InnerBuddies Expands Its Gut Health Operating System with New Longevity & Healthy Aging Module

New solution integrates cutting-edge microbiome science with personalized nutrition to support healthy aging worldwide

Venlo, Limburg Oct 6, 2025 (Issuewire.com**)** - InnerBuddies (www.innerbuddies.com), the Maastricht University spin-off specializing in white-label microbiome testing and personalized nutrition, today announced the launch of its **Longevity & Healthy Aging module** within the InnerBuddies Gut Health Operating System (GHOS). This new solution translates the latest scientific insights on the gut microbiome and aging into actionable recommendations for consumers, healthcare providers, and wellness partners worldwide.

Addressing the Global Longevity Challenge

Healthy aging is a central theme in healthcare and wellness. With populations worldwide living longer, the focus is shifting from lifespan to *healthspan*—the years lived in good health. Recent research shows the gut microbiome plays a critical role in regulating aging pathways, inflammation, immune resilience, and metabolic health.

The InnerBuddies **Longevity & Healthy Aging module** builds on these insights by linking specific bacterial functions and metabolic pathways to healthy aging mechanisms such as:

- **SCFA production** (butyrate, acetate, propionate) supporting gut barrier integrity and anti-inflammatory balance

- **Polyphenol metabolism** leading to metabolites like *Urolithin A*, linked to mitochondrial health
- **Tryptophan & serotonin pathways** impacting mood, sleep, and neuroprotection
- **Vitamin and amino acid biosynthesis** supporting cellular energy and resilience

From Science to Actionable Advice

Unlike traditional gut tests that only show "which bacteria are present," InnerBuddies' system translates microbial functions into **personalized nutrition and supplement advice**. Consumers and patients can see:

- How their microbiome supports (or hinders) healthy aging
- Which foods and nutrients can optimize their gut pathways
- Tailored supplement recommendations (white-label, B2B customizable)

Key Features of the Longevity Module

- **Evidence-based scoring** for longevity and healthy aging indicators, integrated into the InnerBuddies Gut Health Index
- **Metabolic pathway mapping** (SCFA, polyphenols, NAD+, sirtuins, AMPK/mTOR balance) linked to dietary interventions
- **White-label partner integration**, allowing labs, clinics, and wellness providers worldwide to offer longevity-focused gut testing under their own brand
- **Cross-modular synergy** with other GHOS modules (Sports Performance, Immune Health, Stress & Sleep, etc.)

Quotes

"The science around gut health and longevity is evolving rapidly," said **Roy Lenders, Founder & CEO of InnerBuddies**. *"With our new Healthy Aging module, we help partners and end-users bridge the gap between cutting-edge microbiome research and real-world dietary and lifestyle advice. This is about moving from descriptive bacteria lists to functional, actionable longevity insights."*

About InnerBuddies

InnerBuddies is a Maastricht University spin-off developing the **Gut Health Operating System (GHOS)**—a global white-label platform that empowers partners to bring microbiome testing and personalized nutrition to market. With advanced AI-driven analytics, scientifically validated indices, and customizable modules, InnerBuddies helps consumers worldwide take control of their gut health to improve longevity, performance, and quality of life.

Learn more about the Longevity & Healthy Aging module: www.innerbuddies.com/pages/longevity-healthy-aging

The InnerBuddies platform is available globally, is currently available in 7+ differrent languages and can be customized with local food items and food recipes. It can be used with any type of DNA sequencing and be used alongside any local laboratory.

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