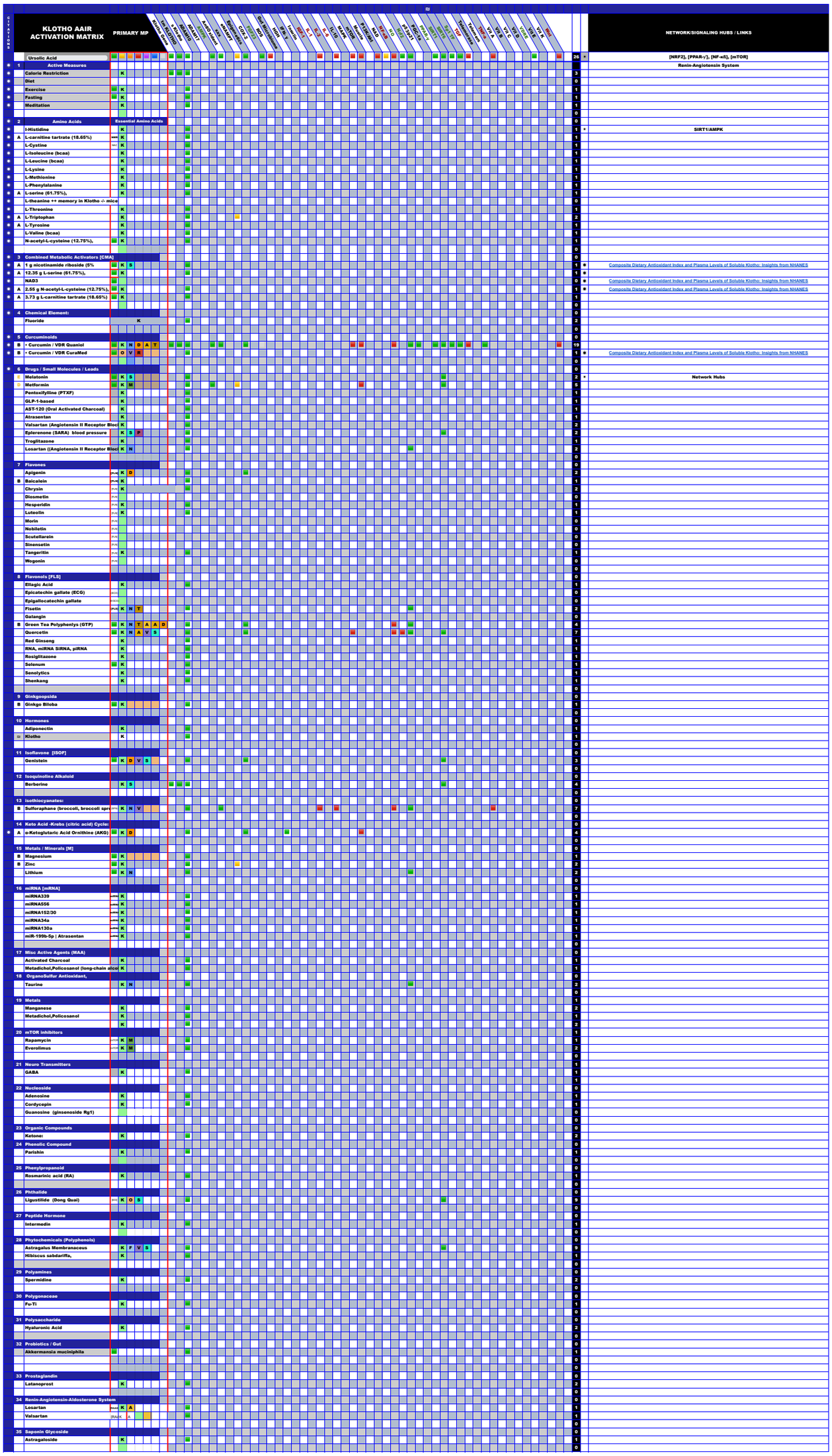
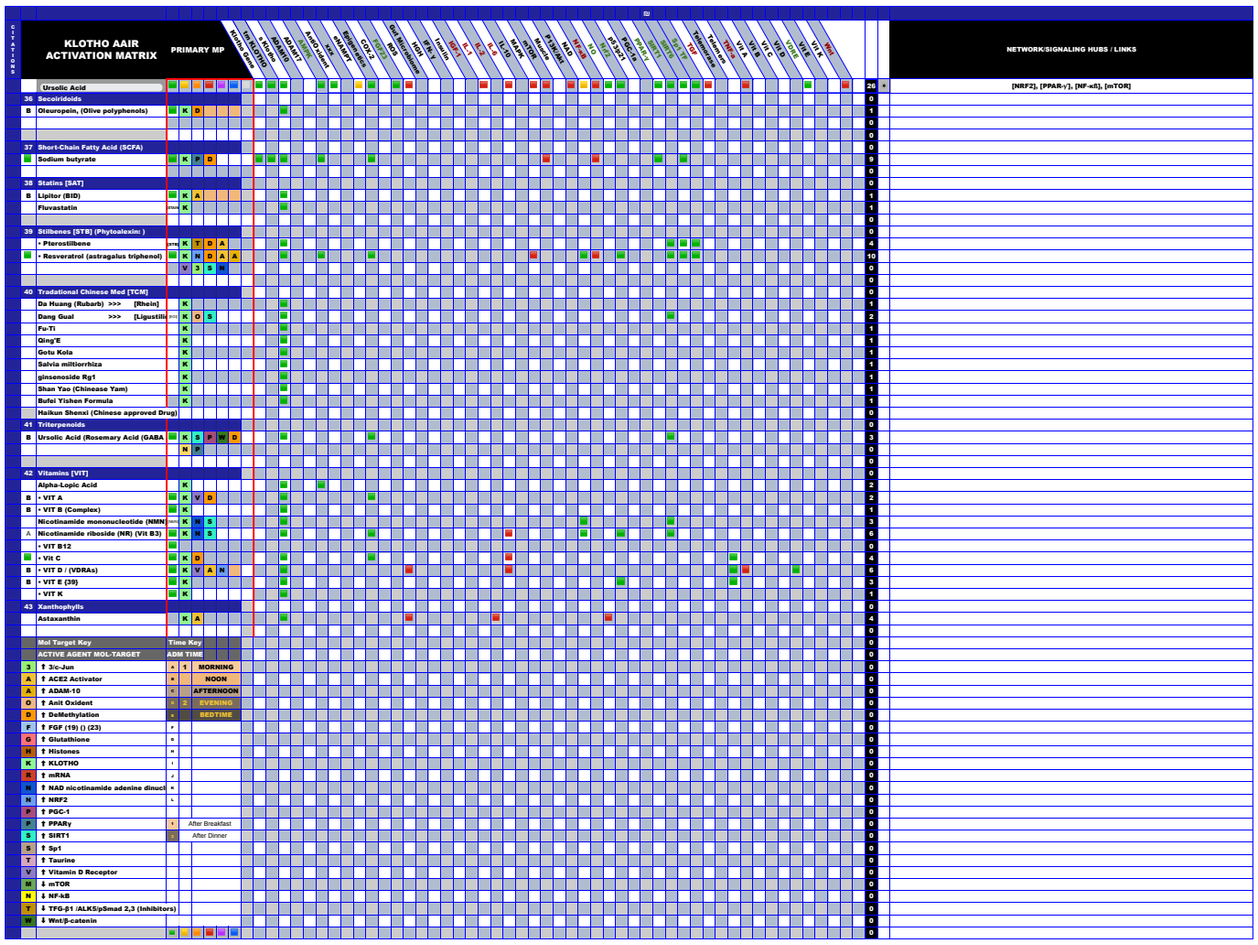

KLOTHO AAIR ACTIVATION MATRIX
PRIMARY MP
NETWORK/SIGNALING HUBS / LINKS
Ursolic Acid
[NRF2], [PPAR-γ], [NF-κB], [mTOR]
1 Active Measures
Renin-Angiotensin System
Calorie Restriction
Diet
Exercise
Fasting
Meditation
2 Amino Acids
Essential Amino Acids
SIRT1/AMPK
l-Histidine
L-carnitine tartrate (18.65%)
L-Cystine
L-Isoleucine (bcaa)
L-Leucine (bcaa)
L-Lysine
L-Methionine
L-Phenylalanine
L-serine (61.75%),
L-theanine ++ memory in Klotho -/- mice
L-Threonine
L-Triptophan
L-Tyrosine
L-Valine (bcaa)
N-acetyl-L-cysteine (12.75%),
3 Combined Metabolic Activators [CMA]
1 g nicotinamide riboside (5%
12.35 g L-serine (61.75%),
NAD3
2.55 g N-acetyl-L-cysteine (12.75%),
3.73 g L-carnitine tartrate (18.65%)
Composite Dietary Antioxidant Index and Plasma Levels of Soluble Klotho: Insights from NHANES
4 Chemical Element:
Fluoride
5 Curcuminoids
• Curcumin / VDR Quaniol
• Curcumin / VDR CuraMed
6 Drugs / Small Molecules / Leads
Melatonin
Metformin
Pentoxifylline (PTXF)
GLP-1-based
AST-120 (Oral Activated Charcoal)
Atrasentan
Valsartan (Angiotensin II Receptor Bloc
Eplerenone (SARA) blood pressure
Troglitazone
Losartan ((Angiotensin II Receptor Bloc
Network Hubs
7 Flavones
Apigenin
Baicalein
Chrysin
Diosmetin
Hesperidin
Luteolin
Morin
Nobiletin
Scutellarein
Sinensetin
Tangeritin
Wogonin
8 Flavonols [FLS]
Ellagic Acid
Epicatechin gallate (ECG)
Epigallocatechin gallate
Fisetin
Galangin
Green Tea Polyphenlys (GTP)
Quercetin
Red Ginseng
RNA, miRNA SIRNA, piRNA
Rosiglitazone
Selenium
Senolytics
Shenkang
9 Ginkgoopsida
Ginkgo Biloba
10 Hormones
Adiponectin
Klotho
11 Isoflavone [ISOF]
Genistein
12 Isoquinoline Alkaloid
Berberine
13 Isothiocyanates:
Sulforaphane (broccoli, broccoli spr
14 Keto Acid -Krebs (citric acid) Cycle
α-Ketoglutaric Acid Ornithine (AKG)
15 Metals / Minerals [M]
Magnesium
Zinc
Lithium
16 miRNA [mRNA]
miRNA339
miRNA556
miRNA152/30
miRNA34a
miRNA130a
miR-199b-5p | Atrasentan
17 Misc Active Agents (MAA)
Activated Charcoal
Metadichol,Policosanol (long-chain alco
18 OrganoSulfur Antioxidant,
Taurine
19 Metals
Manganese
Metadichol,Policosanol
20 mTOR inhibitors
Rapamycin
Everolimus
21 Neuro Transmitters
GABA
22 Nucleoside
Adenosine
Cordycepin
Guanosine (ginsenoside Rg1)
23 Organic Compounds
Ketone:
24 Phenolic Compound
Parishin
25 Phenylpropanoid
Rosmarinic acid (RA)
26 Phthalide
Ligustilide (Dong Quai)
27 Peptide Hormone
Intermedin
28 Phytochemicals (Polyphenols)
Astragalus Membranaceus
Hibiscus sabdariffa,
29 Polyamines
Spermidine
30 Polygonaceae
Fu-Ti
31 Polysaccharide
Hyaluronic Acid
32 Probiotics / Gut
Akkermansia muciniphila
33 Prostaglandin
Latanoprost
34 Renin-Angiotensin-Aldosterone System
Losartan
Valsartan


KLOTHO AAIR ACTIVATION MATRIX
PRIMARY MP
NETWORK/SIGNALING HUBS / LINKS
Ursolic Acid
[NRF2], [PPAR-γ], [NF-κB], [mTOR]
Mol Target Key
Time Key
MORNING
NOON
AFTERNOON
EVENING
BEDTIME
After Breakfast
After Dinner