

LIFE OVERRIDE PROTOCOL by CHRISTOPHE CASALEGNO (BRAIN OVERRIDE)						
Date : 17/04/2025						
(my personal biohacking protocol : don't try this at home without medical / physician supervision)						
Ingredient	Current dose	Initial dose	Future dose	Unit	Product	When / How
Ashwagandha KSM66 Root Extract (Whitania Somnifera)	600	600	600	mg /day	Blueprint Ashwagandha + Rhodolia	2 cap/day (2 morning)
Astaxanthin (from algae)	12	12	12	mg /day	Blueprint Essential Softgel	1 cap/day with longevity mix
Berberine (Berberis Aristata plant)	1000	1000	1000	mg /day	DNA Pure Berberine Donotage	2 cap/day (1 morning / 1 evening)
Biotin (Vitamin B7)	0,05	0,05	0,05	mg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Boron Glycinate	3	3	3	mg /day	Blueprint Essential softgel	1 cap/day morning
CaAKG	2	2	2	mg /day	Blueprint Longevity Mix	First drink of the day
Calcium (from CaAKG)	350	350	350	mg /day	Blueprint Longevity Mix	First drink of the day
Calcium L-5-Methyltetrahydrofolate (0.5% Folic Acid) MTHFR friendly pre-metabolised (Vitamin B9)	0,2	0,2	0,2	mg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Collagen (a unique blend of three patented collagen Peptides of different types)	20	13	20	g /day	Blueprint Collagen	Mixed with Life Override Yoghurt
Creatine Monohydrate (CreaPure) 99.5%	7,4	2,5	7,4	g /day	Blueprint Longevity Mix + DNA Creatine	Longevity Mix + Life Override Yoghurt morning
Curcuminoids (75% curcumin 20% demethoxycurcumin 5% bisdemethoxycurcumin)	220	220	220	mg /day	Blueprint NAC Ginger Curcumin	3 caps/day morning
d-alpha tocopherol (Vitamin E) 100 IU	67	67	67	mg /day	Blueprint Essential softgel	1 cap/day (morning)
D-Calcium Pantothenate (Vitamin B5)	6	6	6	mg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Fatty acids	200		200	mg /day	DNA pure Omega 3 (2 caps /day)	2 caps/day 1 morning / 1 evening
Fisetin (from Smoketree)	100	100	100	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Genistein (from Japonica)	300	300	300	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Ginger extract high gingerol content equivalent to 1-2g ginger powder	400	400	400	mg /day	Blueprint NAC Ginger Curcumin	3 caps/day morning
Glucoraphanin (from Broccoli)	20	20	20	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Glucosamine Sulfate Potassium	1,5	1,5	1,5	mg /day	Blueprint Longevity Mix	First drink of the day
Glycine	1200	1200	todefine	mg /day	Blueprint Longevity Mix +4 caps DNA	First drink of the day 4 caps/day (2 morning / 2 evening)
GSE (Grape Seed Extract)	200 mg	?	400	mg /day	Plusvive Gélules d'OPC 400 mg	2 cap/day (1 morning / 1 evening)
Iodide as Potassium Iodide	0,2	0,2	0,2	mg /day	Blueprint Essential softgel	1 cap/day (morning)
L-Glutathione Reduced	250	250	250	mg /day	Blueprint Longevity Mix	First drink of the day
L-Lysine HCL	1	1	1	mg /day	Blueprint Longevity Mix	First drink of the day
L-selenomethionine (Selenium)	0,03	0,03	0,03	mg /day	Blueprint Essential softgel	1 cap/day (morning)
L-Theanine	200	200	200	mg /day	Blueprint Longevity Mix	First drink of the day
Lactobacillus acidophilus probiotic	4	4	4	billions CFU	Blueprint Essential softgel	1 cap/day (morning)
Lithium Orotate	1	1	1	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Lutein	15	15	15	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Luteolin	100	100	100	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Lycopene	15	15	15	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Magnesium Citrate Anhydrous + DC	200	200	200	mg /day	Blueprint Longevity Mix + Noorcode MAG SIX	First drink of the day + 1 cap (moming)
Magnesium malate	10	10	10	mg /day	Noorcode MAG SIX	1 cap/day (morning)
Magnesium taurate	10	10	10	mg /day	Noorcode MAG SIX	1 cap/day (morning)
Magnesium bisglycinate	160	160	160	mg /day	Noorcode MAG SIX + DYNVEO BISBLYCINATE	Noorcode : 1 cap/day (morning) Dynveo : 2 cap/day (1 morning / 1 evening)
Magnesium glycerophosphate	10	10	10	mg /day	Noorcode MAG SIX	1 cap/day (morning)
Magnesium hydroxide from sea minerals (Aquamin TG)	10	10	10	mg /day	Noorcode MAG SIX	1 cap/day (morning)
MagnesiumL-Thrénate	102-204	102-204	102-204	mg /day	Dynveo Magtein	2 cap/day (1 morning / 1 to 3 evening)
Manganese Citrate	1	1	1	mg /day	Blueprint Essential capsules	2 cap/day (1 morning / 1 evening)
Monacolin K	10	10	10	mg /day	Blueprint Red Yeast Rice Odor-Free Garlic	1 cap/day (evening)
N-Acetyl-L Cysteine (NAC)	1200	1200	todefine	mg /day	Blueprint NAC Ginger Curcumin 4 cps DNA	Blueprint: 3 caps/day (morning) DNA : 4 caps/day (2 morning / 2 evening)
Niacinamide (Vitamin B3)	15	15	15	mg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Nicotinamide Ribose Chloride (NR)	1000	300	1000	mg /day	Blueprint Essential capsules + 2 caps 350 DNA	Blueprint : 3 caps/day (morning) DNA : 2 cap/day (1 morning / 1 evening)
Odorless Garlic Powdered Extract (Equivalent Fresh garlic 1,2 g)	100	100	100	mg /day	Blueprint Red Yeast Rice Odor-Free Garlic	1 cap/day (evening)
Omega-3 EPA	800	800	800	mg /day	DNA pure Omega 3 (2 caps /day)	2 cap/day (1 morning / 1 evening)
Omega-3 DHA	600	600	600	mg /day	DNA pure Omega 3 (2 caps /day)	2 cap/day (1 morning / 1 evening)
Pyridoxine HCL (Vitamin B6)	5,4	5,4	5,4	mg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Quercetin (from Sophora Japonica L)	800	800	800	mg /day	DNA Pure Quercetin	2 cap/day (1 morning / 1 evening)
Red Yeast Rice	500	500	500	mg /day	Blueprint Red Yeast Rice Odor-Free Garlic	1 cap/day (evening)
Riboflavin (Vitamin B2)	1,4	1,4	1,4	mg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Rosavins 3% /1% Salidroside (Rhodiola rosea extract)	300	300	300	mg /day	Blueprint Ashwagandha + Rhodolia	2 cap/day (morning)
Sodium Butyrate	960	960	960	mg/day	Osavi Advanced Sodium butyrate	2 cap/day (1 morning / 1 evening)
Sodium Hyaluronate (Hyaluronic acid)	120	120	120	mg /day	Blueprint Longevity Mix	First drink of the day
Spermidine trihydrochloride (Spermidine)	10	10	10	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Sulforaphane Glucosinolate from Broccoli Seed Extract & Myrosinase Enzyme	460	460	460	mg /day	DNA SulforaBoost(R)	2 cap/day (1 morning / 1 evening)
Sylmarin		600	1200	mg /day	Vitamintrend Mariendistel	2 cap/day (1 morning / 1 evening)
Taurine	1500	1500	todefine	mg /day	Blueprint Longevity Mix	First drink of the day
Thiamine HCL (Vitamin B1)	1,1	1,1	1,1	mg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Tudca	1200	1200	1200	mg/day	Rapsdayci hohe potenz tudca	2 cap/day (1 morning / 1 evening)
Ubiquinol (CoQ10 Reduced)	50	50	50	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Vit K1	1,5	1,5	1,5	mg /day	Blueprint Essential softgel	1 cap/day (morning)
VIT K2 - MK4	5	5	5	mg /day	Blueprint Essential softgel	1 cap/day (morning)
VIT K2 - MK7	680	680	680	mcg /day	Blueprint Essential softgel + Dynveo K2-MK7	Blueprint : 1 cap/day (morning) Dynveo : 1 cap/day (morning)
Vitamin B12 (Methylcobalamin)	125	125	125	mcg /day	Blueprint essential capsules	2 cap/day (1 morning / 1 evening)
Vitamin C (Ascorbic Acid)	1250	1250	1250	mg /day	Blueprint Longevity Mix + 1G	First drink of the day + 1 cap (morning)
Vitamin D3	7000	7000	todefine	UI/day	Blueprint Essential capsules + 5000 UI capsules	Blueprint : 2 cap/day (1 morning / 1 evening) 1x 5000 UI cap /day (morning)
Zeaxanthin	3	3	3	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Zinc Bisglycinate	15	15	15	mg /day	Blueprint Essential softgel	1 cap/day (morning)
Mushrooms	Current dose	Initial dose	Future dose	Unit	Product	When / How
Cordyceps	0	1600	todefine	mg /day	KIKI HEAL+H Organic Cordyceps	To define
Lion's Mane	0	1600	todefine	mg /day	KIKI HEAL+H Organic Lion's Mane	To define
Reishi	0	1200	todefine	mg /day	KIKI HEAL+H Organic Reishi	To define
Shiitake	50-100	100	50-100	g /day	Fresh	cooked in my first meal
Beverages	Current dose	Initial dose	Future dose	Unit	Product	When / How
Super shrooms (Reishi, Lions Mange, Maitake, Shiitakje, chicory, cinnamon, dandelion, gaba)	6	6	6	g/day	Blueprint Super shrooms	1 mug (1 scoop) /day (moming)
Ceremonial grade matcha	2	2	2	g/day	Blueprint Ceremonial grade matcha	1 mug /day (morning of afternoon, depending)
Mycotoxin-tested coffee with « superfoods »	3	3	3	Tsp/day	Not your average (vanilla, chocoloco, limitless)	1 mug/day (morning / noon)
Bedtime coffee (decaf + aswagandha + maca + melatonin)	3	3	3	Tsp/day	Not your average bedtime coffee	1 mug /day (1 hour before going to sleep)
Pukka herbal teas	3	3	3	N/A	Pukka herbal teas	3-4 mug/day
Sparkling water	500-1000	500-1000	500-1000	ml/day	Balligowan sparkling water	Day & night
From food every day	Current dose /day				Prices / month	
Almonds	3-4				Blueprint Ashwagandha + Rhodolia	22,75 €
Avocado	1/2 to 1				Blueprint blueberry nut mix	43,65 €
Banana	1/2-1				Blueprint Ceremonial grade matcha	38,90 €
black sesame seeds	1 table spoon				Blueprint Cocoa Powder	45,55 €
Blackberries	cup of different red frozen fruit				Blueprint Collagen	44,60 €
Blueberries	cup of different red frozen fruit				Blueprint essential capsules	55,05 €
Broccoli					Blueprint Essential Softgel	55,05 €
Cashew nuts	3-4				Blueprint Extra Virgin Olive Oil	38,90 €
Cauliflower					Blueprint Longevity Mix	55,05 €
Ceylon cinnamon powder	1 tea spoon				Blueprint Macadamia protein bar	64,50 €
Cherries	3-4				Blueprint Manuka Honey	75,80 €
Chia seeds	2 table spoon				Blueprint NAC + Ginger + Curcumin	30,35 €
Cocoa Powder (Premium-grade, 100% pure cocoa With 7.5% Flavanol)	800 mg of flavanols (2 tea spoon)					
Cumin	1 tea spoon				Blueprint Nutty Butter	39,75 €
					Blueprint raw macadamias	52,00 €
Depending of the day : eggs, chicken filet,lentils, black Beans, fish, shellfish...						
Flaxseed	1 table spoon				Blueprint Red Yeast Rice + Odor-free Garlic	12,30 €
Garlic	2-3 garlic cloves				Blueprint super shrooms	32,25 €
Ginger	1 portion				DoNotAge Berberine	18,50 €
Hazelnuts	3-4				DoNotAge Creatine Monohydrate Powder	11,25 €
Hemp seeds	1 table spoon				DoNotAge Glycine & NAC	50,49 €
Kiwis	2/day 1 hour before sleep				DoNotAge Pure NR	60,00 €
Macadamia nuts	5-6				DoNotAge Pure Omega 3	25,00 €
Manuka honey	2 tea spoon				DoNotAge Quercetin	29,50 €
Nuts: 4 nuts	2-3				DoNotAge SulfuraBoost	46,50 €
Nutty Butter	1-2 tea spoon				Dynveo Bisglycinate	9,11 €
					Dynveo L-Threonate	43,77 €
Olive Oil (Polyphenols HPLC (>400 – 900 mg/kg) & Oleic Acid > 67%)	2-3 tablespoons					
Pane vivo (special bread)	~100 g				KIKI HEAL+H Cordyceps	57,90 €
Parmegiano Reggiano	30-60g				KIKI HEAL+H Lion's Mane extract	51,90 €
Pea protein	30-60 g				KIKI HEAL+H Reishi	61,90 €
Pistachios	5-6				Milk Thistle 750 mg 90 tablet with 600mg sylmarin	8,64 €
Pomegranate juice	60 ml				NoordCode Mag Six	10,25 €
pumpkin seeds	1 table spoon				Osavi sodium butyrate	14,44 €
Raspberries	cup of different red frozen fruit				Plusvive OPC 400 mg	3,46 €
sesame seeds	1 table spoon				Solgar Ester-C 1000 mg vitamin C	11,00 €
Strawberries	2-3				Tudca rapsdayci	25,99 €
Sunflower lecithin	1 tea spoon				Total / month	1 209,06 €
Sunflower seeds	1 table spoon					
Vanilla powder	1 tea spoon					
Yoghurt	150 g					
Zucchini	1/2 to 1					
Often					Prices	
asparagus	7-8				Apple watch ultra 2	899,00 €
carrots	1/2-1				Ketone breath analyser	52,96 €
Carrots	1 or 2				MIR Smart one	100,00 €
cucumber	1/2 to 1				Noaance Red light Mask	1 126,47 €
Fermented food (such as sauerkraut, etc.)	1 portion				Noaance ret Helmet « Le professionnel »	599,00 €
leeks	1/2-1				Nurosym (Vagus Nerve stimulator)	699,00 €
peepers	1/2-1				Oura ring	399,00 €
radish	5-6				Whoop 4.0 (/year)	214,43 €
Salad (rocket, spinach, iceberg...)	1 portion				Withings Body Scan Revolution	465,02 €
Tomatoes	1-3				Withings BPM Core	249,95 €
Regularly						
eggplants	1-2				Oxymed Nautilus L soft hyperbaric oxygen chamber	14 000,00 €
Fermented food (such as sauerkraut, etc.)	1 small bowl				Alpinglow summit master 3000	4 000,00 €
mung bean sprouts	1 portion					
peppers	1/2 to 1				Exosomes therapies	
salad	1 bowl				Gene therapies	€20000-€50000
Sweet potatoes	1/2-1				Plasma exchange / therapeutic albumin	
					Stem cells therapies	€20000-€50000
Occasionally						
black rice						
green beans						
Soba japanese pastas						
Measurement technologies used at home						
Apple watch ultra 2	Sleep, heart rate, temperature, oxygen blood level, etc.					
Ketone breath analyser	Ketone counter					
MIR Smart one	Monitors asthma / breathing capacity on exhalation					
Oura ring	VO2max, heart rate, temperature, oxygen blood level, etc.					
Whoop 4.0	VFC, sleep, stress, heart rate, temperature, Oxygen blood level, etc.					
Withings Body Scan Revolution	weight, segmental body composition, visceral fat index, bmr (basal metabolic rate), heart health, (ECG, VOP), Nervous check (electrical stimulus)					
Withings BPM Core	blood presure monitor, ECG & digital stethoscope to detect potential Heart valve pathology					
Technologies (excluding measurement)						
Nurosym (Vagus Nerve stimulator)	30 min each day					
Red light Helmet (Dual technology helmet with LEDs And LLLT (Low Level Laser Therapy) lasers)	25 min in the evening every 2 days wavelengths between 650 and 655 nanometres					
Red light Mask	30 min 1 time per week wavelengths between 633 and 830 nanometres					
Pulsetto (Vagus Nerve stimulator)	1 session 1 hour before sleep, exploring other options					
Coming soon (in the next 2 months)						
soft hyperbaric oxygen chamber	Protocol to define 1.5 ATA					
complete red light system						
Currently under analysis / evaluation						
Exosomes therapies						
Stem cells therapies						
Gene therapies						
Plasma exchange / therapeutic albumin						