

BioCare®



Shaping a healthier society

The Essence of Longevity

MK PHARMA

HEALTH & WELLNESS DISTRIBUTORS



WELCOME

BioCare Education:

Register for FREE CPD Webinars with BIOCARE

At: www.biocare.co.uk/events

The Clinical Handbook:

Desk reference for practitioners to create effective supplements protocols.

BioCare product Catalogue:

Check the pricelist for Malta stock.

Resources & Support:

Speak to our team today if you need anything else.
Mkpharma.eu – Biocare – Professional resources

FREE SAMPLE:

New Magnesium Glycinate –
Look out for new products in the coming months!



Magnesium Glycinate
for Calm, Relaxation and Mood
100% Pure Magnesium Glycinate providing
100mg in each capsules with no
unnecessary additives.

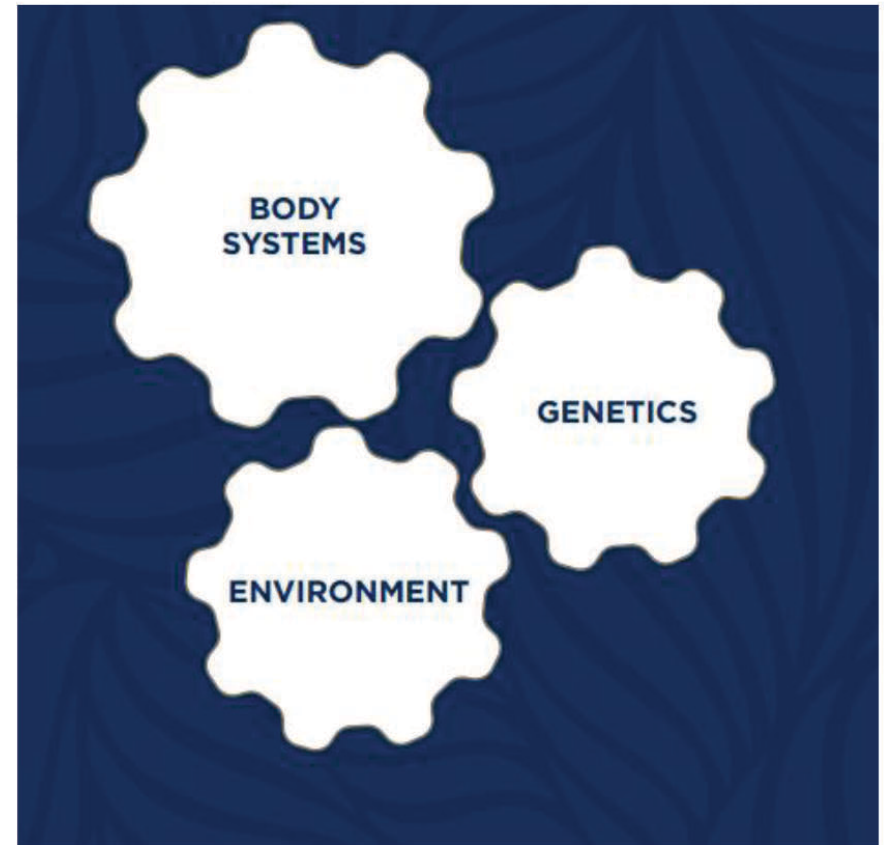
Adaptive Health

The BioCare Unique Difference

Adaptive Health is BioCare's unique approach to health, based on our in-depth understanding of the connections between our body systems, our genetics, and the environment.

Our bodies are constantly responding to our genes and the environment, adapting to meet demands and challenges. When this process works well, we feel healthy and thrive and when it doesn't, we feel unwell and can be in poor health.

Adaptive Health powers everything that we do at BioCare, from creating intelligent and effective nutritional supplements taken by people across the world, to offering industry leading expert advice and education. All delivered with Care, the BioCare way.



Health Isn't Hacked...

...it's ADAPTED.

- Longevity is less about reversing ageing and more about preserving adaptability.
- **Ageing could be regarded as the progressive narrowing of the adaptive range.**
- Our definition of healthy ageing is "*...a successful adaption to our immediate environment leading to psycho-emotional, physiological and spiritual wellbeing*".
- Relevant, small sustained inputs can influence this trajectory of our biological ageing.
- **Understanding your unique biochemistry and making targeted improvements in nutrient and lifestyle strategies can keep you on a healthy trajectory.**



Life Expectancy

- A baby boy born in England in 1900 could have expected to live just 44 years. (Lawton, 2025)
- A baby boy born today can expect a life of double that duration.
- There is a global population shift towards older ages.
- In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years. (WHO, 2025)



Live Better Longer

- Despite increases in life expectancy (lifespan) over recent decades, healthspan has remained stagnant or declined. (Ferrari, 2024)
- In the UK it is projected that by 2035, over two thirds of adults aged >35 years will be living with multiple chronic conditions. (Garmany, 2024)
- Today, we are not talking about how to live forever.
- Myths and legends have shown us that extending lifespan without also extending health, can lead to suffering and isolation.
- We will be exploring how healthy longevity reflects the body's ongoing ability to adapt to metabolic, inflammatory and environmental stressors over the life course.
- Our focus today, is on how to **close the healthspan-lifespan gap to live better for longer.**



Ageing is Modifiable

- Recent advances in ageing biology reinforce the fact that ageing is not fixed. Lifespan and healthspan are now recognised as highly plastic traits influenced by numerous environmental factors that contribute to the maintenance of homeostasis. (Davinelli, 2025)
 - The right diet could add a decade to your life. (Lawton, 2025) Researchers modelled what would happen if people switched to more whole grains, legumes, and nuts and less red/processed meats and sugars and sugar-sweetened beverages (Fadnes, 2024)
 - Calorie restriction – Long term calorie restriction (around 12% reduction) in healthy adults was shown to significantly slow down the pace of biological ageing by 2-3% (measured by DunedinPACE epigenetic clock). (Waziry, 2023)
 - Abnormal sleep duration and insomnia are potential causal risk factors for shorter healthspan. (Sambou, 2024)
 - Being socially engaged throughout older life is associated with reaching centenarian status, free of common chronic diseases. (Barak, 2021)
 - Getting enough exercise can add up to seven years to your life. (Moore, 2012)
- **Everything affects longevity – what we eat, how we move, what we feel, what we think, where we live, how much money we have, how well we were educated...**

Your weight journey, supported your way.

From healthy weight support to targeted nutrition and digestive comfort for GLP-1 users, choose the formula that fits your journey.

Nutrition
Support, suitable
for GLP-1 users



Weight
management
support

