



1M Vitals

September 23rd, 2026

Fredrik Staël von Holstein (1M) & Jeff Buttke (GMU Sport)



1M VITALS





1M LONGEVITY





LONGEVITY



**"One product line, built around
HOW people want to age"**



FOUNDATION

Daily wellbeing,
with more behind it

What it adds beyond ACAI+

Creatine, collagen, magnesium,
vitamins D3 and K2, plus zinc.

Why these additions matter*

Muscle energy: creatine helps replenish rapid-use energy.
Muscle function: magnesium supports muscles and nerves.
Bone health: D3 helps absorb calcium. Vitamin K supports
proteins involved in bone health.
Immune defense: D3 and zinc support normal immunity.
Collagen: supplies amino acids used to build body proteins.

Daily nutrition for the life you want to lead.*

*Benefits describe ingredient roles. Final formula amounts determine applicable product claims.



250 mg
UNIVESTIN®

DAILY

MUSCLE, BONE &
IMMUNE SUPPORT*



MOBILITY



**Made for people
who love to move**

What it adds beyond ACAI+

4,000 mg collagen plus MSM,
turmeric and chondroitin.

Why these additions matter*

Collagen: amino acids for proteins in connective tissues.

MSM (methylsulfonylmethane): a sulfur-containing compound studied for joint comfort and physical function.

Turmeric: a botanical studied for joint comfort.

Chondroitin: a natural component of cartilage, the tissue that cushions your joints.

Joint-focused nutrition for a life in motion.*

*MSM and turmeric evidence remains limited; chondroitin findings are mixed. Ingredient studies do not establish finished-product results.



**250 mg
UNIVESTIN®**

4,000 mg

**COLLAGEN
PER SERVING**



WHY TOGETHER?

**Nourish your body.
Support your movement.**



FOUNDATION: daily nutritional support*

Muscle function, bone health and immune defense.

MOBILITY: dedicated joint support*

Collagen plus ingredients selected for a joint-focused formula.

500 mg UNIVESTIN®

One serving of each delivers a clinically studied daily dose: 250 mg + 250 mg.

**Daily nutrition + targeted joint care.
One routine built around an active life.***

*250 mg and 500 mg have been studied. Combined-product benefits are not clinically established; twice the dose does not mean twice the benefit.



**500 mg
UNIVESTIN®**



Future. Six Pillars

One comprehensive system built around h-o-w people want to age



**FIRST WEEK OF
OCTOBER (PRE-ORDER)**

PLANNING STAGE

More Than Tracking. A Plan for Your Day.

1M Vitals Premium — Full app, AI guidance, and a screenless wearable.



1M Fitness Band

- Heart rate & HRV
- Sleep & recovery
- Activity tracking
- Connected health data



Your day. Connected.

- Track your activity
- See your daily trends
- Stay connected to your goals



Nutrition • Training • Recovery • Wellness

Sales of wristbands are trending.

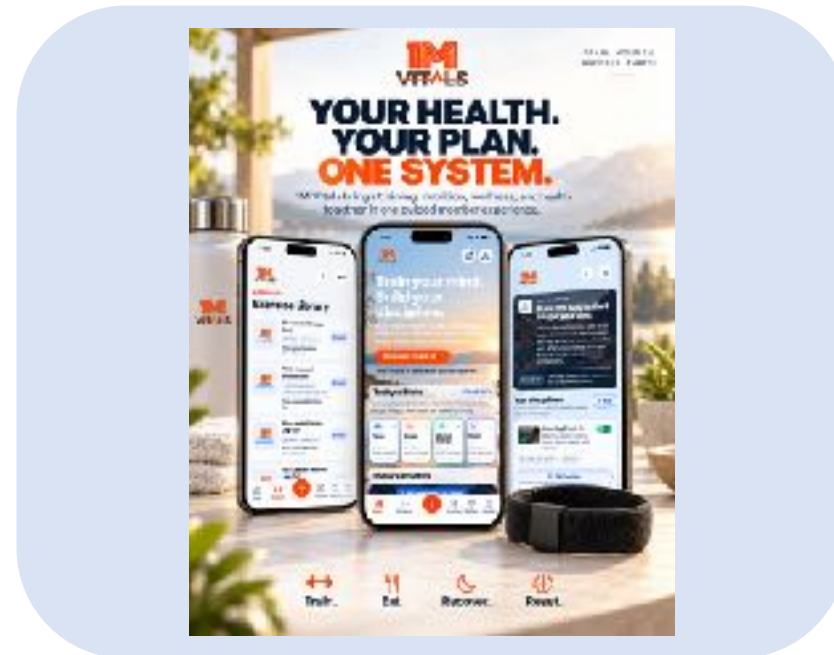
Watches need maintenance & many rupture the screen.

Bands are also much more comfortable.

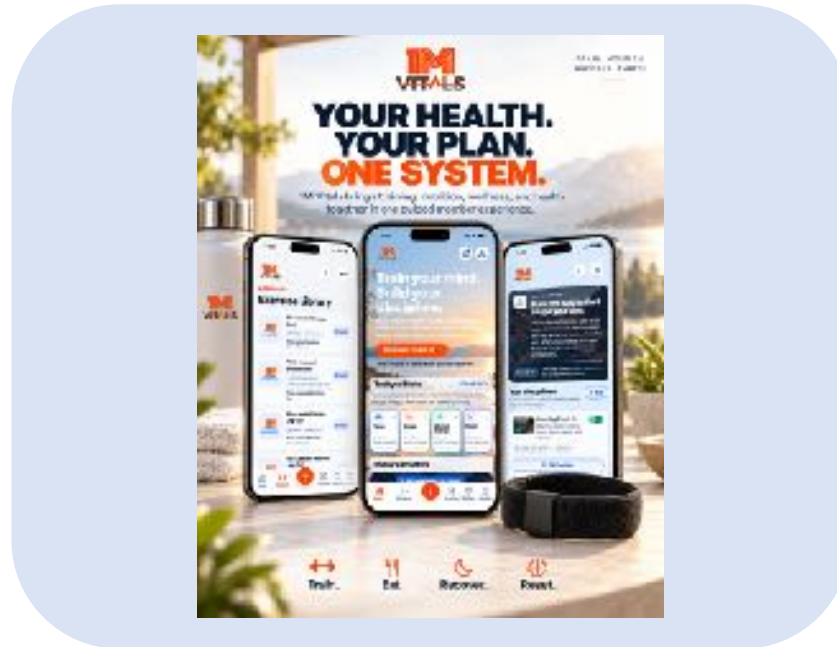
Soon - 1M will also have a watch, and a ring, available.



THE 1M APP



DEV COST



\$2M+

TWO WAYS TO START.

Choose the experience that fits your goals.

Train better. Eat better. Feel better. A healthier you, on your terms.

Base

BUILD HEALTHY HABITS.
REAL PROGRESS.

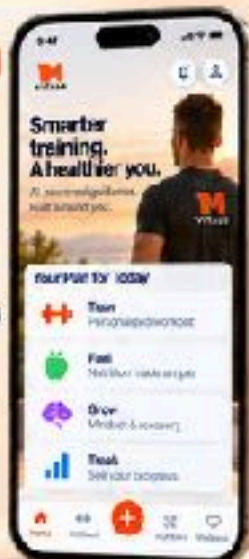
- ✓ Training
- ✓ Nutrition tracking
- ✓ Wellness routines
- ✓ Health logging
- ✓ Included fabric band



Premium

MORE SUPPORT.
MORE PROGRESS.
A HEALTHIER YOU.

- ✓ Everything in Base
- ✓ AI-guided coaching
- ✓ Personalized planning
- ✓ Deeper insights
- ✓ Included fabric band



WEAR IT.
LIVE IT.

**BOTH MEMBERSHIPS INCLUDE
THE 1M VITALS FABRIC BAND.**



24/7
Tracking



Sleep
Insights



Activity
Monitoring



Health
Trends

ONE
PLAN.
A HEALTHIER
YOU.

Base Member Offer

Everything you need to build healthier habits.

GET STARTED

Premium Member Offer

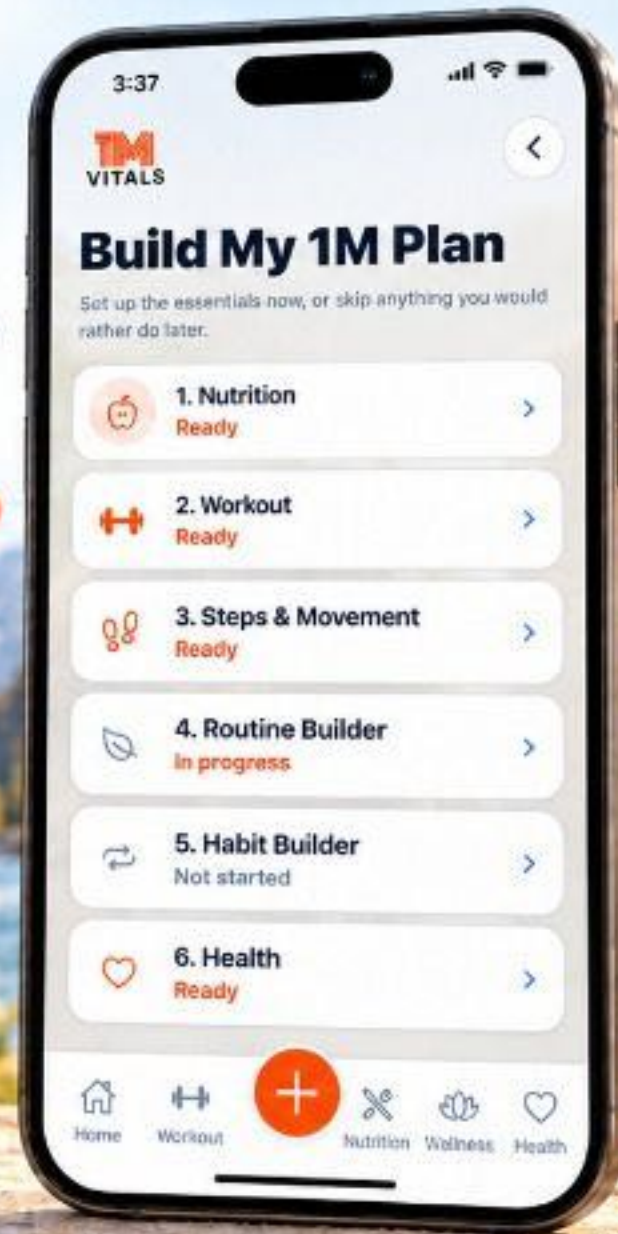
More tools. More guidance. A healthier you.

GET STARTED

YOUR GOALS. YOUR PLAN.

BUILD MY 1M PLAN

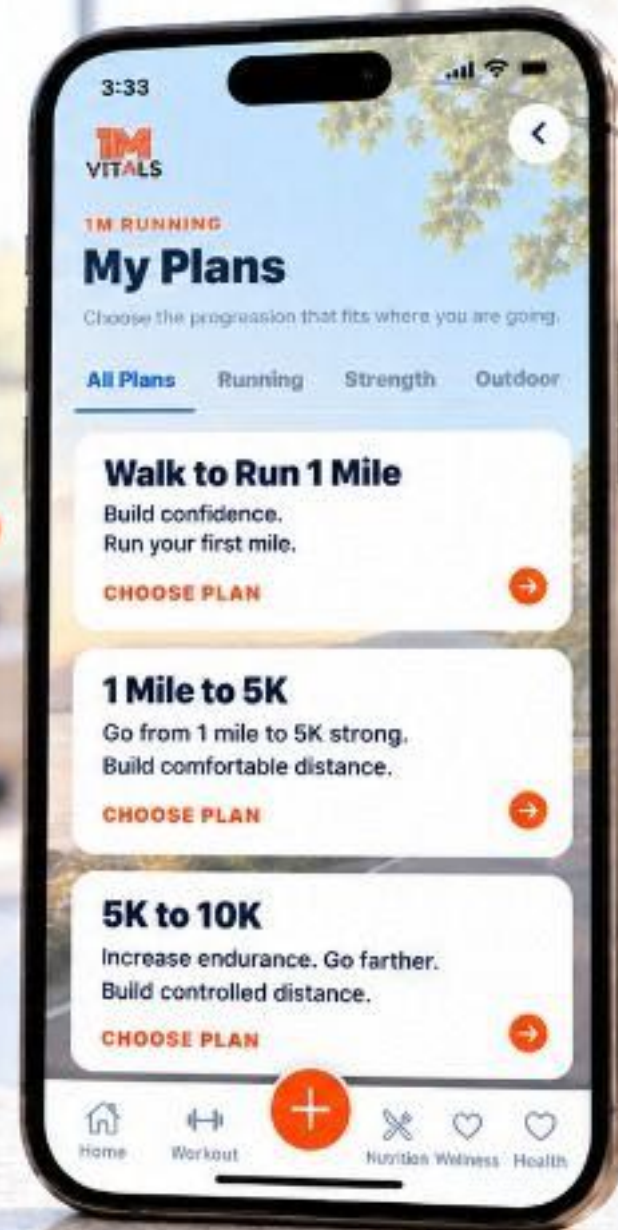
- ✓ Set up nutrition, workouts and movement
- ✓ Add routines, habits and health
- ✓ Save progress and return anytime



YOUR PACE. YOUR PROGRESS.

MY PLANS

- Choose running, strength or outdoor plans.
- Start with a progression that fits you.
- Build toward your next goal.



YOUR DAY. ONE APP.

HOME

- Daily overview.
- Quick actions for water, run and walk.
- Continue your personal plan.



YOUR FOOD. YOUR FOCUS. NUTRITION

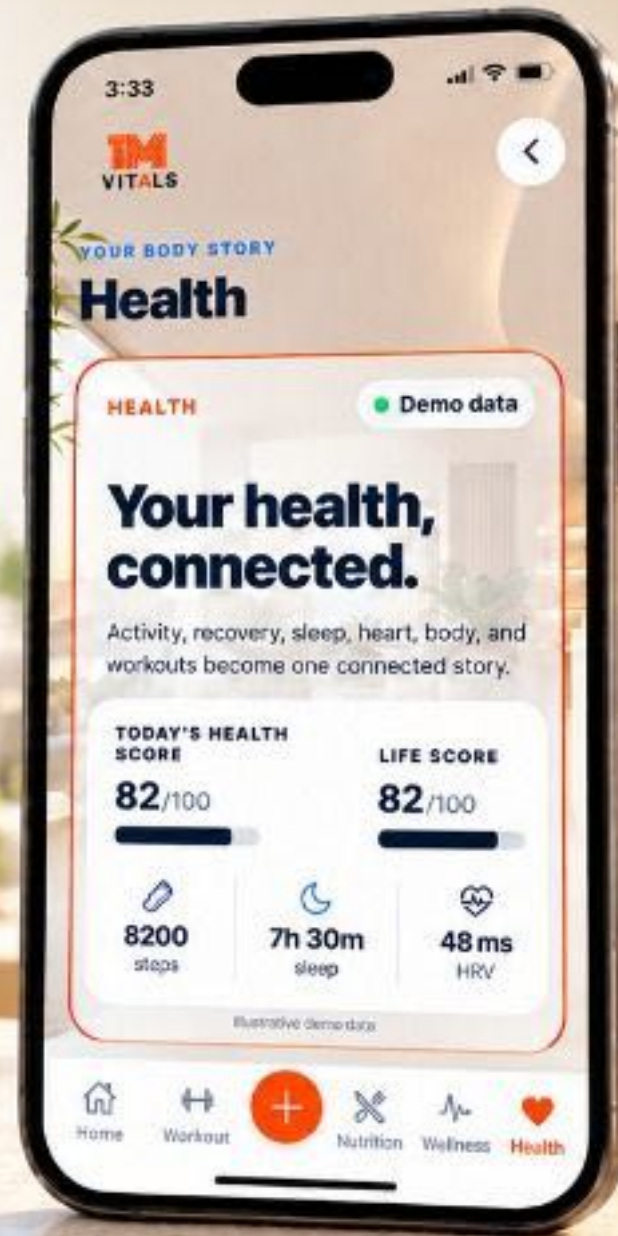
- Track calories and nutrients.
- Follow your nutrition plan.
- Explore Cookbook and supplements.



YOUR HEALTH. CONNECTED.

HEALTH

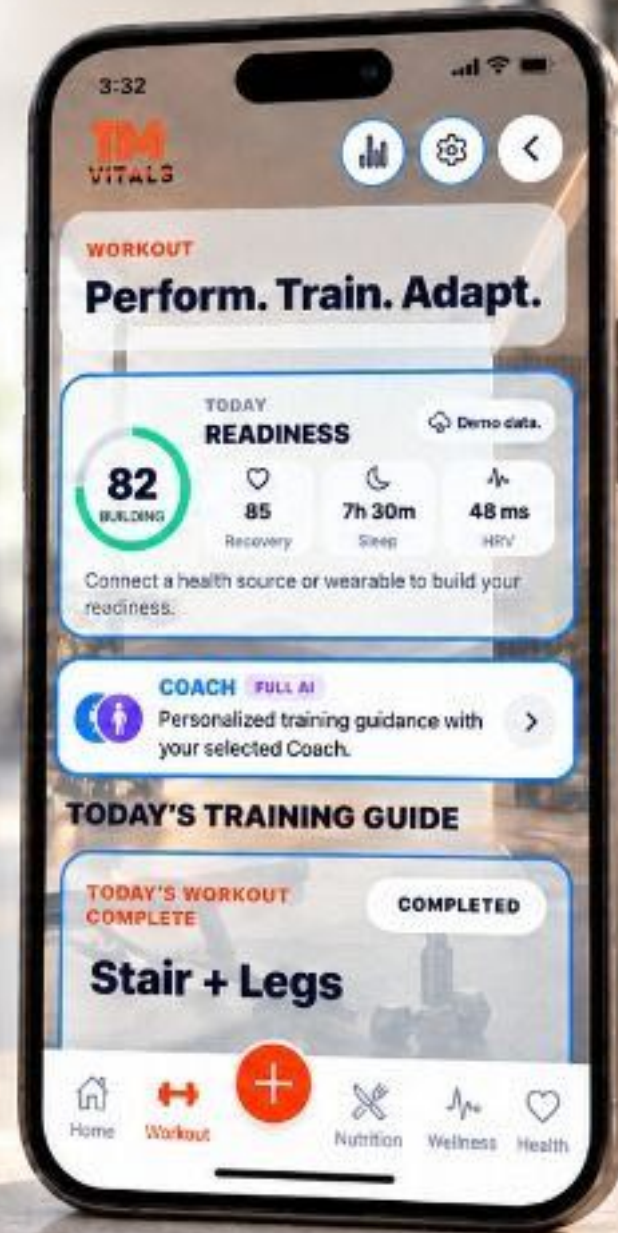
- Bring supported data together
- Review activity, sleep and recovery
- Open categories for more detail



YOUR TRAINING. YOUR WAY.

WORKOUT

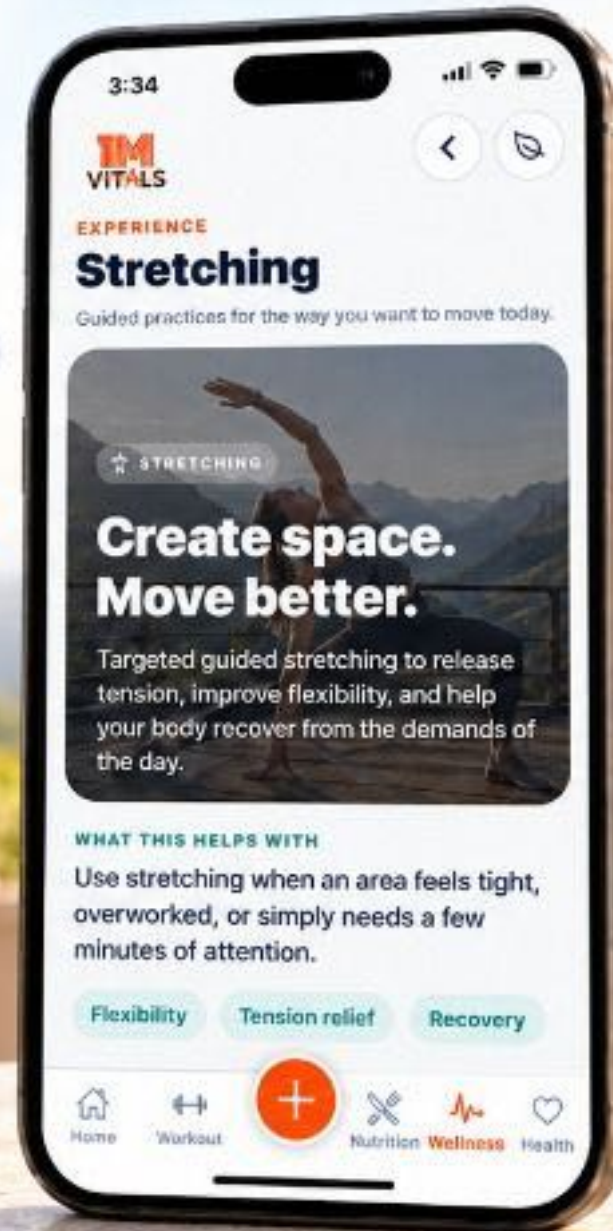
- ✓ Follow today's workout
- ✓ Access training guidance
- ✓ Explore running and strength plans.



CREATE SPACE. MOVE BETTER.

STRETCHING

- Choose a guided stretching practice.
- Give tight areas attention.
- Build flexibility into your routine.



GET OUTSIDE. KEEP MOVING.

HIKING

- Record distance and elapsed time.
- Follow pace and elevation.
- View heart rate when available.



CHECK IN. RESET.

WELLNESS

- Track focus, stress, energy and mood
- Choose a guided daily practice
- Explore yoga and stretching



MORE WAYS. TO FEEL GOOD.

1M EXPERIENCE

- Open Wellness Studio
- Explore running and training plans
- Choose your next activity.



YOUR SPACE. TO RESET.

WELLNESS STUDIO

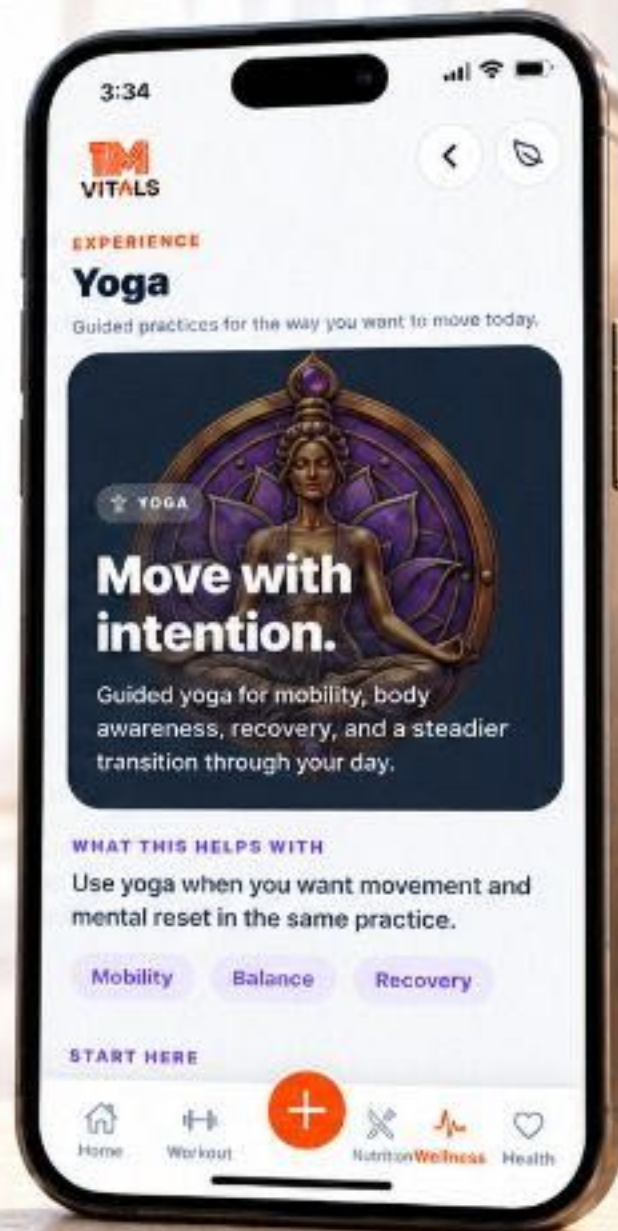
- Choose a focus for your session.
- Explore guided wellness practices.
- Make time to move and rest.



MOVE WITH INTENTION.

YOGA

- Follow guided yoga practices.
- Focus on mobility and balance.
- Make room for recovery.



PAUSE. CHECK IN.

AFTERNOON CHECK-IN

- Record how you feel.
- Rate focus, stress and mental energy.
- Save your check-in.



The App Against the Category

The core tools you expect, plus more daily support in one app

FEATURE	1M VITALS ²	WHOO ³	OURA	HUME	MACROFACTOR	GOOGLE FITBIT ¹
THE CORE TOOLS						
Calories & macro amounts	✓	ND	Qualitative ³	ND	✓	✓
Strength workout builder	✓	✓	ND	ND	✓ Separate app	✓ Premium ⁴
Guided meditation	✓	ND	✓	ND	ND	✓ Premium
Guided breathing	✓	✓	✓	ND	ND	✓ ⁵
Guided yoga / stretching	✓	ND	ND	ND	ND	Video library ⁶
MORE DAILY SUPPORT IN 1M						
Recipe-based meal planner	✓	ND	ND	ND	Recipe tools ³	ND
Grocery shopping lists	✓	ND	ND	ND	ND	ND
Pantry inventory	✓	ND	ND	ND	ND	ND
Medication schedule & reminders	✓	ND	ND	ND	ND	ND
Dedicated supplement tracker	✓	Journal ³	Tags ³	ND	Nutrient log ³	ND
Daily routine builder	✓	ND	ND	ND	ND	ND
Voice food logging	✓	ND	ND	ND	✓ Dictation	ND

✓ Available ND Not documented in reviewed sources Text describes a related or partial capability

ND does not prove absence. ¹ Google Health. ² 1M reflects supplied product scope; build/tier apply. ³ Related tools, not the same workflow.

⁴ AI fitness plans. ⁵ Supported devices. ⁶ Yoga/stretching catalog unverified. Sources reviewed 23 Sep 2026; links and scope in slide notes.

Coming Soon: Premium!

Your full spectrum Health Wellness App is currently being programed! And oh boy does it contains a lot of functionality!



What members see today

Adaptive Daily Coaching

Guidance that adapts to mood, stress, energy, recovery and routine.

Stress & Recovery Awareness

Uses connected recovery and stress signals to shape the day.

Sleep-Informed Recommendations

Sleep quality and timing shape the day and the evening routine.

Body Story Integration

Connects mind, body, training, nutrition, recovery and lifestyle.

Activity & Workout Intelligence

Connects training, fatigue, performance and goals to the next step.

Nutrition Context

Adds nutrition, hydration and goal context to each recommendation.

Mind & Routine Intelligence

Builds habits and makes mental wellness support easier to follow.

Personalized Timing

The right prompt at the right moment, not another generic alert.

The coach already plans a member's training. The version that covers the whole day is being written now.



THE 1M WEARABLE(S)





The Road Ahead

October to December

1

OCTOBER

- Pre-sell of Longevity
- 1M Vitals App launch

2

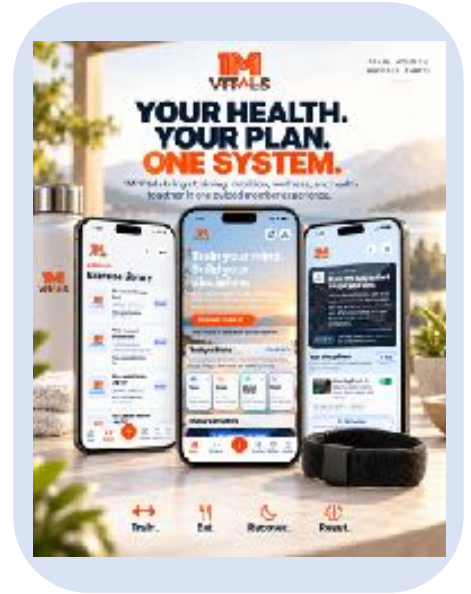
NOVEMBER

- Longevity orders will ship
- Wrist Band Available

3

DECEMBER

- Full growth mode with Longevity Line and 1M Vitality



THANKS!

