Gil Blander, PhD

Founder/Chief Scientific Officer InsideTracker

> "*I lost a relative at a young age. I decided to dedicate my life to helping people live a longer, better life. I was fortunate to assemble an unparalleled team of experts and thought leaders in personalized health and nutrition in order to help me reach this goal.*"

Dr. Gil Blander is internationally recognized for his research in the basic biology of aging and for translating his discoveries into new ways of detecting and preventing age-related conditions. He received a PhD in biology from the Weizmann Institute of Science and completed his postdoctoral fellowship at MIT. He's been featured in CNN Money, The New York Times, Forbes, The Financial Times, and The Boston Globe.

At InsideTracker, Dr. Blander leads a team of experts in biology, computer science, and nutrition and exercise physiology. He founded the company in 2009, alongside top scientists from acclaimed universities in the fields of aging, genetics, and biometrics.

InsideTracker's mission is to help people realize their potential for long, healthy, productive lives by optimizing their bodies from the inside out. InsideTracker's proprietary algorithm analyzes its users' biomarker and physiomarker data to provide a clear picture of what's going on inside them. Based on this analysis, InsideTracker offers its users ultra-personalized, science-based recommendations for positive changes to their nutrition, supplementation, exercise, and lifestyle, along with a plan of action to track their progress toward their goals.