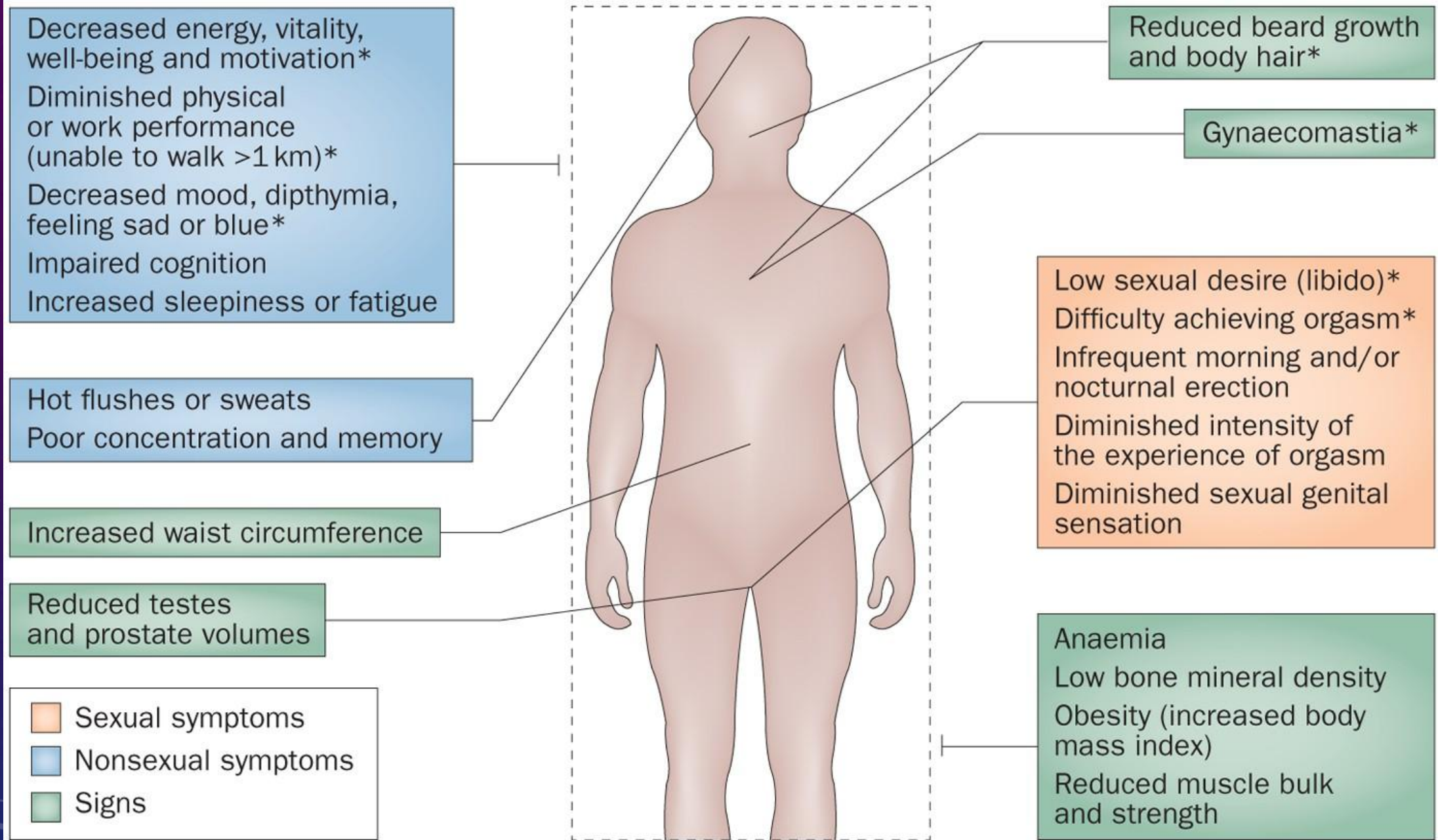
[Antonio Aversa](#) ✉ & [Abraham Morgentaler](#)

Nature Reviews Urology 12, 641–650 (2015) | [Cite this article](#)



Table 1 Suggested testosterone thresholds for diagnosis of testosterone deficiency		
Body	Total testosterone	Free testosterone (calculated or EqD)
EAA, ISA, and ISSAM (2009) ⁴⁹	<350 ng/dl (12.1 nmol/l)	<65 pg/ml (<225 pmol/l)
TES (2010) ^{26,48}	<300 ng/dl (<10.4 nmol/l) or <200 ng/dl (<6.9 nmol/l) (panellist disagreement for older men)	<50–90 pg/ml
EAU (2012) ⁵⁰	<350 ng/dl (12.1 nmol/l)	<84 pg/ml (<243 pmol/l)
Expert opinion (2014) ^{51,52}	<400 ng/dl (13.9 nmol/l)	80–100 pg/ml (1.5 ng/dl) (by radioimmunoassay)
Abbreviations: EAA, European Academy of Andrology; EAU, European Association of Urology; EqD, equilibrium dialysis; ISA, International Society of Andrology; ISSAM, International Society for the Study of the Aging Male; TES, The Endocrine Society.		





Aversa A, Morgentaler A. The practical management of testosterone deficiency in men. *Nat Rev Urol.* 2015 Nov;12(11):641-50. doi: 10.1038/nrurol.2015.238. Epub 2015 Oct 13. PMID: 26458755.



É SEGURO USAR TESTOSTERONA?

The NEW ENGLAND JOURNAL of MEDICINE

ESTABLISHED IN 1812

JULY 13, 2023

VOL. 389 NO. 2

Cardiovascular Safety of Testosterone-Replacement Therapy

A.M. Lincoff, S. Bhasin, P. Flevaris, L.M. Mitchell, S. Basaria, W.E. Boden, G.R. Cunningham, C.B. Granger, M. Khera, I.M. Thompson, Jr., Q. Wang, K. Wolski, D. Davey, V. Kalahasti, N. Khan, M.G. Miller, M.C. Snabes, A. Chan, E. Dubcenco, X. Li, T. Yi, B. Huang, K.M. Pencina, T.G. Travison, and S.E. Nissen, for the TRAVERSE Study Investigators*

- 5246 homens DAEM
- Entre 45 a 80a
- Alto Risco de DCV
- Testo < 300 ng/dl.
- Tempo de tratamento ~ 3a
- ECR - gel TD de testosterona a 1,62% (com dose ajustada para manter os níveis de testosterona entre 350 e 750 ng/dL)

CONCLUSÃO

“Em homens com hipogonadismo e doença cardiovascular pré-existente ou de alto risco, a TRH não aumentou a incidência de eventos cardíacos adversos, quando comparada ao grupo placebo.”











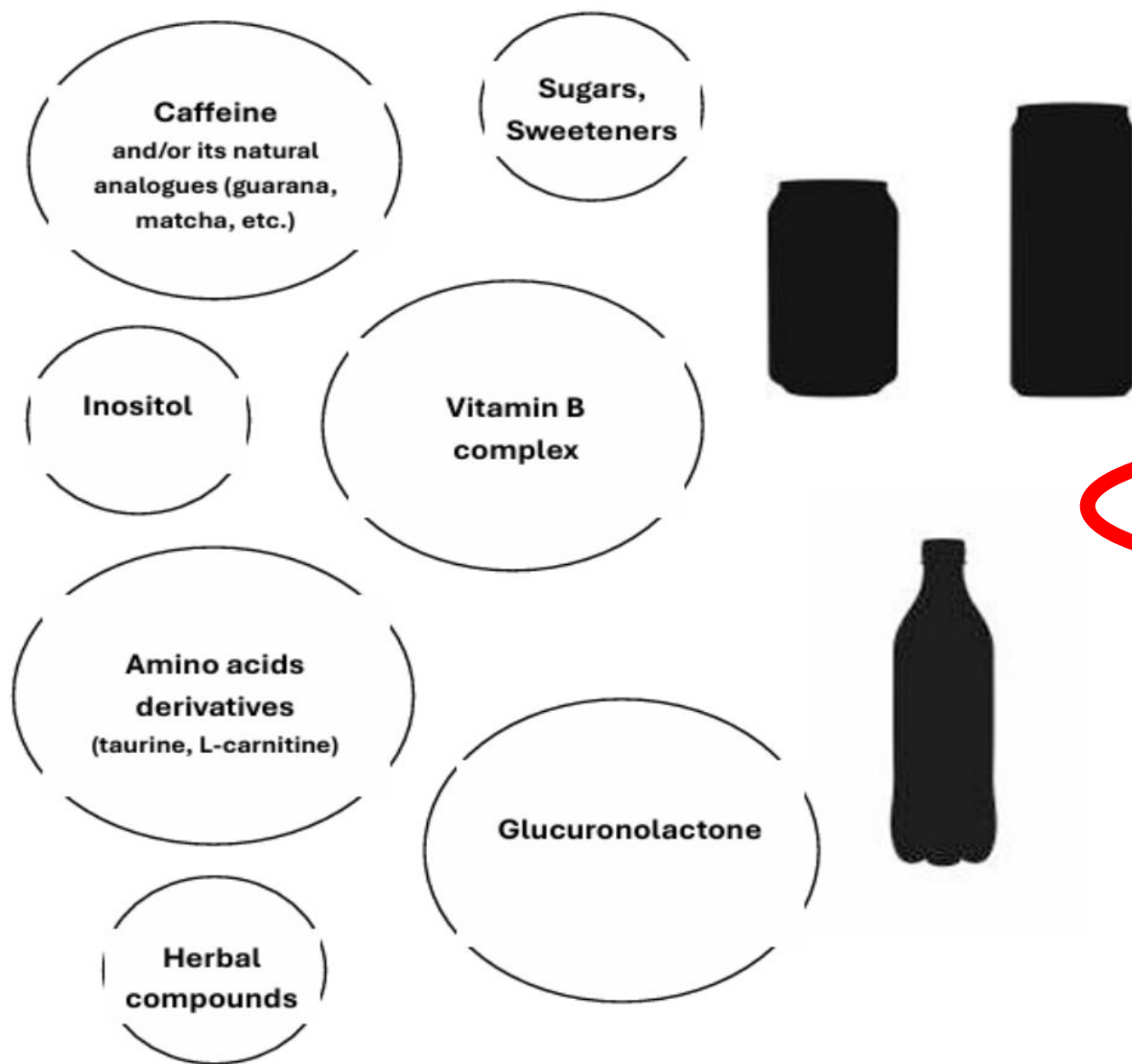




IS IT HEALTHY?

IS IT SAFE TO DRINK?



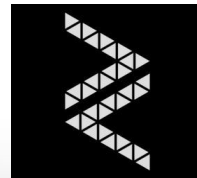


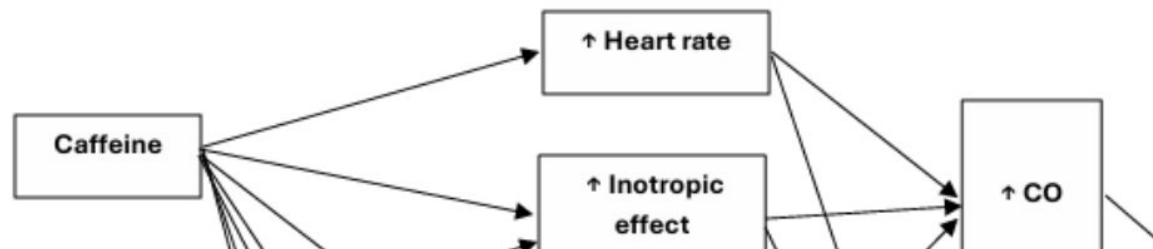
Red Bull Energy Drink 250 mL
Red Bull GmbH; Austria

- Water, carbon dioxide
- Sucrose, Glucose, Citric acid (total 27 g sugar)
- Taurine (0.04%; 1000 mg/250 mL),
- Caffeine (0.03%; 80 mg/250 mL),
- Vitamins B complex (Thiamine 0.06mg; Riboflavin 1.47 mg; Niacin 21.68 mg; Pantothenic acid 3.57 mg; Pyridoxine 2.13 mg; Vitamin B12 4.46 mcg),
- Acidity regulator (sodium carbonates, magnesium carbonates),

Monster Energy 500 mL
Monster Beverage Corporation; CA, USA

- Water, carbon dioxide
- Sugar, Glucose syrup, Citric acid (total 57 g sugar)
- Taurine (0.04%; 2000 mg/500 mL), L-Carnitine tartrate (0.04%; 2000 mg/500 mL),
- Caffeine (0.03%; 160 mg/500 mL),
- Vitamins B complex (Riboflavin 3.5 mg; Niacin 42.5 mg; Pantothenic acid 21.0 mg; Pyridoxine 4.0 mg; Vitamin B12 12.5 mcg),
- D-glucuronolactone (0.002%; 1200 mg/500 mL)
- Anthocyanins, Ginseng root extract (0.08%), Guarana seed extract (0.002%)
- Acidity regulator (sodium carbonates, magnesium carbonates), Flavour, Colorants





POSSÍVEIS EFEITOS COLATERAIS:

- Pressão alta (Hipertensão Arterial)
- Doença nas artérias do coração (DAC)
- Coração fraco (Insuficiência cardíaca)
- Problemas de circulação no cérebro (AVCI)

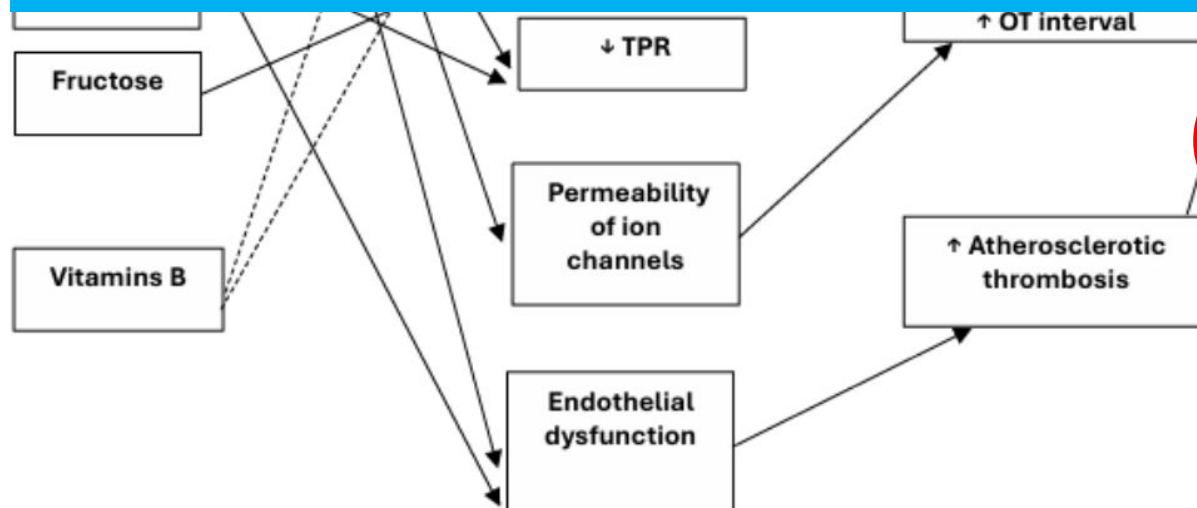
clinical entities:

- Elevated blood pressure
- Supraventricular (e.g. Atrial fibrillation) arrhythmia
- Ventricular arrhythmia
- Coronary artery spasm
- ST-segment elevation myocardial infarction (STEMI)
- Sudden cardiac death

repetitive EDs stimulation

Potential chronic effects:

- Hypertensive heart disease
- Coronary artery disease
- Chronic heart failure
- Cerebrovascular disease



ORE

8,60
4,50
6,70
8
7,50
7,60
46
32
63
34

Red Bull®

Red Bull® ENERGY DRINK	0,25 l	5
Red Bull® SUGAR FREE	0,25 l	5
Red Bull® APRICOT EDITION	0,25 l	5
Red Bull® WINTER EDITION	0,25 l	5

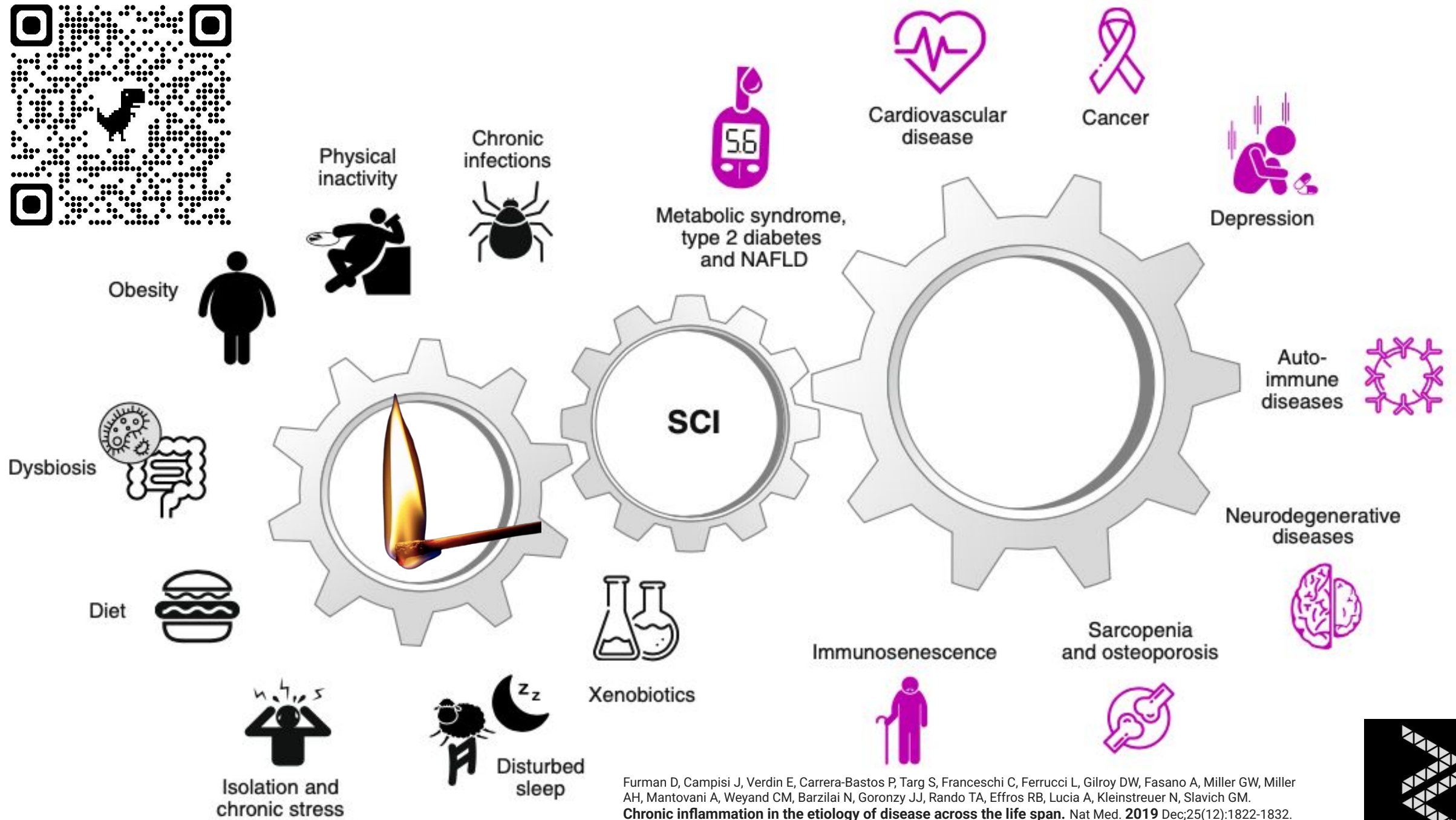
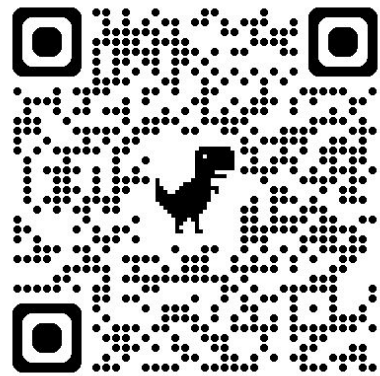


Simply Cola | Black Orange | Easy Lemon | Bitter Lemon
Ginger Ale | Tonic Water | Purple Berry | Ginger Beer 0,25 l 5

ORGANICS LIFETIME DRINKS

Very Berry Lillet Rosé &  ORGANICS Purple Berry	10,50
Orange Spritz Aperol &  ORGANICS Black Orange	10,50
GIGGI Mule Padrecito &  ORGANICS Ginger Beer	12,80





Furman D, Campisi J, Verdin E, Carrera-Bastos P, Targ S, Franceschi C, Ferrucci L, Gilroy DW, Fasano A, Miller GW, Miller AH, Mantovani A, Weyand CM, Barzilai N, Goronzy JJ, Rando TA, Effros RB, Lucia A, Kleinstreuer N, Slavich GM. **Chronic inflammation in the etiology of disease across the life span.** Nat Med. 2019 Dec;25(12):1822-1832. doi: 10.1038/s41591-019-0675-0. Epub 2019 Dec 5. PMID: 31806905; PMCID: PMC7147972.





@DRVICTORPAVIANI

MUITO OBRIGADO!



**LONGEVIDADE
PERSONALIZADA**