

Bryan Johnson + Blueprint

In this document...

[Press Contact](#)

[Socials](#)

[Key Talking Points](#)

[Key Blueprint Results](#)

[Quick Links](#)

[Press Imagery](#)

[Headshot](#)

[Title](#)

[Bio](#)

Press Contact

news@bryanjohnson.co

Socials

- Primary tag: If Bryan's name is mentioned on social media, please tag Bryan's social profiles listed below. If mentioned outside of socials, please mention his twitter profile ([@bryan_johnson](https://twitter.com/bryan_johnson)) https://twitter.com/bryan_johnson.
- Full social tags:
 - YouTube <https://www.youtube.com/@BryanJohnson>
 - Twitter https://twitter.com/bryan_johnson
 - Medium <https://bryan-johnson.medium.com/>
 - Instagram https://www.instagram.com/bryanjohnson_/
 - TikTok: https://www.tiktok.com/@_bryan_johnson_
 - LinkedIn <https://www.linkedin.com/in/bryanrjohnson/>
 - Facebook <https://www.facebook.com/people/Bryan-Johnson/100089952947799/>
 - Blueprint Website <https://blueprint.bryanjohnson.com/>
 - Bryanjohnson.co <https://bryanjohnson.com/>
 - Reddit https://www.reddit.com/r/blueprint_/
 - Newsletter <https://confirmsubscription.com/h/j/89890078107E5789>

Blueprint Information

1. Why:
 - a. Blueprint may seem to be about health, wellness and aging. It is really a system aimed at achieving peace within Self. All humans engage in self destructive behaviors such as eating too much food, the wrong kinds of food, excess alcohol and other substances, inadequate sleep, and many other forms of behavior that lead to accelerated disease and aging. Bryan's objective with Blueprint was to eliminate self destructive behaviors, specifically by allowing his body's organs and biological processes to speak independently through measurement, expressing their needs to be in an ideal state.
 - b. Humans collectively do the same to earth.
 - c. Society parallels these individual self destruction behaviors.
 - d. Blueprint's goal is to eliminate self harm, within Self, between each other and with our planet.
2. Bryan Johnson:
 - a. Bryan Johnson sold his company Braintree Venmo to PayPal for \$800 million in 2013.
3. Blueprint:
 - a. Since then, Johnson has been investing millions to slow his speed of aging and reverse the aging that has occurred.
 - b. In 2021, he reduced his epigenetic age by 5.1 years in 7 months, setting a world record. [\[Ref\]](#)
 - c. In 2022, [he was ranked #1](#) out of 1,750 people who were tracking their speed of aging using a state-of-the-art epigenetic test.
 - d. Johnson's current pace of aging is 0.69, which generally speaking means that for every 365 days, Johnson ages 251. Bryan now ages slower than the average 10 year old, slower than 88% of 18 year olds and 94% of 45 year olds.
 - e. Blueprint is built on over 1,000 peer reviewed publications and Johnson's daily protocol includes 200+ science backed protocols.
 - f. Blueprint measures all of Johnson's 70+ organs; his diet and routine is determined by those measurements. His body and science - not the wishes of his mind - design his protocol.
 - g. Previously, Bryan Johnson battled chronic depression and suicidality.
 - h. Johnson spent millions of dollars developing Blueprint and now makes it available to everyone at no cost.
 - i. Johnson recently released a documentary length video detailing his daily protocols ([read](#), [watch](#))
 - j. In 2023, he launched [Rejuvenation Olympics](#), making rejuvenation a sport. One wins by never crossing the finish line.
 - k. Bryan Johnson is a professional Rejuvenation Athlete.

Key Blueprint Results

[\[Reference\]](#)

- 5.1 yrs epigenetic age reversal (world record)
 - Slowed my pace of aging by 24%
 - Perfect muscle & fat (MRI)
 - 50+ perfect biomarkers
 - 100+ markers < chronological age
 - Fitness tests = 18yr old
 - Body runs 3F° cooler
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Quick Links

- [Blueprint protocol](#): Bryan Johnson spent millions creating the Blueprint protocol; it's available to everyone at no cost:
 - Read: <https://blueprint.bryanjohnson.co/>
 - Watch: <https://www.youtube.com/watch?v=aXdEPiFlqH8&t=634s>
 - [Selective Press](#):
 - Bloomberg (Jan 2023): [How to Be 18 Years Old Again for Only \\$2 Million a Year](#)
 - Bloomberg (Jun 2021): [Can a \\$110 Million Helmet Unlock the Secrets of the Mind?](#)
 - Bloomberg (May 2022) [Inventor of Brain-Scan Helmet Takes Ketamine to Test His Technology](#)
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Press Imagery

Imagery can be found here:

https://drive.google.com/drive/folders/1rA96uvyYpszRsey_zlbKfSQVkJ2oFg-?usp=sharing

The image credit is listed in the file name.

Headshot

[High Res can be found here.](#)



[Secondary Headshots can be found here.](#)

Title

Founder/CEO Blueprint, Kernel & OS Fund. Previously founder/CEO Braintree Venmo.

Bio

Bryan Johnson is the world's most measured human. Johnson sold his company, Braintree Venmo, to PayPal for \$800m in 2013. Through his Project Blueprint, Johnson has achieved metabolic health equal to the top 1.5% of 18 year olds, inflammation 66% lower than the average 10 year old, and reduced his speed of aging by the equivalent of 31 years.

Johnson freely shares his protocols and data publicly for everyone to use. Project Blueprint, is an endeavor to achieve humanity and earth scale cooperation starting within Self.

In 2023, Johnson launched Rejuvenation Olympics, a leaderboard assessing one's speed of aging using DNA methylation. Of the 1,750 people who have been using this state-of-the-art aging algorithm to track their progress longitudinally, Johnson ranks #1 in speed of age reduction.

Johnson is also the founder & CEO of Kernel, creator of the world's first mainstream non-invasive neuroimaging system; and OS Fund, where he invested \$100M in the predictable engineering of atoms, molecules, and organisms into companies now collectively valued over \$6B. He is an outdoor adventure enthusiast, pilot, and author of children's books, Code 7 and The Proto Project.
