

**BIOHACKING &
LONGEVITY CLINIQUE**

A NEW STANDARD IN
HUMAN OPTIMIZATION

FROM DATA
TO PROTOCOL

ADVANCED BIOHACKING,
ORTHOMOLECULAR AND
LONGEVITY SCIENCE

SYSTEM
CLINIQUE

WWW.THESYSTEM.BIO



Not another gym.
Not another wellness club.
Not another “hype”.

A system.

Built on precision.
Driven by data.
Designed for results.

Most people optimize blindly.
THE SYSTM® begins with precision.

THE SYSTM[®] JOURNEY

Start with data. Focus on what works for you.
See and feel what changes. Keep evolving.

MEASURE

STEP 1



VITOQ ANALYSIS

Know what your body needs.

VitoQ Plus: 61 biomarkers in 90 minutes, translated into your priorities.

PERSONALIZE

STEP 2



CLINIQUE PROTOCOL

Focus on what works for you.

Your data defines your Clinique Protocol, built around your goal and biology.

OPTIMIZE

STEP 3



MEMBERSHIP

See and feel what changes.

4 to 6 weeks of therapies, supplements, nutrition and personal guidance.

EVOLVE

STEP 4



Adapt what you do.

Training, recovery and personal guidance keep your results growing.

NOT SURE WHERE TO START?

Book a no-obligation introductory meeting. We discuss your goals, show you the space and help you choose your first step.



Scan to book your introductory meeting.

A NEW STANDARD OF HUMAN OPTIMIZATION

THE SYSTM® CLINIQUE is designed for individuals who approach their body and performance with intention.

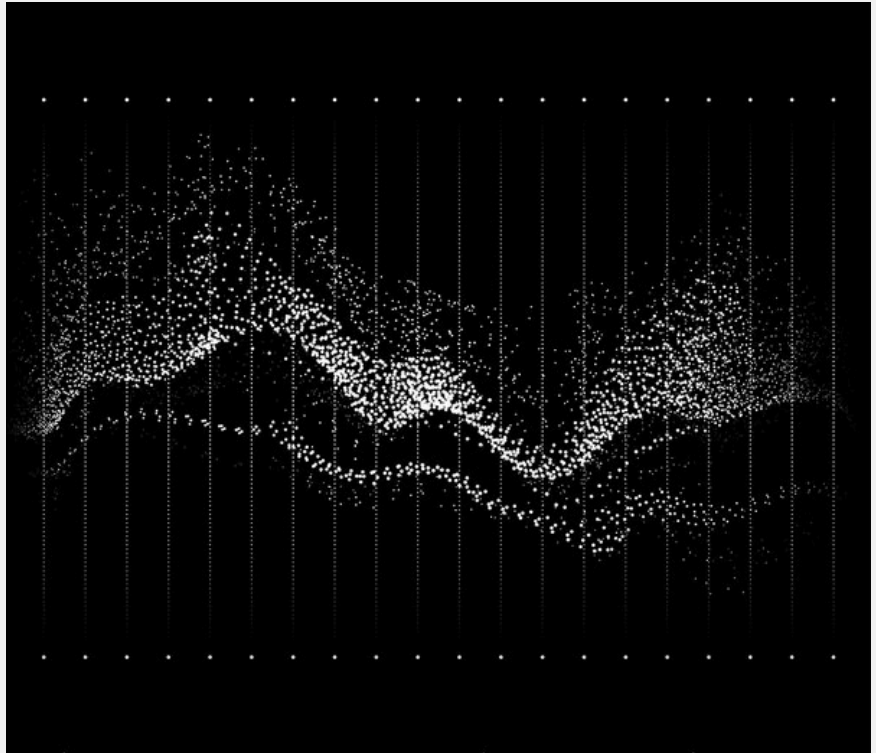
Based in Sint-Martens-Latem, serving a high-performance clientele.

Not a traditional health club.
Not a standard wellness space.

An integrated system for physical, mental, and biological optimization.

We don't work on intuition.
We work on data, precision, and integration.

Advanced biohacking, orthomolecular and longevity science — structured into one intelligent system.



Because real transformation is never accidental.
It is built through strategy, sequencing, and precision.
Leaner. Stronger. Sharper. More resilient.

A new standard.

Replaces fitness.
Replaces wellness.
Replaces isolated biohacking

One system.

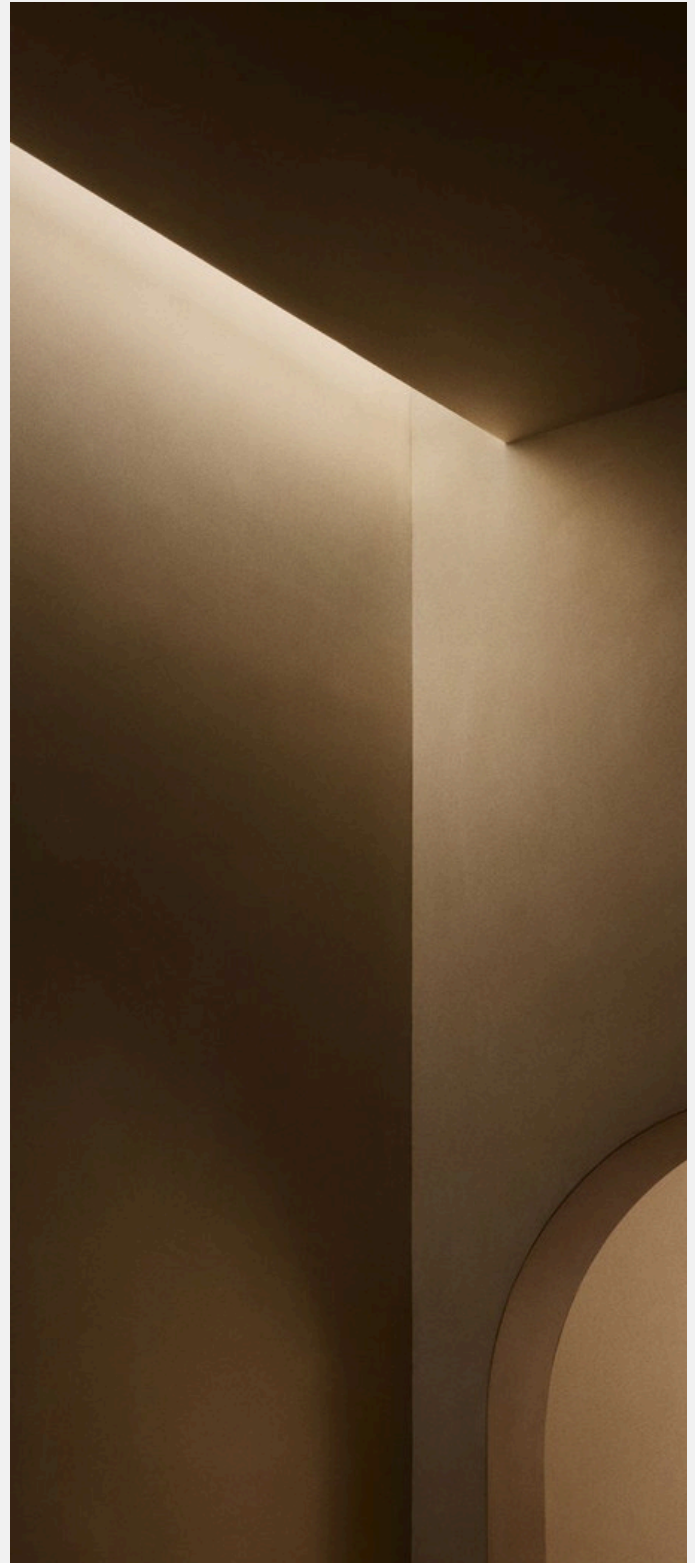
"OPTIMIZATION IS NOT A LUXURY. IT'S A STRATEGY FOR HOW YOU LIVE, PERFORM, AND EVOLVE."

— CHANEL, FOUNDER OF THE SYSTM®



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Within THE SYSTM® CLINIQUE, you access a curated stack of advanced biohacking and longevity technologies — from oxygen and cellular optimization to neuromuscular stimulation, contrast therapy, performance sauna, and AI-driven training.



Scan to discover
our therapies.

TECHNOLOGY AS A MULTIPLIER

All technologies are integrated into one intelligent system, fully aligned with your body and goals. Within THE SYSTM®, every intervention is sequenced with intention.



BIOHACKING & LONGEVITY THERAPIES.

COMBINED WITH PRECISION.

After your measurement, THE SYSTM® combines targeted biohacking and longevity therapies into one personalized protocol designed around your biology, goals and performance focus.



HBOT- HYPERBARIC OXYGEN CHAMBER

RECOVER DEEPER. THINK CLEARER.

Advanced oxygen therapy designed to recharge your body and brain at a cellular level.

- ⌚ Faster recovery
- ⌚ Sharper focus
- ⌚ More energy
- ⌚ Stress resilience

IDEAL FOR:

High performers, entrepreneurs and recovery optimization.



IHHT- INTERMITTENT HYPOXIA-HYPEROXIA THERAPY

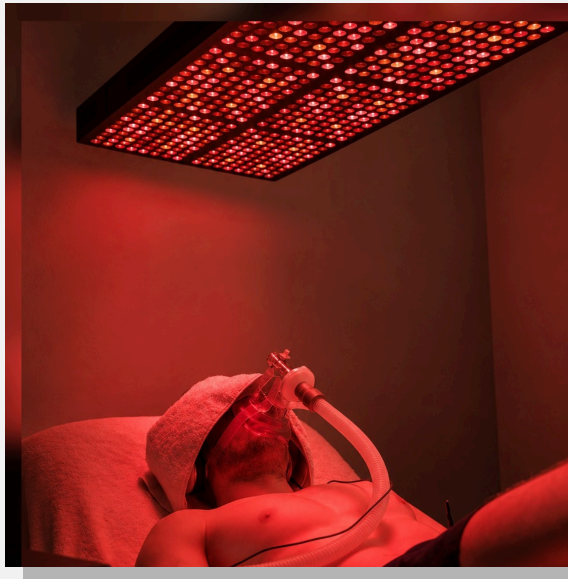
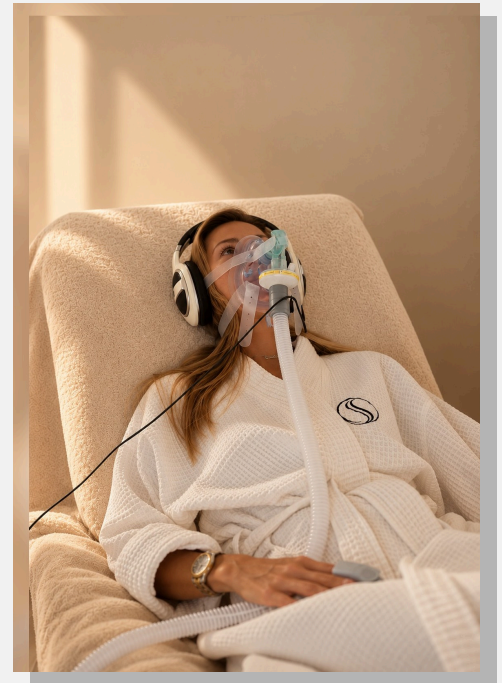
YOUR ENERGY STARTS IN YOUR CELLS.

Oxygen training designed to improve cellular energy, resilience and recovery from within.

- Ⓢ Combats fatigue
- Ⓢ Improves oxygen efficiency
- Ⓢ Boosts energy production
- Ⓢ Supports burnout recovery

IDEAL FOR:

Busy professionals, exhausted parents and anyone running on stress.



CELLAX - CELLULAR RESET

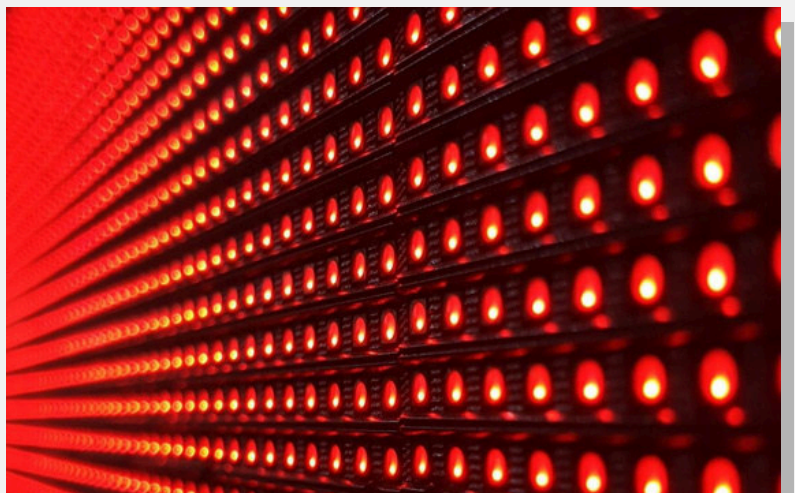
RECHARGE AT A DEEPER LEVEL.

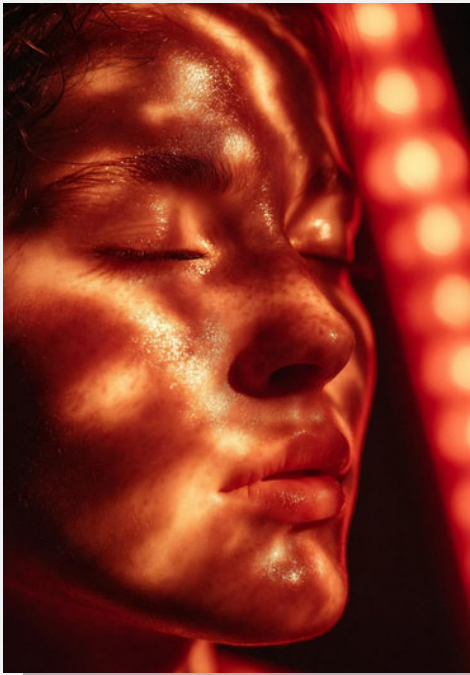
A powerful combination of oxygen therapy and red light designed to activate cellular recovery.

- Ⓢ Deeper regeneration
- Ⓢ Cellular energy boost
- Ⓢ Nervous system support
- Ⓢ Full-body recovery

IDEAL FOR:

Demanding lifestyles, chronic stress and recovery-focused performance.





PBM - RED LIGHT THERAPY

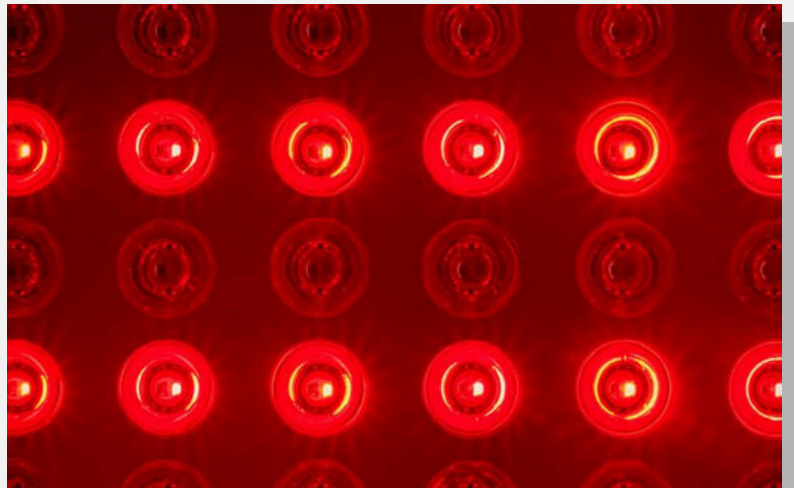
LIGHT THAT WORKS BELOW THE SURFACE.

Red and near-infrared light designed to support repair, recovery, skin health and longevity.

- Ⓢ Skin & glow support
- Ⓢ Collagen stimulation
- Ⓢ Inflammation support
- Ⓢ Faster recovery

IDEAL FOR:

Radiance, longevity, recovery and healthy aging.



ELECTROMUSCLE STIMULATION

TRAIN SMARTER. ACTIVATE DEEPER.

Technology-driven muscle activation designed to improve strength, tone and body composition.

- Ⓢ Deeper muscle activation
- Ⓢ Strength support
- Ⓢ Improved definition
- Ⓢ Low-impact training

IDEAL FOR:

Efficient strength, toning and measurable body results.



COLD PLUNGE

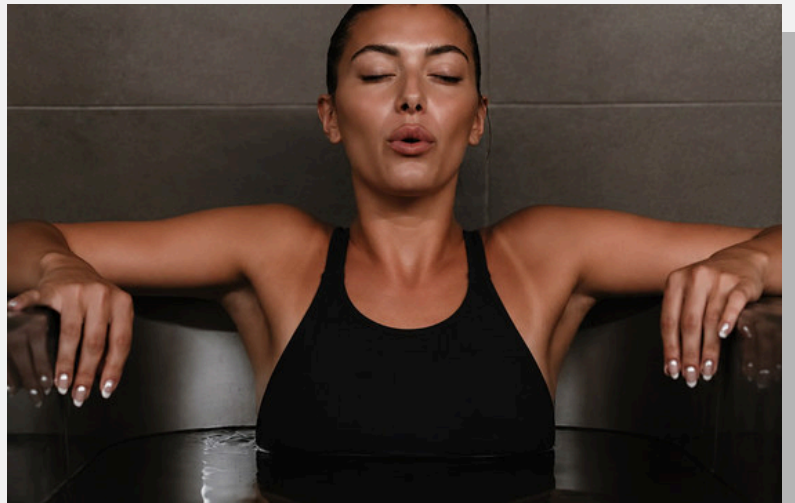
STRESS YOUR BODY. STRENGTHEN YOUR MIND.

Cold exposure designed to activate recovery, circulation and mental resilience.

- Ⓢ Mental sharpness
- Ⓢ Stress resilience
- Ⓢ Recovery support
- Ⓢ Metabolism activation

IDEAL FOR:

Focus, discipline, energy and resilience under pressure.



INFRARED PERFORMANCE SAUNA

HEAT WITH A PURPOSE.

Infrared heat designed to support circulation, detoxification, recovery and deep relaxation.

- Ⓢ Detox support
- Ⓢ Stress reduction
- Ⓢ Improved circulation
- Ⓢ Active recovery

IDEAL FOR:

Recovery, relaxation, vitality and nervous system reset.



AI STRENGTH TRAINING

INTELLIGENT TRAINING. ZERO GUESSWORK.

AI-guided strength training adapted to your body, level and progress.

- ⌚ Lean muscle support
- ⌚ Metabolic health
- ⌚ Measurable progression
- ⌚ Time-efficient workouts

IDEAL FOR:

Busy individuals who want maximum results with minimal wasted time.

AI PERFORMANCE BIKE

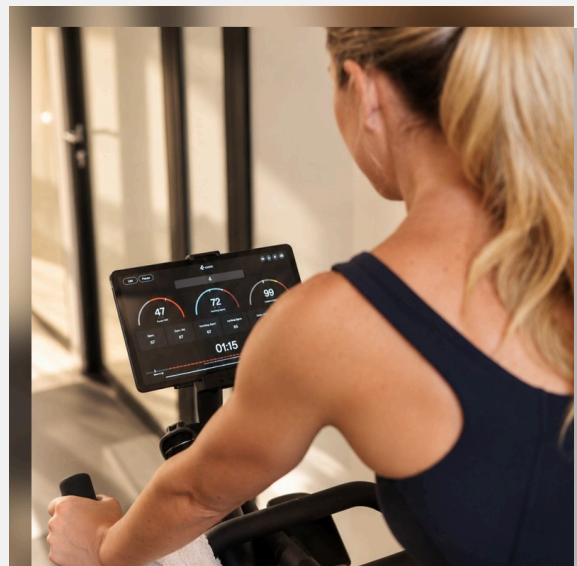
TRAIN YOUR ENDURANCE WITH PRECISION.

Adaptive cardio training designed to improve stamina, VO₂ max, energy and cardiovascular performance.

- ⌚ Endurance optimization
- ⌚ VO₂ max support
- ⌚ Energy & stamina
- ⌚ Performance tracking

IDEAL FOR:

Cardiovascular health, endurance and sustainable high performance.



ONE SYSTEM. NO ISOLATED TREATMENTS.

Your therapies are strategically combined based on your biology, goals and protocol focus — supported through personalized optimization boxes, targeted supplementation and nutrition implementation.

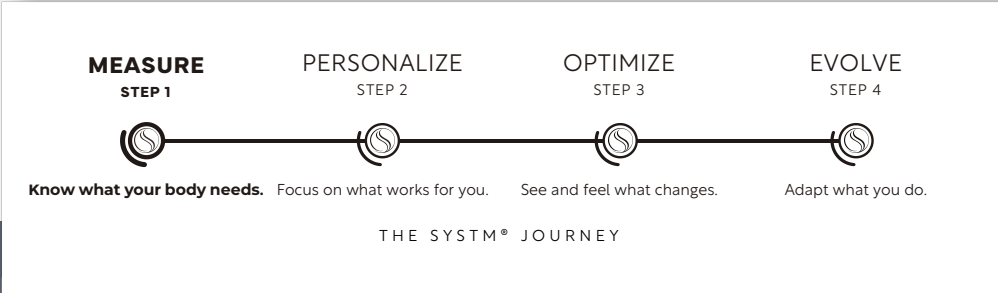
Designed to create visible and measurable transformation in 4 to 6 weeks.

Your protocol already includes membership access, with the possibility to continue selected therapies and optimization strategies based on your evolving goals and performance focus.

Before optimization, there is precision. At THE SYSTM®, we start with the VitoQ Plus analysis: a clinically grounded 90-minute intake measuring 61 biomarkers to decode how your body truly functions.

MEASURE

EVERYTHING STARTS WITH DATA



Scan to discover your biological blueprint.



We map four domains: vascular health, physical integrity, cellular optimisation and neural balance. You leave with a clear report, a personal interpretation and your key priorities. What you do next is your choice.

Your biology mapped.
Your patterns identified.
Your baseline defined.

No assumptions. No guesswork.
Only clarity.



Your VitoQ assessment defines your blueprint.

From this data, we design your personalized Clinique Protocol, aligned with your goals and current life phase: Vitality & Energy, Strength & Recovery, Healthy Ageing, Clarity & Focus or Hormonal Optimisation.

Each protocol runs 4 to 6 weeks and combines targeted therapies, supplementation and a clear nutrition framework, removing noise and activating real transformation.

Membership is included during your protocol. Afterwards, the continuation program and membership help you strengthen and maintain your results.



Scan to discover your biological blueprint.

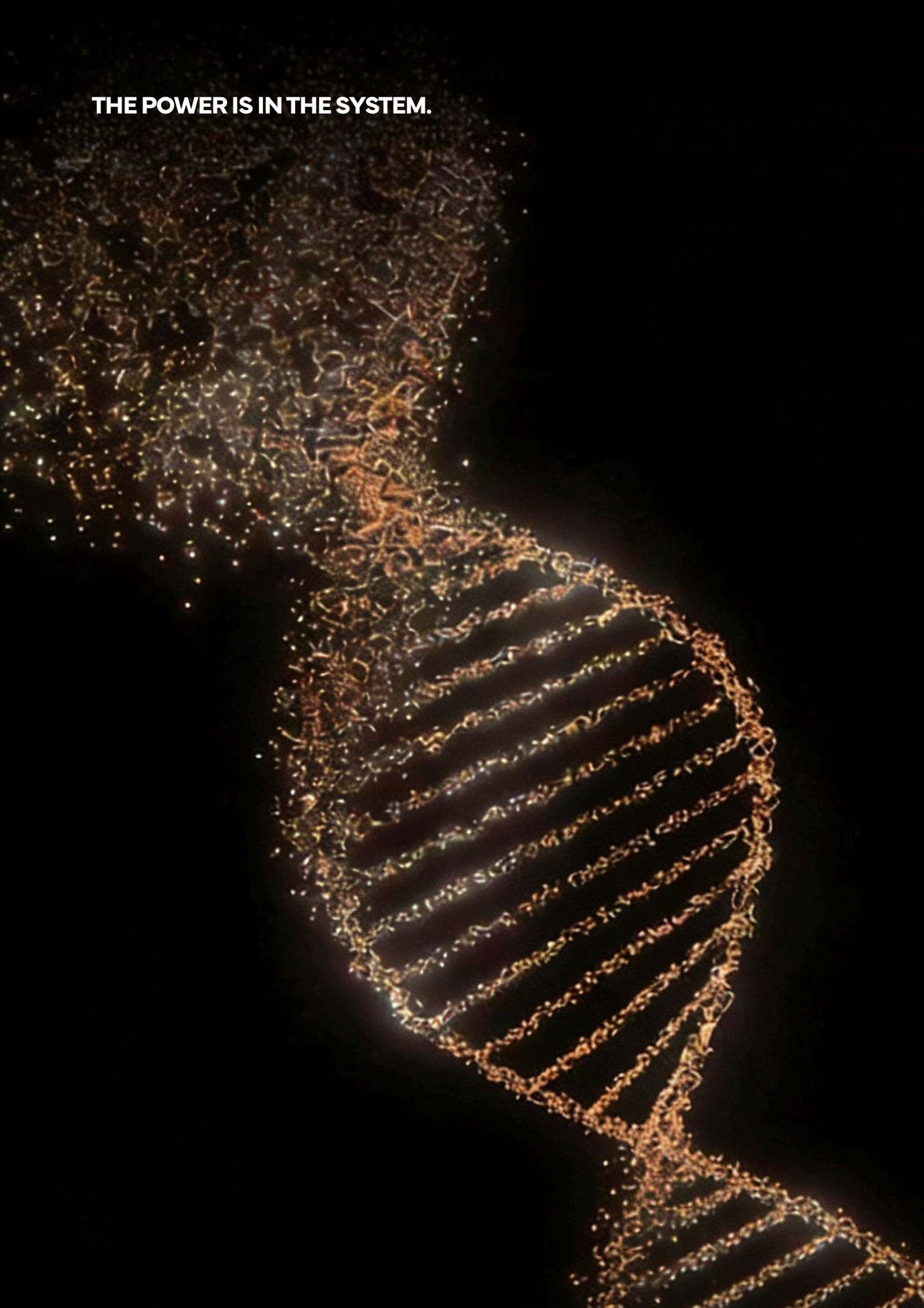
61 BIOMARKERS.
ONE INTELLIGENT BLUEPRINT.

MOST PEOPLE TRAIN BLINDLY.

VITOQ REVEALS THE BIOLOGY BEHIND YOUR PERFORMANCE.

Your data becomes the foundation of your protocol, optimization strategy and long-term performance trajectory.

THE POWER IS IN THE SYSTEM.

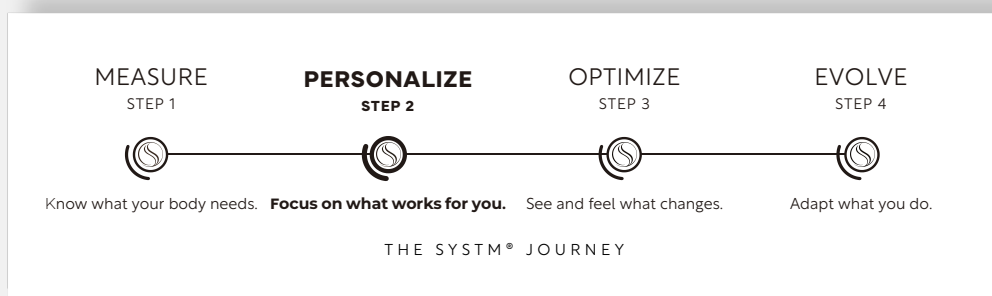




Everything aligned.
Everything works as one.
No fragmentation. But precision.

PROTOCOLS. FOR MEASURABLE RESULTS.

YOUR PROTOCOL CONTINUES BEYOND THE CLINIC.



VITALITY & ENERGY

DESIGNED FOR PERFORMERS RUNNING ON DEPLETION.

Restore energy. Rebalance your system.

When energy drops, everything follows; focus, sleep, metabolism and resilience. This protocol is designed to restore neuro balance and rebuild your energy from within, so you can feel clear, stable and in control again.

ENERGY IS NOT MOTIVATION. IT IS BIOLOGY.

Scan to discover
your protocol.



PROTOCOLS. FOR MEASURABLE RESULTS.

STRENGTH & RECOVERY

**STRENGTH IS NOT ONLY AESTHETICS.
IT IS BIOLOGICAL LEVERAGE.**

Build strength. Optimize body composition.

Designed for those who want more from their body; more power, more energy, and a stronger, leaner physique.

We target muscle, metabolism and recovery at a biological level, so you can reduce body fat, build lean muscle and sustain high performance, even under pressure.

**MUSCLE IS ONE OF THE STRONGEST
PREDICTORS OF LONG-TERM VITALITY**



CLARITY & FOCUS

**BUILT FOR FOUNDERS, LEADERS AND
COGNITIVE ATHLETES.**

Sharpen your focus. Expand your capacity.

Designed for those who operate at a high level and want to think clearer, decide faster and stay in control under pressure.

We optimize your nervous system, sleep and cognitive performance, so you can sustain focus, increase output and perform at your peak, without compromise.

**YOUR NERVOUS SYSTEM DETERMINES
YOUR OUTPUT.**



Scan to discover
your protocol.

PROTOCOLS. FOR MEASURABLE RESULTS.

HEALTHY AGEING

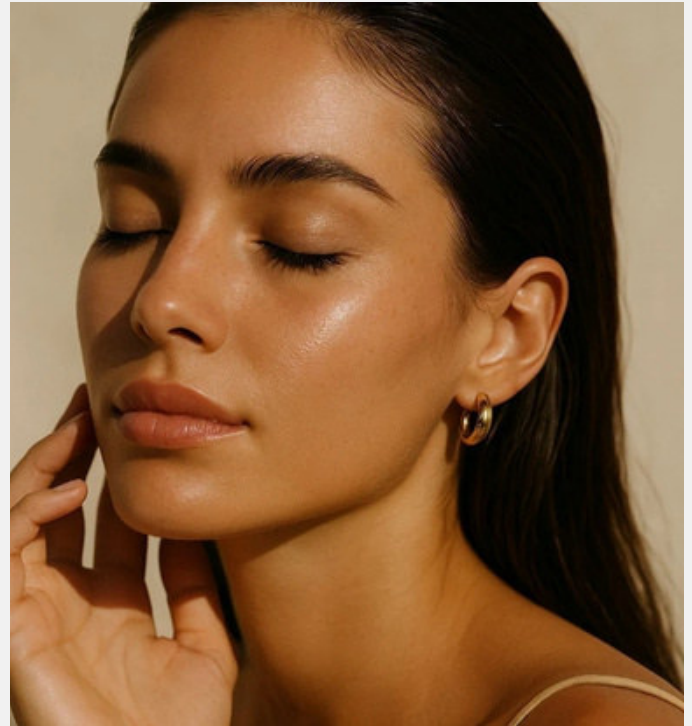
FOR INDIVIDUALS OPTIMIZING LONGEVITY FROM THE INSIDE OUT.

Slow down aging and optimize from within.

Your skin reflects your biological age, not just your lifestyle. We focus on cellular repair, inflammation control and hormonal balance to support skin longevity, improve elasticity and restore a youthful glow.

Because true anti-aging starts beneath the surface.

TRUE ANTI-AGING BEGINS AT THE CELLULAR LEVEL.



HORMONAL OPTIMISATION

PERFORMANCE CHANGES THROUGH LIFE PHASES. PRECISION BECOMES ESSENTIAL.

Restore balance. Reclaim stability.

Hormonal shifts, whether due to age, stress or life phase impact energy, mood, body composition and overall well-being.

This protocol supports your body through transition, rebalancing hormones, restoring energy and bringing your system back into alignment.

HORMONAL HEALTH SHAPES ENERGY, COGNITION, MOOD AND BODY COMPOSITION.

Scan to discover
your protocol.



THE SYSTM[®] PERSPECTIVE

Biohacking & longevity are not about extremes.
They are about understanding your body and optimizing it intelligently.

Simple habits create awareness.
Personalized strategies create transformation.

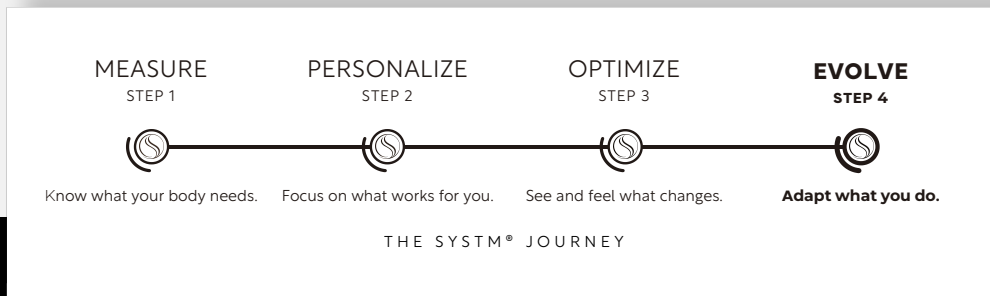
That is where THE SYSTM[®] begins.

INTELLIGENT HUMAN OPTIMIZATION STARTS WITH AWARENESS.



MEMBERSHIP

OPTIMIZATION AS A LIFESTYLE



A space designed for continuous optimization. Where performance, recovery and training coexist.

Not separate activities.
One environment.

This is where your system is maintained,
refined and elevated.

Your environment determines your standard.

Limited to 100 members.

MEMBERSHIP

Unlimited access to the AI-Gym, AI-Bike, infrared sports sauna and cold plunge within opening hours. All integrated into one intelligent system, aligned with your body and goals.

EMS & PT MEMBERSHIP

Six guided 1-on-1 sessions every month: EMS training or Personal Training with a Movement Science expert, your choice each month. Need more? Add extra session credits.

CONTINUOUS OPTIMIZATION

Optimization is not built occasionally. It is shaped through environment, repetition and biological consistency. THE SYSTM® membership creates an infrastructure where recovery, performance and longevity become part of daily life. Not separate activities. One integrated system.

Scan to select your
membership.



FOUNDING MEMBERS



You recognize yourself here.

An individual who invests consciously in energy, body, mental sharpness, and long-term health.

THE SYSTM® is built for those who understand that optimization is a strategy.



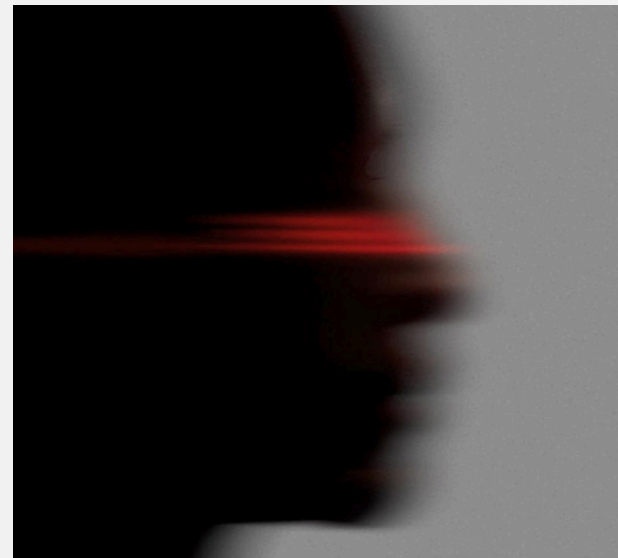
THE SYSTM® Intelligent Human Optimization

FOUNDING MEMBER STATUS

- ⌚ 1 - 3 years Founding Membership
- ⌚ Protocol & continuation privileges
- ⌚ Priority invitations & private gatherings
- ⌚ Advisory-level ecosystem involvement
- ⌚ Founding recognition within THE SYSTM®
- ⌚ Direct access to future ecosystem expansion

LIMITED ACCESS

By invitation or application only.
We work exclusively with aligned profiles.



PRIVATE APPLICATION

If this resonates, we invite you for a private conversation.
By application or introduction only.

WHERE RECOVERY AND STRATEGY COEXIST.

THE WORLD'S MOST OPTIMIZED MEETING SPACE.



EXECUTIVE PROGRAMS FOR MEASURABLE PERFORMANCE

- ⌘ Executive health assessments
- ⌘ Leadership programs
- ⌘ Strategic memberships
- ⌘ Consultancy
- ⌘ Speaker sessions
- ⌘ HBOT meeting room
- ⌘ Recovery collaborations
- ⌘ Private events
- ⌘ Longevity gatherings



THE SYSTM® also functions as a space for carefully selected conversations, gatherings and experiences focused on longevity, leadership, recovery, performance culture and future human optimization.

A high-contrast, black and white profile of a person's face, heavily shadowed, with a bright red horizontal line across the middle.

"OPTIMIZATION IS A
LIFESTYLE. NOT AN
INTERVENTION."

7 POWERFUL BIOHACKING & LONGEVITY HACKS YOU'VE PROBABLY NEVER HEARD OF- THAT YOU CAN START USING AT HOME TODAY.

Smart and simple science- backed strategies to improve energy, recovery, focus and long-term health

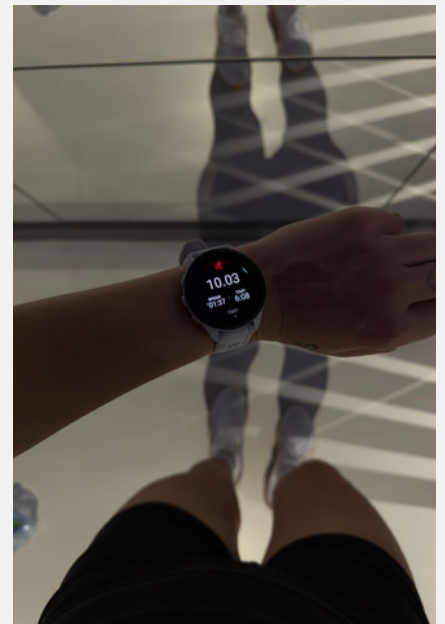
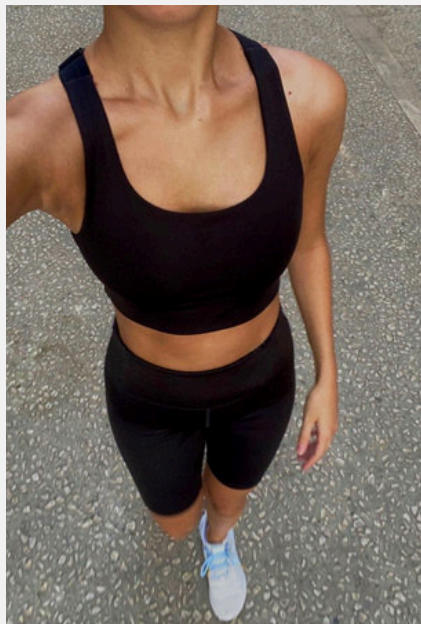
1. OCCASIONALLY TRAIN BEFORE BREAKFAST

Your body has a natural “clean-up system” that becomes more active during periods without food. Training before breakfast from time to time may help your body become more efficient at using fat as fuel.

A morning walk, light cardio or strength training in a fasted state helps:

- ⌚ Improve fat burning
- ⌚ Support stable energy levels
- ⌚ Enhance focus
- ⌚ Support metabolic health

Daily fasting is not ideal for everyone. During menstruation or periods of high stress, the body often needs more stability and recovery. Biohacking is about timing, not extremes.



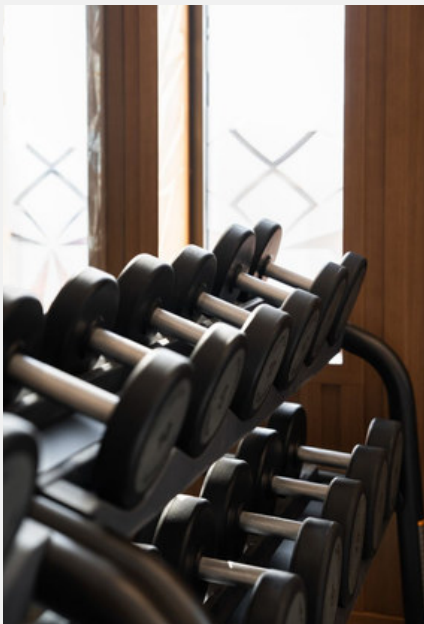
2. COOL YOUR HANDS AFTER INTENSE TRAINING

A lesser-known recovery hack used by athletes is cooling the palms of the hands after intense exercise.

Your palms contain blood vessels that help release body heat more efficiently. This may help you:

- 🕒 Recover faster between sets
- 🕒 Sustain performance longer
- 🕒 Feel less fatigued

Try this: hold something cold for 1–2 minutes between heavy sets.
A small adjustment can make a noticeable difference.



3. DON'T DRINK COFFEE IMMEDIATELY AFTER WAKING UP

Most people drink coffee as soon as they wake up. When you wake up, cortisol naturally rises. Consuming caffeine immediately may interfere with your body's natural energy curve.

Waiting around 60 minutes before your first coffee helps:

- 🕒 Create more stable energy
- 🕒 Improve focus
- 🕒 Reduce energy crashes
- 🕒 Decrease caffeine dependency

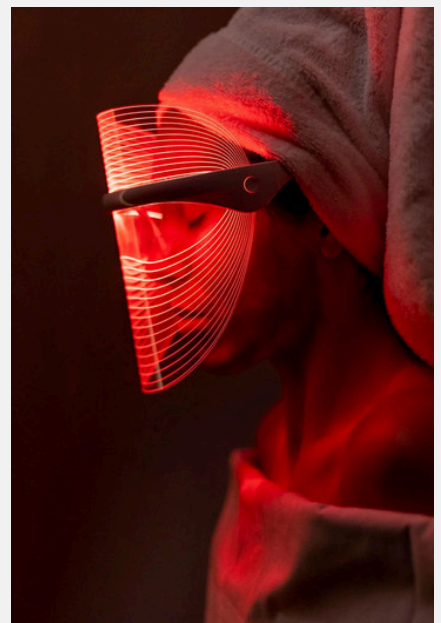
A simple shift in timing can have a surprisingly positive effect.

4. CONSUME POLYPHENOL-RICH FOODS BEFORE MEALS

Certain foods contain powerful plant compounds called polyphenols, which support gut health and healthy aging. Consuming them before meals may also help reduce blood sugar spikes. Examples include:

- 🕒 Apple cider vinegar in water
- 🕒 Green tea
- 🕒 Berries
- 🕒 Extra virgin olive oil
- 🕒 Dark cacao

This is one of the reasons Mediterranean populations are often associated with exceptional longevity and the world's famous "Blue Zones."



5. USE RED LIGHT IN THE MORNING

Many people use red light therapy in the evening, but morning exposure may be more beneficial for some individuals.

Morning red light exposure may help support:

- 🕒 natural cellular energy production
- 🕒 mental alertness
- 🕒 your biological clock recovery processes

The key principle: your body responds best when light is used at the right time.

6. TAKE A “BRAIN RESET” INSTEAD OF MORE COFFEE

When energy levels drop, most people reach for more caffeine. But sometimes the brain needs recovery rather than more stimulation. A growing trend among high performers is NSDR (Non-Sleep Deep Rest): short periods of deep relaxation without actually sleeping.

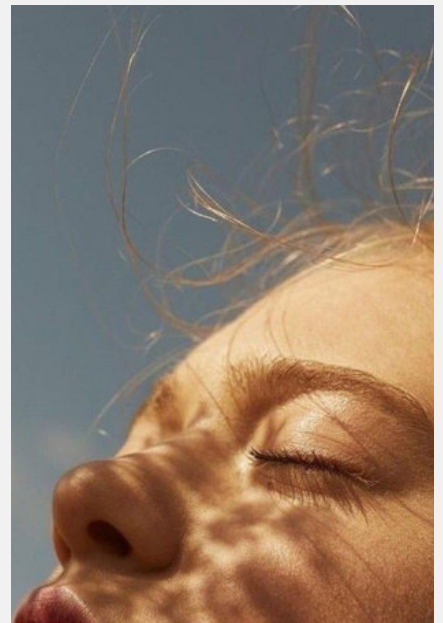
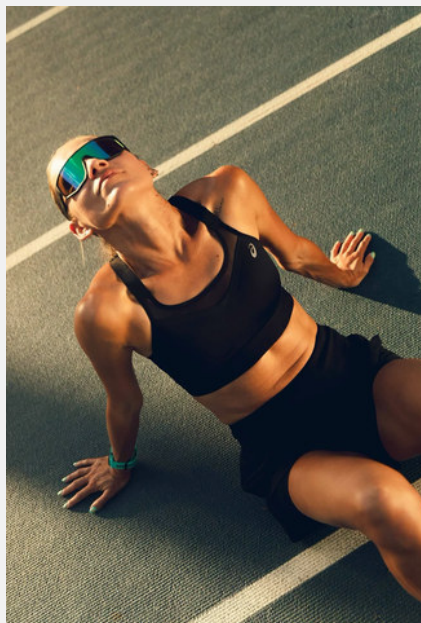
This may help support:

- 🌀 Focus
- 🌀 Stress regulation
- 🌀 Mental clarity
- 🌀 Nervous system recovery

Examples:

- 🌀 10 minutes with your eyes closed
- 🌀 Guided breathing exercises
- 🌀 A short break without screens or external stimulation

Think of it as a power nap for the brain.



7. BREATHE THROUGH YOUR NOSE DURING CARDIO

Many people unknowingly over-breathe during exercise.

Nasal breathing may help:

- 🌀 Improve oxygen efficiency
- 🌀 Increase CO₂ tolerance
- 🌀 Support endurance
- 🌀 Reduce nervous system stress

The result: better energy output with less physiological strain.

A gift from THE SYSTM® CLINIQUE is not another object. It is time to recharge, a clear view of your body and an experience that stays with you. For someone special, or for the two of you.

THE GIFT OF OPTIMIZATION

GIVE THE EXPERIENCE.

Three vouchers. For one or two people. Valid for 12 months.

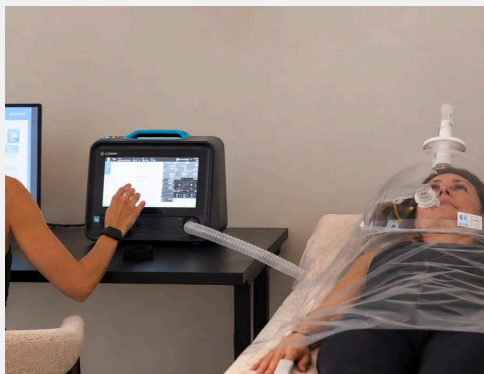


Scan to choose
your gift.



GIFT VOUCHERS. FOR ONE OR FOR TWO.

EVERY VOUCHER IS VALID FOR 12 MONTHS.



MEASUREMENT

YOUR BIOLOGICAL BLUEPRINT.

The VitoQ Plus analysis: 61 biomarkers in 90 minutes, followed by a personal interpretation of the results. The most personal gift you can give.

1 PERSON **€149** · 2 PERSONS **€298**

HALF DAY

A DAY TO RECHARGE, TOGETHER.

THE SYSTM® Experience Program, 4 hours: VitoQ measurement, ice bath, photobiomodulation and hyperbaric oxygen. The perfect day out with your best friend.

1 PERSON **€299** · 2 PERSONS **€550**



FULL DAY

A RETREAT FOR TWO.

The full Experience Program, followed by dinner and an overnight stay at Auberge du Pêcheur in Sint-Martens-Latem. Recover, reconnect, stay.

1 PERSON **€599** · 2 PERSONS **€999**

HOW IT WORKS

🕒 Choose your voucher

Online at thesystm.bio/gift, for one or two people.

🕒 Receive it your way

As an e-voucher by email right after payment, or handwritten with a matching envelope, to pick up at THE SYSTM.

🕒 Book the moment

The recipient books online with the voucher code, whenever it suits them within 12 months.



THE POWER IS IN THE SYSTEM

THE SYSTM CLINIQUE
PONTSTRAAT 38/1
9831 SINT-MARTENS-LATEM

INFO@THESYSTEM.BIO
+32 495 52 34 77
WWW.THESYSTEM.BIO

OPENING HOURS

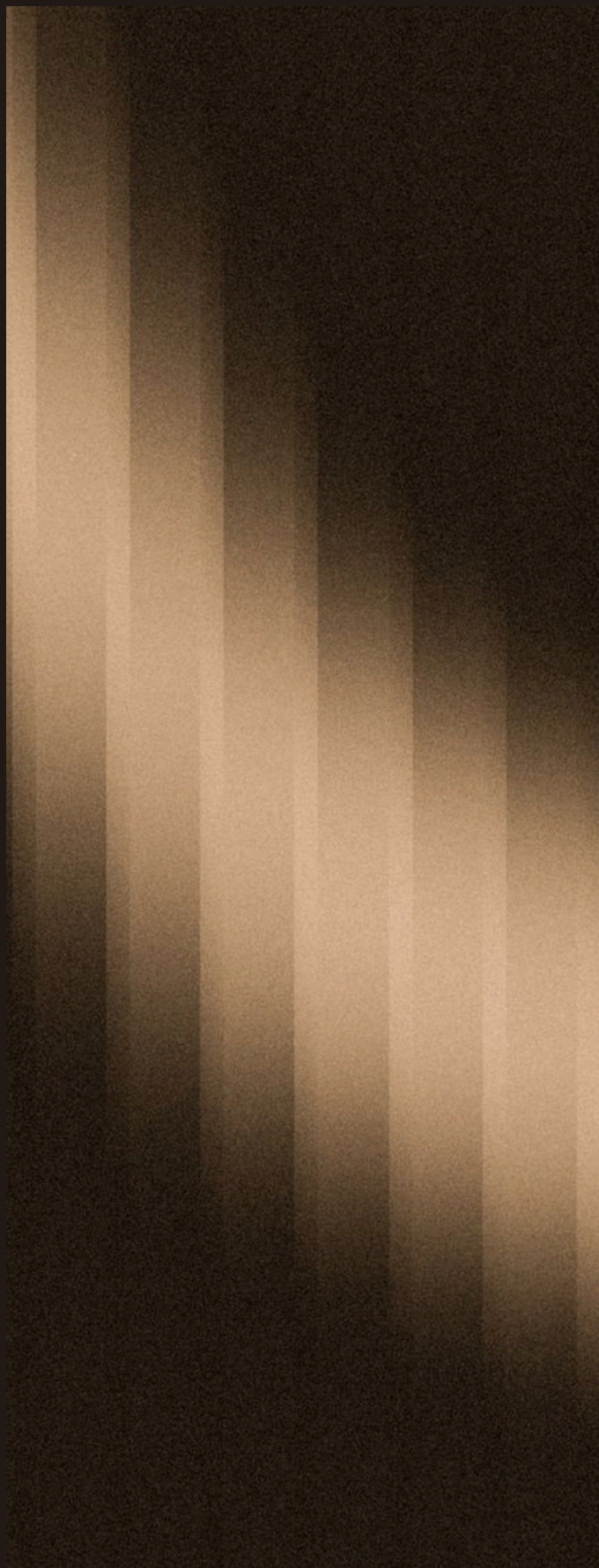
MONDAY & THURSDAY 08:00 – 20:00
TUESDAY & WEDNESDAY 08:00 – 18:00
FRIDAY 08:00 – 14:00
SATURDAY 09:00 – 14:00
SUNDAY CLOSED

BOOK ONLINE VIA WWW.THESYSTEM.BIO



**FOLLOW US
ON INSTAGRAM**

@the.system.health



YOUR SYSTEM STARTS HERE.

Three ways to take your first step.
Scan, choose your moment, and we take it from there.



MEASURE

YOUR BIOLOGICAL BLUEPRINT.

Book your VitoQ Plus analysis: 61 biomarkers in 90 minutes, a personal interpretation and your key priorities.



MEET US

A NO-OBLIGATION FIRST MEETING.

Discover the space, discuss your goals and find out which protocol or membership fits you best.



GIFT

GIVE THE EXPERIENCE.

Measurement, Half Day or Full Day. For one or two people, valid for 12 months.



INTELLIGENT HUMAN OPTIMIZATION