

EIRLOOM

Programs and Pricing
2026

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All prices in SEK, exclusive of VAT.

INDIVIDUAL PROGRAMS

	ENTRY	STRUCTURED	FLAGSHIP	ONE-TIME
	Foundation Your data. Your baseline.	Core Structured system, expert guidance.	Elite Complete. Continuous. Uncompromising.	Boost Total clarity. No commitment.
	1,190 SEK / mo 11,988 SEK / year	4,999 SEK / mo 59,988 SEK / year	13,999 SEK / mo By conversation only	12,999 SEK No ongoing commitment

DIAGNOSTICS				
Biomarker panel	Annual	Quarterly	Quarterly + full	Full at entry
Biological age	✓	✓	✓	✓
Body composition	✓	✓	✓	✓
Wearable integration	—	—	✓	✓

PROTOCOL				
Personalized longevity protocol	Digital template	Fully personalized	Full system	120-day plan
Nutrition plan	✓	✓	✓	✓
Training and fitness plan	✓	✓	✓	✓

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Sleep protocol	✓	✓	✓	✓
Supplement guidance	Guidance	Personalized	Personalized, seasonal adjustments	Personalized
Travel protocols	—	—	✓	—
Seasonal recalibration	—	✓	✓	—
ADVISORY AND COACHING				
LPA sessions	Monthly group	Monthly 1:1	Bi-weekly or as needed	2 private sessions at entry
AI-supported guidance between sessions	✓	—	✓	—
Behavioral architecture templates	—	✓	✓	—
Peer cohort access	—	✓	—	—
Direct access to Rob Lake	—	—	✓	—

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Annual deep-dive review	—	—	✓	—
PLATFORM ACCESS				
Member portal	✓	✓	✓	Duration only
Continuous wearable monitoring	—	✓	✓	✓
WHAT YOU LEAVE WITH				
	A data-informed system and the clarity to act on it.	A repeatable system you own, built on data and expert guidance.	A personal operating system updated continuously as your biology changes.	Total clarity on where you are, and a precise plan for where to go.
CORPORATE PROGRAMS				

	SESSION Corporate X One session. Shared language. 65,000 SEK Half-day fixed · Custom for extended scope	FULL PROGRAM Corporate 12 months. Measurable performance. From 150,000 SEK 12-month · Scope-based
DIAGNOSTICS		
Individual biomarker diagnostics	✓	✓
Individual biological age	✓	✓
Group biological age and aggregated team insights	✓	✓
Quarterly biomarker panels (per member)	—	✓
FACILITATION AND ADVISORY		
Facilitated leadership session	Half-day	4 quarterly reviews
Workshop: decision quality, recovery, capacity	✓	✓
Monthly 1:1 LPA sessions per member	—	✓
Ongoing LPA support for key personnel	—	✓
Individual frameworks and summary report per participant	✓	—
REPORTING		

	SESSION Corporate X One session. Shared language. 65,000 SEK Half-day fixed · Custom for extended scope	FULL PROGRAM Corporate 12 months. Measurable performance. From 150,000 SEK 12-month · Scope-based
Quarterly organizational performance reports	—	✓
Team Longevity Dashboard	—	✓
Signature events (Longevity Dinner, Year-End)	—	✓
Individual data always private, aggregate only	✓	✓

WHAT YOU LEAVE WITH

One session.
Immediate clarity.
A shared language for performance across your leadership team.

A 12-month biological performance record for your leadership team, with measurable movement in biological age.