



5 Star Medical Club

THE PENINSULA TOKYO 4F

Regenerative Medicine

AGELESS

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[[Special Feature]]

TOKYO TO THE WORLD

Tokyo Weaves a New Future for Regenerative Medicine

PREMIER HEALTH CHECK
AT A LUXURY HOTEL

Experience the Members-Only International
VIP Medical Club at The Peninsula Tokyo

Attract attention

Stem Cell Therapy & a complete medical check-up at a luxury hotel

World-class "medical hospitality"

"A luxurious medical experience that extends healthy lifespan"

Interview

What does regenerative medicine mean to you?

Developer of the DWBS method

A revolutionary in whole-body cancer screening

〔 Special Feature 〕

TOKYO TO THE WORLD

Tokyo weaves a new future for regenerative medicine

Regenerative medicine has been attracting global attention in recent years.

In the clinical application of stem cell therapy, fibroblast therapy, and iPS cell technology, Japan—and particularly Tokyo—is known as a global leading city.

Japan was the first in the world to enact the Regenerative Medicine Act about 10 years ago.

Under strict regulations set by the government and universities, a thoroughly safety-managed cell cultivation process has been established, creating a reliable medical environment where accidents are unlikely to occur.

Over the past decade, countless regenerative medicine institutions have emerged in Tokyo, and competition and mutual improvement have elevated the technical level, resulting in an advanced medical system that leaves the rest of the world far behind.

In addition to stem cells, research on exosomes and growth factors that influence their differentiation is progressing, further expanding the scope of medical treatment.

Among them, 5Star Medical Club, located on a luxury floor of The Peninsula Tokyo, has its own cultivation center and offers cutting-edge regenerative and anti-aging medical care.

It is known as a place visited daily by renowned celebrities and business leaders from around the world.

This feature introduces the reality of flagship clinics leading regenerative medicine in Tokyo, based on on-site interviews.



PREMIER HEALTH CHECK AT A LUXURY HOTEL

An Exclusive International VIP Medical Club Experience
at The Peninsula Tokyo



In 1972, Japanese law mandated annual medical check-ups for all citizens, and from the 1980s, premium "Ningen Dock" services for the upper class began to develop. This nearly 50-year-old business model has recently expanded into Asia, the Middle East, and Western countries.

The reason VIPs from around the world travel to Japan for Ningen Dock is clear: its high rate of early disease detection. Japanese Ningen Dock goes beyond simple imaging by using advanced, proprietary image-processing technologies to reveal subtle signs of disease often invisible to the human eye.

Using the latest high-resolution imaging (such as MRI) alongside comprehensive blood, hormone, and metabolic evaluations, it analyzes cardiovascular and lifestyle risks in a multidimensional way. A team of specialist doctors personalizes the examination according to each individual's age and objectives, while a hotel-connected route and private rooms minimize travel and waiting time. Results are explained carefully by a physician on the same day whenever possible, with personalized preventive plans covering diet, sleep, exercise, supplements, and, when necessary, medical interventions for practical, actionable guidance.

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VIP MEDICAL SERVICE

Integration of Aging Care and Medical Checkups

The focus, sharpness, stamina, and youthfulness you once had—

If you could regain even a fraction of it, you wouldn't let the opportunity pass. We aim to make that desire a reality through cutting-edge medical science. By anticipating the inevitable process of aging, detecting potential health risks early, and responding appropriately, the latest medical solutions are gathered here. Available only to a select group of members, this is the ultimate medical service.

Located within The Peninsula Tokyo, this is a VIP-exclusive International Medical Club. Centered on dedicated primary and specialist physicians, along with multilingual caseworkers, it provides comprehensive medical support—including regenerative medicine, high-precision checkups, home visits, medical visa assistance, and long-term stay support—covering every aspect of your stay in Japan.

The club supports international payments and offers multilingual services, including English and Chinese.

"A luxurious medical experience that extends healthy lifespan"

Encounter the Ultimate Preventive and Regenerative Medicine at The Peninsula Tokyo

5star Medical Club

Located on the 4th floor of The Peninsula Tokyo, a luxury hotel overlooking the greenery of the Imperial Palace and the glamour of Ginza, the 5star Medical Club offers a serene and beautiful space accessible only to a select few.

This world-class medical facility is a fully membership-based club frequented by celebrities, business leaders, and executives from around the world.

It houses two specialized clinics: THE PREVENTION CLINIC, which focuses on early detection and prevention of diseases, and CLINIC 9ru, which aims for cellular rejuvenation.

Together, they provide a "health asset" appropriate for a life expectancy of 100 years.

Director General of 5Star Medical Club
Director of CLINIC 9ru

Norimasa Tsukada

After working in the Department of Surgery at Keio University School of Medicine (clinical research on lung cancer cryoablation therapy), he is now engaged in advanced aging treatments using regenerative medicine. He is a specially appointed professor at the Institute for Social Infrastructure, Shinshu University.

Advanced Preventive Medicine x Private Hospitality THE PREVENTION CLINIC

At THE PREVENTION CLINIC, we offer advanced preventive healthcare that goes far beyond the traditional "comprehensive medical check-up." Equipped with state-of-the-art diagnostic tools found in leading university hospitals—such as CT, MRI, endoscopy, and ultrasound—we can detect health risks even at the "pre-symptomatic" stage.

One of our most notable screenings is DWIBS, a whole-body MRI-based test that identifies abnormal metabolism in cancer cells early, with minimal burden on the body. This cutting-edge technology remains rare even on a global scale, positioning our clinic at the forefront of early detection. By visualizing the internal state of your body, you gain the ability to proactively address potential health risks.

Equally highly regarded is our Brain Dock, which evaluates brain atrophy and blood flow, scientifically assessing the risk of dementia and stroke. Combined with screenings of the heart, liver, and kidneys, we can detect early signs of lifestyle-related diseases.

With a daily limit of just six patients, each guest receives thorough, personalized consultations with a dedicated

physician. Full support is provided, including translation and interpretation services, ensuring a seamless experience for international guests.

Rejuvenate from the cells up, true "reverse aging" CLINIC 9ru

Japanese regenerative medicine is now attracting global attention among the world's affluent.

At CLINIC 9ru, we offer advanced therapies using cultured stem cell supernatants, fibroblasts, and autologous fat-derived stem cells.

Among these, supernatant therapy delivers growth factors and cytokines—key components for cellular repair and regeneration—directly to the body.



This can enhance immunity and metabolism while promoting fatigue recovery, anti-aging, radiant skin, hair growth, and overall body rejuvenation.

Our philosophy is simple yet profound: "Beauty begins at the cellular level." Rather than fighting age, we aim to awaken the body's natural vitality—the essence of regenerative medicine.

With fully private rooms and an appointment-only system, all physicians and nurses are English-speaking. Meticulous infection control and interpretation services ensure international guests can receive care with complete peace of mind.

MEDICAL x LUXURY x HOSPITALITY 5star Medical Club

At 5star Medical Club, our mission goes beyond merely treating illness. We focus on protecting and cultivating your most valuable asset: your health.

Our guests include executives of multinational corporations, artists, investors, and even members of royalty—individuals who truly understand the value of time and well-being. They choose our services not for treatment alone, but for prevention, rejuvenation, and performance enhancement.

We provide the same level of personalized service as The Peninsula Tokyo's in-room dining, along with serene relaxation spaces after consultations. Health report translations and custom summaries are also available, making the experience feel as luxurious and seamless as it is medical.

As we often say: "Health is the ultimate luxury."

For those who can travel anywhere in the world, it is precisely Japan's meticulous and attentive medical hospitality that earns their trust and admiration.

Exclusive Medical Care for Exceptional Individuals Worldwide

At 5star Medical Club, you will find trusted physicians, a serene and comfortable environment, and advanced, gentle medical care. Beyond that, our services transcend language and cultural barriers, offering peace of mind on every level.

This is a place where all elements come together to support a longer, healthier, more beautiful, and freer life.

We believe that choosing 5star Medical Club is the ultimate gift to your future self.

What does regenerative medicine mean to you?

“The joy of running across the fairway again”

64 years old, golf enthusiast /
Manufacturing business owner, Mr. M

"Every time I rotated my shoulder, I felt a sharp pain. In winter, I was even afraid to hold a golf club." Having been a business owner for 40 years and hitting the course every weekend, last year I couldn't even complete half of my usual rounds.

“Stem cells were my ‘last trump card.’ I learned about the Passport program through a friend and knocked on their door 8 months ago, clinging to hope. The fat extraction was painless under local anesthesia, but I was skeptical, wondering, ‘Will this really make a difference?’ However, after the third infusion, I noticed I no longer needed to hold the handrail on the stairs in the morning. By the fourth month, during a rare round on the mountainous Hakone course, my driver swung smoothly. ‘Dad, your back looks younger!’ my high school daughter said—a comment that struck me more than my scorecard. My blood sugar is now normal, and my doctor said, ‘Let’s reduce your medication.’ Feeling lighter also sharpens my focus during business negotiations.”

The certainty given by “that one shot.” Last week, I finally broke my personal best. On the 17th hole, a par 3, the moment I followed through, I felt my shoulder “flex” just like when I was young. I had almost given up golf, thinking, “Maybe it’s time to retire.” Now, I’m aiming for the next senior championship. They often say, “Treatment is an investment,” but for me, I truly feel like I’ve bought back time.

"Beyond limits, full throttle at work and play."

48 years old, CEO of an IT company /
Multi-sport enthusiast, Mr. T

“You can build servers that earn money while resting, but you can’t build a body that works without sleep.” I deeply felt this while enduring back pain and coding all night. So, I adopted a hybrid strategy combining stem cells, conditioned media, and blood purification. As a rationalist, I was drawn to the data showing “reduced recovery time,” and I maintained my body with five boosts a year and regular purification. As a result, I maintained high performance even with sleep reduced from 4.5 to 3.8 hours. My deadlift improved from 140kg to 165kg, and my Fuji Hill climb time dropped from 1h 28m to 1h 12m. I can pitch to investors without losing my voice and even go to the gym after all-nighters. When asked, “What’s your secret to never feeling tired?” I immediately answer, “Cell maintenance.” My 40s are not a time to slow down. For me, it’s a decade to accelerate. Next, I plan to take on research in brain function.

No filter, and this skin!” — When I jokingly showed my phone, my best friend’s eyes went wide. I started using umbilical cord blood serum for beautiful skin. When I mentioned bunions and chronic fatigue during the consultation, the doctor immediately recommended stem cell therapy. With stem cells, my skin texture and clarity improved, and on mornings when the dullness disappeared, I couldn’t help but take selfies. Fibroblast treatment tightened my jawline, and I finally said goodbye to my “bulldog face.” I can walk in heels without pain and climb stairs without getting winded. When the doctor said, “You can feel safe for 10 years,” a smile naturally spread across my face. Before menopause, I used to feel gloomy whenever I looked in the mirror. Now, I enjoy standing in front of the camera. Every time someone tells me, “You look great in photos,” my confidence grows. “We are in an era where NK cells protect us from within”—with that suggestion, I felt a new chapter of my story beginning.

“Beyond the mirror, the forgotten smile has returned.”

50 years old • Fashion PR • Ms. A

A Revolutionary in Whole-Body Cancer Screening

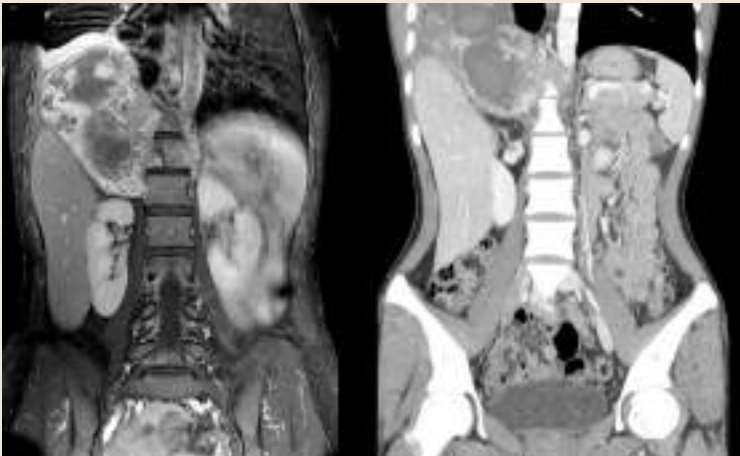
Dr. Taro Takahara, Developer of DWIBS,
Talks About the Future of Medicine:
“Zero Radiation & Time-Saving”



Chief Advisor of MRI Image Analysis
Clinical Professor, Faculty of Medicine,
Tokyo University of Science
Visiting Professor, Akita University
(National University Corporation)

Taro Takahara

Graduated from Akita University School of Medicine. After working as a pediatrician, he transitioned to radiology. As a professor at Tokai University's School of Engineering, he led MRI research and developed DWIBS in 2004. In April 2025, he will open "Takahara Clinic – Innovative Scan" in Tokyo. His hobbies include stargazing and playing the erhu.



Difference Between PET-CT and DWIBS

	PET-CT	DWIBS
Radiation exposure	○	×
Health screening stay	180-240 minutes	30-40 minutes
Blind spots in the breast	Present in	Full-area imaging
Lymph node diagnosis	approximately 15% High specificity	Detect a wide range of changes

PET-CT and DWIBS are imaging diagnostic methods used for detecting cancer and evaluating lesions throughout the body. PET-CT captures metabolic activity using radioactive tracers to detect tumors. On the other hand, DWIBS uses diffusion-weighted MRI imaging to capture areas of high cell density and detect tumors. While (PET-)CT excels at detecting lung lesions, MRI-based DWIBS is superior for visualizing tumors in the renal and urinary systems. Additionally, DWIBS examinations can also include MRCP (magnetic resonance cholangiopancreatography) to visualize the bile ducts and pancreatic ducts.

"Detect 'whole-body cancer' with MRI— and with zero radiation exposure."

DWIBS (Diffusion-weighted Whole-body Imaging with Background signal Suppression), born 20 years ago, emerged from this revolutionary concept. We asked Dr. Taro Takahara, the developer and Chief MRI Image Analysis Advisor at 5Star Medical Club, about the core technology and future prospects.

Q1: What was the original idea behind the invention of DWIBS?



In 1998, diffusion-weighted imaging revolutionized the detection of cerebral infarction. Using the same principle, I wanted to capture cancer throughout the entire body — that was the starting point. At the time, it was said to be

impossible due to image distortions caused by breathing and heartbeat, but I discovered that respiratory motion had no adverse effect. By improving fat suppression and combining techniques, I was able to overcome these challenges.

Q2: What are the benefits of zero radiation exposure?

It is self-defeating to face radiation exposure risks from health screenings meant to protect your health. With DWIBS, you can undergo examinations without worrying about the secondary cancer risk from radiation. Another advantage is that foreign travelers can start sightseeing immediately after their tests.

Q3: What is the biggest difference compared to PET-CT?

PET-CT requires waiting times for drug administration and excretion, taking about 180 to 240 minutes (3 to 4 hours). DWIBS takes only 30 to 40 minutes for imaging, so together with the other three tests, everything can be completed within 1.5 hours of your stay.

Q4: On the other hand, what are the points where it cannot beat PET-CT?

It is the "specificity" for lymph node metastasis. PET can diagnose lymph node metastasis with high specificity when it lights up, but DWIBS diagnoses it by observing whether the lymph node enlarges over time.

Q5: What is the purpose of opening the Innovative Scan?

In hospitals, imaging conditions are standardized and have low flexibility. At our own clinic, we can change sequences on the spot while listening to the patient's symptoms, allowing the physician to add value by performing both imaging and diagnosis. Furthermore, the aim is to create an environment where we can enhance the quality of examinations and pursue the optimal imaging diagnosis tailored to each patient.

Q6: Current Status and Roadmap of AI Integration

In Phase 1, a system to “filter out normal cases” was

completed, reducing the reading workload by half. Next is the automatic drafting of reports. Ultimately, the goal is for AI to assist with diagnosis, allowing humans to focus on explanations and treatment plans.

Q7: What is the first step for overseas expansion?

We will provide imaging technology and quality control as a package to Southeast Asia. If more centers worldwide can produce consistent images, the true value of DWIBS will be realized.

Q8: Message to the readers

For busy people, choose a health checkup that doesn't take up your time. With DWIBS, you can have the exam in the morning and return to your normal schedule by the afternoon. Don't give up on either your precious time or your health.



NMN without relying on sleeping pills

NMN

“NMN” expected to have rejuvenating effects
Is aging a disease that can be treated? Approaching the truth.

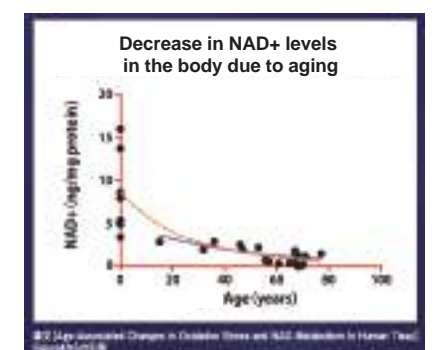
NMN (Nicotinamide Mononucleotide) is a substance naturally found in the human body and is also present in small amounts in breast milk, broccoli, avocado, edamame, and other foods. However, it is not practical to obtain the necessary daily amount (300 mg) from these foods alone. For example, it would require about 2,670 broccoli florets or about 110 avocados to reach that amount. NMN therapy is a treatment method that efficiently introduces NMN into the body through inhalation or intravenous injection to increase the levels of a coenzyme called NAD⁺ inside cells. NAD⁺ decreases with aging, which leads to a decline in metabolism and the cells' ability to repair themselves. By supplementing NMN, NAD⁺ levels increase, activating the body's energy metabolism and potentially slowing down the aging process.

NMN is a vitamin-like substance naturally produced in the body, but its production decreases with age. This decrease is believed to trigger aging. By taking NMN, it is quickly absorbed and converted in the body, activating the longevity gene called the sirtuin gene. This gene is deeply involved in regulating aging

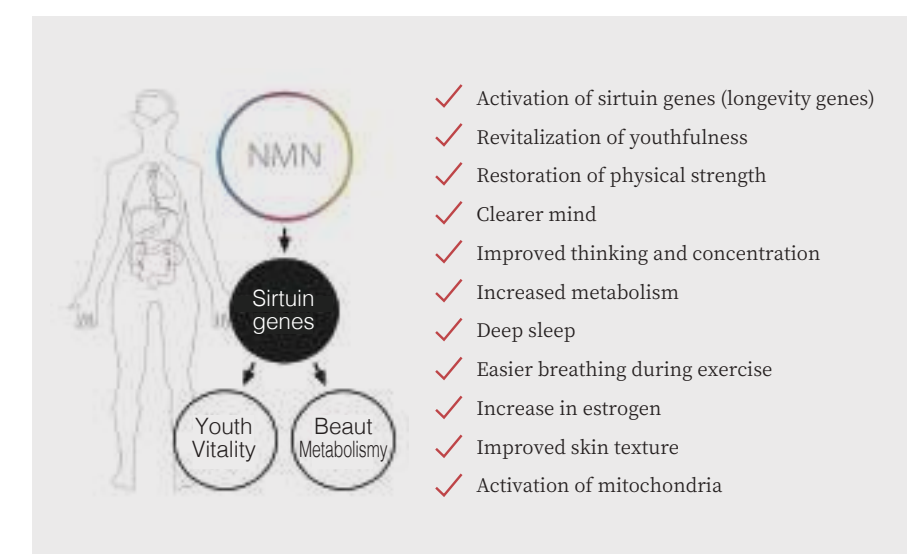
and lifespan. Recent studies have shown that NMN intake may help prevent declines in physical and cognitive functions.

In experiments, it was reported that the healthspan of mice administered with NMN was extended by about 9% in males and about 16% in females. When translated to humans, this corresponds to an increase in lifespan of approximately 7 to 8 years for men and 13 to 14 years for women. By slowing the rate of aging, it becomes possible to maintain health for a longer period.

Also, the hypothalamus in the brain is considered to be a key area



controlling aging and lifespan. Activation of the nerve cells in this region is believed to help maintain muscle strength, concentration, and overall youthful vitality of the body.

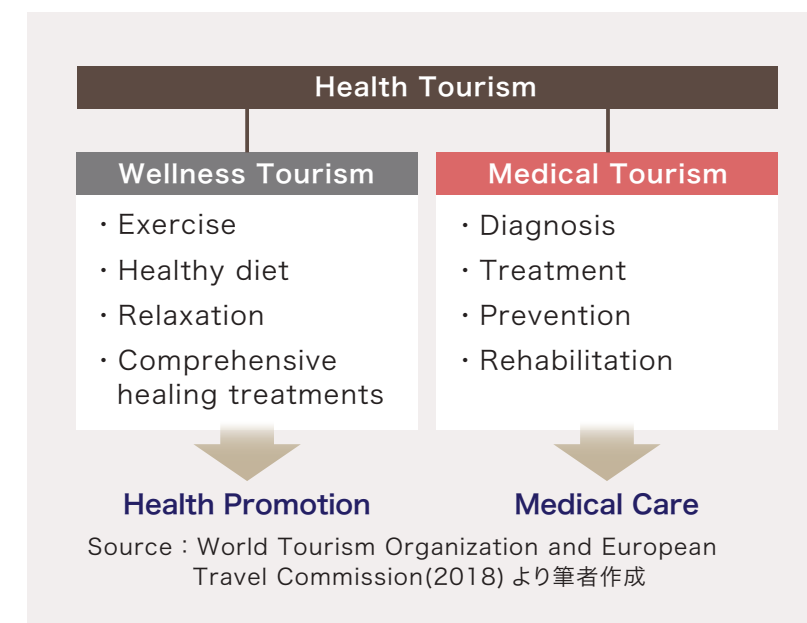


Care for mind and body in Japan.

Wellness Tourism

Mental and physical health and spiritual refreshment
It is attracting attention as a style of tourism pursued through travel.

The relationship between health tourism,
wellness tourism,
and medical tourism



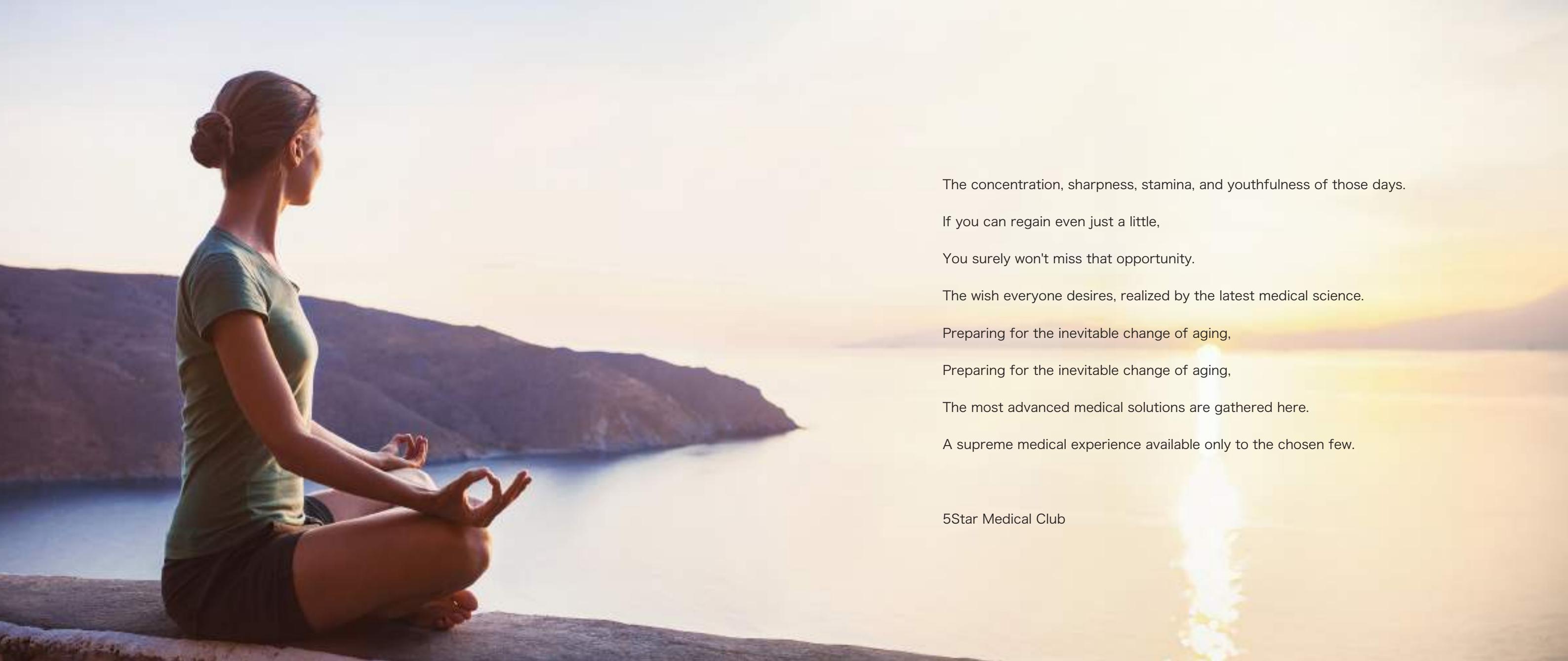
A Journey to Heal the Mind and Body

In modern society, as interest in health grows, travel styles focused not just on sightseeing but on "healing" and "regeneration" are gaining attention. Among these, "health tourism" and "wellness tourism" are rapidly expanding as new forms of travel centered around health.

Japan is considered a country with great potential for wellness tourism, leveraging its rich nature, historic hot spring culture, and traditional Japanese cuisine. Additionally, with its high-quality medical technology and screening systems, Japan is also an attractive destination for health tourism.

As part of regional revitalization, local governments are actively developing wellness-related tourism projects, and it is expected that "health x tourism" will become one of Japan's strengths in the future.

With changes in technology and lifestyle, travel has evolved from mere entertainment to a means of "self-care." Why not take your next vacation as a "health journey" to reflect on your mind and body?



The concentration, sharpness, stamina, and youthfulness of those days.

If you can regain even just a little,

You surely won't miss that opportunity.

The wish everyone desires, realized by the latest medical science.

Preparing for the inevitable change of aging,

Preparing for the inevitable change of aging,

The most advanced medical solutions are gathered here.

A supreme medical experience available only to the chosen few.

5Star Medical Club

Treating aging, caring for the future.

5star Medical Club

Your Personal Medical Alliance

At The Peninsula Tokyo,
your personal physician, specialist medical team,
and medical caseworker stand by your side—
dedicated to your future and well-being,
delivering a one-of-a-kind medical experience tailored just for you.



At our luxury aesthetic clinic, **CLINIC 9ru**, we offer advanced medical skincare and anti-aging treatments that fuse dermatology and regenerative beauty. Our goal is to rebuild at the cellular level—achieving a natural yet scientifically grounded rejuvenation.



At **THE PREVENTION CLINIC TOKYO**, a state-of-the-art health screening center, we combine genetic analysis, immune diagnostics, and imaging to visualize future health risks. Together with your physician, we develop a scientifically-backed, personalized prevention strategy.

DOCTORS



Chief Director

Norimasa Tsukada

After working in the Department of Surgery at Keio University School of Medicine (clinical research on lung cancer cryoablation therapy) and serving as Deputy Director of the Respiratory Surgery Department at Kawasaki Hospital, he engaged in general practice and preventive medicine. Leveraging his extensive clinical and research experience, he envisioned and established a state-of-the-art clinic dedicated to well-aging through advanced medical care and was appointed as Chief Director.



Diabetes, Metabolism, and Endocrinology Department Professor Emeritus, Tokyo Medical University

MD. Masato Odawara

Specialty Areas

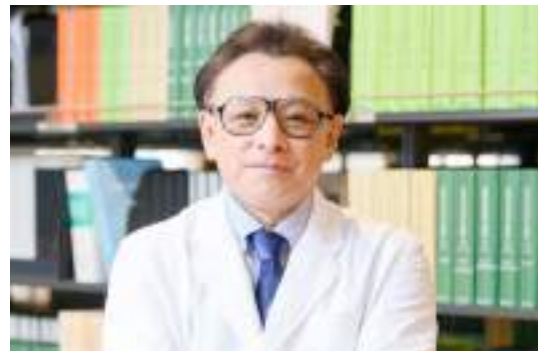
Diabetes, arteriosclerosis, metabolic disorders (hyperlipidemia, hyperuricemia)

Certifications and Specialist Qualifications

Certified Instructor and Specialist in Obesity by the Japan Society for the Study of Obesity

Certified Instructor and Specialist in Diabetes by the Japan Diabetes Society

Certified Endocrinology and Metabolism Specialist by the Japan Endocrine Society



5Star Medical Club Chief Academic Advisor Professor Emeritus, Aichi Medical University

Yoshitaka Fukuzawa

Professor Emeritus of Aichi Medical University and former Professor of the Graduate School of Medicine. As Chairman of the Clinical Genome Medicine Society and the Japan Society of Predictive Clinical Medicine, he has been dedicated to promoting health and medical care. Selected six times for "The Best Doctors in Japan," he currently serves as the Chief Academic Advisor for CLINIC 9ru and THE PREVENTION CLINIC TOKYO.



Director of THE PREVENTION CLINIC TOKYO

MD. Hirohisa Okame

Graduated from Nihon University School of Medicine and obtained a Ph.D. (Mh.D). Served as Chief of Gastrointestinal Surgery Outpatient Department at Nihon University School of Medicine and Chief Surgeon at Tsudanuma Central General Hospital. Later worked as a clinical physician in dendritic cell therapy for cancer at a cancer immunotherapy clinic in Tokyo and served as director of a membership-based health screening facility. Currently engaged in treatments incorporating cancer immunotherapy and efforts to prevent recurrence.

DOCTORS



THE PREVENTION CLINIC TOKYO Chief Medical Advisor

Harubumi Kato

He is a thoracic surgeon and also the pioneer and developer of photo-dynamic therapy (PDT) for early-stage lung cancer. He has served as the president of the International Lung Cancer Society, as well as chairman of the Japan Laser Medical Society, director of the Japan Surgical Society, and director of the Japan Lung Cancer Society.



Advisor, Cell Processing Center Professor Emeritus, Tokyo University of Science

Yasufumi Murakami

Professor Emeritus, Tokyo University of Science.

A world-leading expert in the field of diagnostic and therapeutic antibodies.



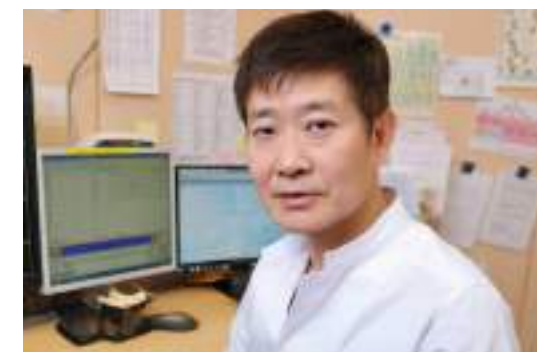
Chief Advisor of MRI Image Analysis Clinical Professor, Faculty of Medicine, Tokyo University of Science Visiting Professor, Akita University (National University Corporation)

Taro Takahara

Graduated from the Faculty of Medicine, Akita University.

Developed the "DWIBS method" (Diffusion-Weighted Whole-Body Imaging with Background Body Signal Suppression).

Achieved the world's first successful visualization of peripheral nerves; published in the New England Journal of Medicine (NEJM).



Visiting Professor, Headache Clinic, Department of Neurosurgery, Tokyo Women's Medical University Doctor of Medicine

Toshihiko Shimizu

In addition to serving at the Neurological Center of Tokyo Women's Medical University and the Department of Neurology at Dokkyo Medical University Hospital, he also oversees the headache clinic at Shiodome City Center Central Clinic.

He is the author of numerous publications, including the book "Headaches Disappear." (Diamond Inc.)



RISK OF AGING

COMPLETED
Comprehensive Medical Checkup

This is our most comprehensive course for assessing the risks of cancer and lifestyle-related diseases. It includes advanced MRI scans of five body regions, including DWIBS and MRCP; CT scans that minimize radiation exposure while ensuring high-level imaging diagnostics; and specialized ultrasound examinations. All of these are supervised and interpreted by expert radiologists to deliver a truly “completed” diagnostic experience.

Examine the current condition

- MRI (Brain, Head, Neck, Abdomen, Pelvis)
- MRA (Brain, Head, Neck)
- MRCP (Abdomen)
- CT (Thyroid, Chest, Abdomen, Pelvis, Visceral Fat)
- 3D CT (Colon)
- Ultrasound (Carotid Artery, Thyroid, Heart, Breast)
- Upper Endoscopy
- Mammography

Predicting Future Risk

- Dementia Brain Health Assessment
- Bone Density
- Lox-index
- Sirtuin Test
- 3D CT (Colon)
- Coronary Artery Calcium Score

¥1,200,000



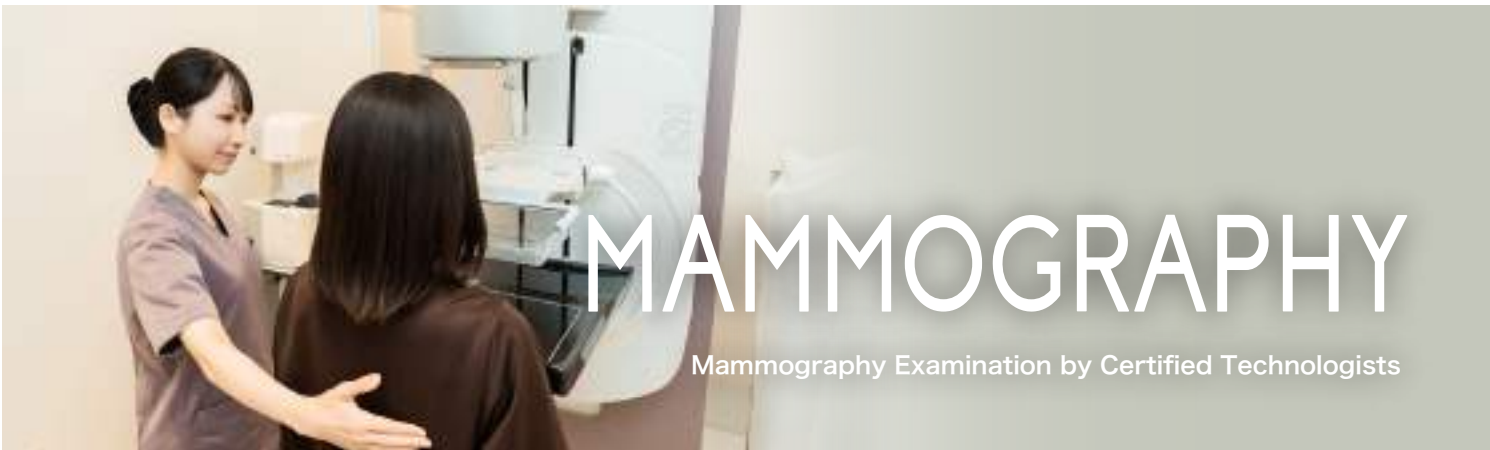
3D CT

Japan's Proud World-Class AI 3D Image Analysis



ENDOSCOPY

Endoscopic Examination by Specialist Physicians



MAMMOGRAPHY

Mammography Examination by Certified Technologists



MRI

High-Resolution MRI of 5 Areas Including DWIBS and MRCP



Autologous Fat-Derived Stem Cell Therapy

A New Treatment Method with Minimal Burden on the Body

This is a type of regenerative medicine in which stem cells harvested from one's own adipose tissue are cultured and expanded before being reintroduced into the body to promote repair and regeneration of damaged tissues.

Stem cells have the property of actively homing to sites of tissue injury, where they contribute to tissue repair.

By efficiently delivering stem cells to various damaged or inflamed areas of the body, enhanced therapeutic effects are expected. Our facility's specialized cell culture technicians handle the process at the Cell Processing Center (CPC) within our group's facilities, and even small amounts of fat tissue can be successfully cultured.

Expected Effects

- Arthritis
- Atherosclerosis
- Atopic Dermatitis
- Chronic Pain
- Cerebral Infarction (Stroke)
- Lung Diseases
- Autoimmune Diseases
- Diabetes

¥3.850.000~



Double filtration plasma exchange therapy

Thorough Cleansing with a Specialized Device

Double filtration plasma exchange is an advanced blood purification therapy in which blood taken from the body is automatically separated into blood cell and plasma components, the plasma components are filtered, and the blood is mixed with the blood cell components again before being returned to the body.

By removing harmful factors from the blood, such as advanced glycation end products (which are aging factors), inflammation-inducing proteins, and bad cholesterol, it alleviates chronic inflammation throughout the body, which is the basis of aging.

Expected Effects

- Improvement of LDL (bad) cholesterol levels
- Improvement of triglyceride levels
- Relief of shoulder stiffness and subjective symptoms through improved blood flow
- Direct removal of lipids and inflammatory cells that cause arteriosclerosis
- Improvement of vascular endothelial function

¥ 880,000~



NMN Therapy

Regain Youthfulness by Activating Sirtuin (Longevity) Genes

NMN therapy involves inhaling or directly injecting NMN into the veins to increase intracellular NAD+ levels.

This method aims to compensate for the decline in NAD+, thereby improving cellular metabolism and potentially enhancing health and slowing the progression of aging.

Expected Effects

- Activation of sirtuin genes (longevity genes)
- Restoration of youthfulness
- Improved physical stamina
- Clearer mind
- Enhanced thinking & concentration
- Increased metabolism
- Better deep sleep
- Easier breathing during exercise
- Increased estrogen levels
- Improved skin texture
- Activation of mitochondria

¥ 66.000~



NK cell therapy

Reactivating the immune function, the body's natural cancer suppression mechanism

NK cell therapy is a treatment that uses natural killer (NK) cells to treat cancer and infectious diseases. It also helps remove aged cells and promotes metabolism. NK cells play a role in attacking and destroying abnormal cells in the body.

In this therapy, NK cells are collected from the patient, expanded, and then reintroduced to strengthen the immune response. (NK cell therapy can be performed at designated facilities authorized under the third category of regenerative medicine.)

Expected Effects

- Attack and elimination of cancer cells
- Strengthening of immune function
- Application for recurrence prevention and postoperative care
- Potential for anti-aging and preventive care
- Improvement of QOL (Quality of Life)

¥ 650.000~



9ru Original Skin Nurturing Injection

Feel firmer, radiant skin in just one session — the new way to nurture your skin

9ru's original skin-nurturing injections are a treatment in which ingredients with potential benefits such as skin quality improvement, whitening, and anti-aging care are injected directly into the skin. This treatment rebuilds the skin cells that form the skin's foundation and stimulates the production of essential collagen and elastin, thereby creating firmness and elasticity and nurturing the skin itself.

After the treatment, the skin cells gradually produce more collagen and elastin, improving skin firmness and radiance. You will see results after just one treatment, but greater results will be seen with several treatments.

Expected Effects

- Improves dullness, pores, sagging, etc.
- Promotes collagen production and restores firmness and elasticity
- Highly effective in delivering active ingredients directly to the dermis layer
- Maintain moisture and youthfulness with continuous treatments
- Customized treatments tailored to individual concerns
- Resists skin damage caused by aging and stress

¥ 385.000~

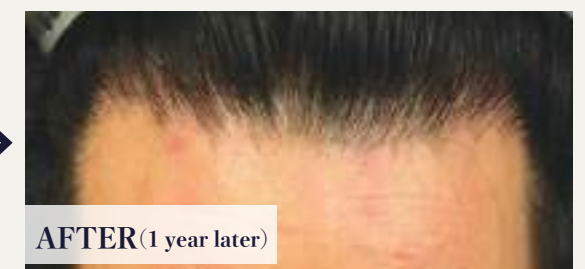


AGA hair transplant treatment (9ru i-direct method)

Collection using the world's smallest tube punch with a diameter of 0.8 mm

i-Direct uses an ultra-fine tube punch with a diameter of 0.8mm to separate the skin in the donor area, pore by pore. This is CLINIC 9ru's unique method that combines the best of the three steps of hair transplantation - graft collection, hole creation, and implant - to maximize design and survival rates.

Furthermore, because the collection is performed by an experienced doctor, transplanted hair loss due to cutting is minimized, allowing for a transplant without waste.



Treatment area

- Hairline Top of the head
- Frontal region
- M-shape
- Whole head
- Eyebrows
- Scar
- Burn marks and scars
- Other hospital correction

Price: Upon Request

CPC

Cell Processing Center

Cleanroom for Stem Cell and Other Cell
Culturing and Processing with a High Level of Cleanliness



The Cell Processing Center (CPC) attached to our group clinic is officially authorized by Japan's Ministry of Health, Labour and Welfare. It boasts extremely high safety and quality standards required in the medical field, where advanced hygiene management is essential.

This CPC meets the "Clean Level Class 100" standard, which minimizes airborne particle levels to an extreme degree, and complies with the international ISO 5 standard.

Compared to typical CPC facilities in Japan, this represents a higher and stricter standard, ensuring superior safety and reliability in cell processing and management. We are fully committed to providing an environment where patients can confidently receive regenerative medical treatments.



PREVENTION MENU

Comprehensive Medical Checkup COMPLETED

- Consultation, Explanation, Medical Interview
- Body Composition Measurement, Blood Pressure Measurement, Blood Test, Urine Test
- Fecal Occult Blood Test (2-day method), Electrocardiogram, Bone Density Measurement, Brain Health Assessment, DWIBS
- Head MRI/MRA, Neck MR II MRA, Abdominal MRI, MRCP, Pelvic MRI
- Chest CT, Abdominal CT, Thyroid CT, Visceral Fat CT, Pelvic CT
- Coronary Artery Calcium Score, Thyroid, Carotid Artery, Heart Ultrasound Examination
- Mammography or Breast Ultrasound Examination Women Only
- Upper Gastrointestinal Endoscopy / 3D CT Colonography
- Cancer mRNA Expression Analysis Test • LOX-index • Sirtuin Test

Male ¥1,200,000~
Female ¥1,230,000~

Comprehensive Medical Checkup TOTAL

- Consultation, Explanation, Medical Interview
- Body Composition Measurement, Blood Pressure Measurement, Blood Test, Urine Test
- Fecal Occult Blood Test (2-day method), Electrocardiogram, Bone Density Measurement, Brain Health Assessment
- Head MRI / MRA • Pelvic MRI
- Chest CT • Abdominal CT • Thyroid CT • Visceral Fat CT • Pelvic CT
- Coronary Artery Calcium Score
Abdominal, Carotid Artery, and Heart Ultrasound Examination
- Mammography or Breast Ultrasound Examination Women Only
- Upper Gastrointestinal Endoscopy / 3D CT Colonography
- Cancer mRNA Expression Analysis Test • LOX-index • Sirtuin Test

Male ¥957,000~
Female ¥990,000~

AGELESS CODE

AGELESS CODE ENTRY PROGRAM



- Comprehensive Medical Checkup TOTAL
 - Double Filtration Plasmapheresis
 - Autologous Adipose-Derived Stem Cell Therapy
 - Blood Code Test (120 types)
 - High-Concentration NMN Therapy
 - Stem Cell Conditioned Media Therapy
 - Selectable Aging Care Treatments
 - Skin Nourishing Injection (Performed by Doctor)
 - MP Mesogun (Conditioned Media Introduction)
 - Doctor Select IV Drip
- Double filtration plasma exchange therapy, high concentration NMN therapy

¥4,950,000~

UNLIMITED PASSPORT

- Comprehensive Medical Checkup COMPLETED
MRI (Brain, Head, Neck, Abdomen, Pelvis)
MRA (Brain, Head, Neck)
MRCP (Abdomen)
CT (Thyroid, Chest, Abdomen, Pelvis, Visceral Fat)
3D CT (Colon) • Ultrasound (Carotid Artery, Thyroid, Heart, Breast)
Upper Gastrointestinal Endoscopy
Mammography
Dementia Brain Health Assessment
Coronary Artery Calcium Score
Lox-index
Sirtuin Test
- Regenerative Medicine (Stem Cell Therapy)
Stem Cell Culture Therapy (Chronic Pain, Atopic Dermatitis)
Fibroblast Culture Therapy
- Regenerative Medicine (Immunotherapy)
NK Cell Therapy
PRP
- In-house Cultured Stem Cell Conditioned Media GF Exosome Therapy
Human Amniotic-Derived
Human Umbilical Cord Blood-Derived
Human Dental Pulp-Derived
Human Placenta-Derived
Human Adipose-Derived
Human Bone Marrow-Derived
- Anti-Inflammatory and Anti-Aging Therapy
Blood Purification Therapy (Double Filtration Plasmapheresis)
NMN Therapy (Inhalation and IV Administration)
Hydrogen Therapy (Inhalation and Shot Administration)
- Aging Care Skin Treatment
Dermapen
ACTHYDERM
Near-Infrared
Photofacial
Hydra Facial
RF (Radio Frequency)
- Pico Laser
Thunder Hair Removal
CO₂ Laser
Botox
Hyaluronic Acid

1-Year Course ¥22,000,000~
2-Year Course ¥38,500,000~



Self-Care Series

What is DIA (Deep in Act), the next-generation transdermal penetration technology?

It is an advanced manufacturing and processing technology that delivers active ingredients deep*¹ into the skin. Developed under the supervision of Dr. Kiri Tsukada, the director of the exclusive membership-based clinic "CLINIC 9ru", this nanotechnology was inspired by transdermal pain relief medications and transdermal vaccines.

By applying these technologies, the DIA Series was developed as a self-care line that delivers active ingredients deep into the stratum corneum and ensures their functionality.

DIA is Japan's next-generation transdermal penetration technology, proudly recognized worldwide.

The skin consists of the epidermis, dermis, and subcutaneous tissue.

The stratum corneum, which forms part of the epidermis, has a barrier function that protects the body by preventing harmful substances from entering through the skin.

A major challenge with many existing skincare products is that they cannot effectively penetrate the stratum corneum barrier. In other words, the active ingredients remain on the surface of the skin and do not reach where they are truly needed.

DIA (Deep in Act) is a technology that allows a large amount of active ingredients to penetrate *¹ without damaging the skin's natural barrier function.

*¹ into the stratum corneum

9ru Self-Care Series by DIA

9ru Self-Care (Deep in Act)



1

Japan's world-renowned advanced technology and state-of-the-art comprehensive medical checkup

A comprehensive medical checkup that brings together world-class technology and cutting-edge medicine. A next-generation medical checkup utilizing the latest AI and 3D imaging technology.

Advanced Cancer Screening with MRI: "DWIBS"
Detects cancer risk throughout the body in a short time without the need for contrast agents. Comprehensive brain and heart examinations check thoroughly for signs of stroke, dementia risk, and heart disease.

Colorectal Examination with CT
Gastroscopy, colonoscopy, or CT-based colorectal screening accurately diagnoses gastrointestinal cancers and inflammatory diseases, and predicts future cancer risks.



2

Cultured at the adjacent CPC using a proprietary extraction method. Autologous adipose-derived stem cell therapy.

We offer "Autologous Adipose-Derived Stem Cell Therapy," in which mesenchymal stem cells extracted from the patient's adipose tissue are strictly cultured and managed using two-dimensional culture techniques, then administered back into the body via intravenous infusion.

The culturing is conducted at a dedicated cell culture facility within our affiliated clinics. During the culturing process, a high-level management system is employed to produce high-quality, high-purity stem cell preparations suitable for clinical application.



3

The Fusion of Regenerative Medicine and Aesthetic Medicine Anti-Aging Care Treatments

Double Filtration Blood Purification Therapy
Removes waste products and inflammatory substances from the blood, improving the cellular environment.

NMN Therapy
Activates cellular energy metabolism and addresses the root causes of aging. We also offer treatments aimed at skin regeneration.

Fibroblast Therapy (Type II Regenerative Medicine)
Promotes collagen and elastin production in the dermis, restoring skin elasticity. Cultured at the adjacent CPC using a proprietary extraction method. Autologous Adipose-Derived Stem Cell Therapy.



AGELESS CODE ENTRY PROGRAM

A special program
Designed exclusively for you
Combining regenerative medicine
And advanced diagnostics
For total health and longevity

Reboot your "youth" from the cellular level—
that is our clinic's cutting-edge comprehensive anti-aging program.
Key points:

① Thorough elimination
of aging factors



② Simultaneous introduction
of regenerative power

By doing so, we create a "healthy soil" environment within the body,
strongly promoting the regeneration of healthy cells.

AGELESS CODE ENTRY PROGRAM

MAIN TREATMENT

AGELESS CODE ENTRY PROGRAM

4,500,000円 +TAX

Safety System

Obtained approval from the Minister of Health, Labour and Welfare based on the Act on Securing the Safety of Regenerative Medicine, etc.
Planning and implementation management by the Certified Regenerative Medicine Committee
Manufactured and quality assured at a domestic GMP-compliant cell processing facility
Restore mitochondrial function and reboot exhausted cells

[SCHEDULE]

[1st Trip]

•DAY 1: Comprehensive Medical Check-up
TOTAL course, fat collection, blood sampling

•DAY 2: Double filtration plasma exchange
therapy, high concentration NMN therapy
Stem Cell Conditioned Media Injection

[2nd Trip]

•DAY 3: Autologous Stem Cell IV Infusion,
Aging Care Treatment
Doctor Counseling

M E N U

Autologous Adipose-Derived Stem Cell Culture and Transplantation

Purpose: To repair aged and damaged cells and
update the tissues to their optimal condition.

Frequency: Recommended 3 to 5 times per year
(treatment intervals aligned with the body's overall
regeneration cycle).

Expected Effects: Multilayer rejuvenation of skin,
muscles, blood vessels, and suppression of chronic
inflammation.

Main Expected Benefits

Skin Improvement: Firmness, elasticity,
and tone enhancement

Physical Strength: Faster fatigue recovery and increased
endurance

Mental Care: Improved sleep quality and enhanced
concentration

Three Support Therapies to Maximize the Effects

Double Filtration Plasma Purification Therapy

- One session before stem cell "reinfusion"
- Purifies whole blood over 3 hours to remove aging-promoting factors
- Reduces inflammation and oxidative stress
- Maintains stem cell activity

Direct administration of nano NMN particles

- ①Before cell collection ☒
- ②At the time of cell reinfusion (2 times in total)
- Inhalation / IV drip of ultra-fine NMN particles for rapid absorption
- Sirtuin activation ☒ Induction of autophagy

Growth phase donor stem cell culture supernatant (live exosomes)

- ①Before cell collection
- ②At the time of cell reinfusion (2 times in total)
- Derived from growth phase donors meeting strict safety standards
- With a "fresh" formulation that involves zero freezing process,
high-concentration supplementation of miRNA and growth factors.
- Promotes stem cell differentiation efficiency and tissue repair.

MEDICAL CHECKUP & AGING CARE TREATMENT



Comprehensive Medical Checkup TOTAL



Double Filtration Plasma
Purification Therapy



Autologous Adipose-Derived
Stem Cell Therapy



Blood Code Test (120 types)



High-Concentration NMN Therapy



Stem Cell Conditioned Media Therapy

SELECTABLE AGING CARE TREATMENTS



Skin Nurturing Injection
(Doctor Procedure)



MP Mesogun
(Conditioned Media Introduction)



Doctor-Selected IV Drip

UNLIMITED PASSPORT

A special passport that allows unlimited access to cutting-edge regenerative medicine and comprehensive medical checkups for your optimal health and longevity

2-year Course

¥35,000,000 +TAX

1-year Course

¥20,000,000 +TAX



[Applicable Clinics]

CLINIC 9ru
THE PREVENTION CLINIC TOKYO

[Overview]

- Each card is assigned a unique serial number.
- All clinic menus are available without limits.
- The usage period starts from the first visit date.
- Treatment is provided based on the doctor's diagnosis and consultation.

M E N U

Comprehensive Medical Checkup COMPLETED

- MRI (Brain, Head, Neck, Abdomen, Pelvis)
- MRA (Brain, Head, Neck)
- MRCP (Abdomen)
- CT (Thyroid, Chest, Abdomen, Pelvis, Visceral Fat)
- 3D CT (Colon) • Ultrasound (Carotid Artery, Thyroid, Heart, Breast)
- Upper Endoscopy • Mammography
- Dementia Brain Health Assessment
- ☒ Coronary Artery Calcium Score
- Lox-index
- ☒ Sirtuin Test

Regenerative Medicine (Stem Cell Therapy)

Stem Cell Culture Therapy (Chronic Pain, Atopic Dermatitis)
Fibroblast Culture Therapy

Regenerative Medicine (Immune Therapy)

NK Cell Therapy
PRP

In-house Stem Cell Culture Supernatant GF Exosome Therapy

Derived from Human Amniotic Membrane
(Subcutaneous Injection, Air Injection for Face and Body)

Derived from Human Umbilical Cord Blood
(Subcutaneous Injection, Air Injection for Face and Body)

Derived from Human Dental Pulp
(Subcutaneous Injection, Air Injection for Face and Scalp)

Anti-inflammatory Anti-aging therapy

Double filtration plasma exchange therapy
NMN therapy (inhalation, drip administration)
Hydrogen therapy (inhalation, shot administration)

Aging care skin treatment

Dermapen	Pico laser
ACTHYDERM	Thunder hair removal (Alexandrite YAG laser)
Near-infrared	CO2 laser
Photofacial	Botox
Hydrafacial	Hyaluronic acid
RF	

MEDICAL CHECKUP & AGING CARE TREATMENT



MRI



CT



Mammography



Stem cell culture fluid therapy



NK cell therapy



PRP



Autologous adipose-derived
stem cell therapy



Double filtration plasma exchange
therapy



High-concentration NMN therapy



Hydrogen therapy
(inhalation and shot administration)



Dermapen



ACTHYDERM



Photofacial



Thunder Hair Removal



Skin Nourishing Injection
(Doctor Administered)

What is 5Star Medical Club ?

MEMBER BENEFITS

Special membership program for VIPs

- Personal support through comprehensive team medical care
- The perfect medical check-up
- Proposal of advanced medical treatment
- Multilingual medical support and international response capabilities
- Coordination of treatment and hospitalization
- Continuing Treatment & Overseas Medical Support
- Medical services in a private space
- Providing a second opinion
- Hotel collaboration services



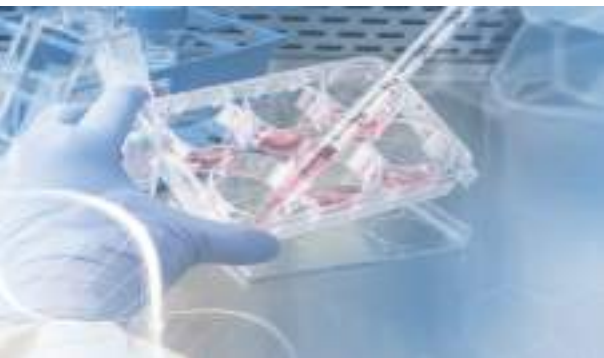
Personal support through comprehensive team medical care

At 5Star Medical Club, we comprehensively manage each member's medical needs through a team medical system consisting of a dedicated primary care physician, specialists in various fields, and multilingual medical caseworkers. We coordinate everything from treatment to health checkups, preventative care, regenerative medicine, cosmetic medicine, and accommodation support. We collaborate with the luxury clinic at The Peninsula Tokyo to provide a high-quality, private medical experience.



The perfect medical check-up

We strive to not only assess your current health condition, but also to detect and prevent diseases that may pose a risk in the future. By utilizing regular health checkups and the latest testing technology, we provide specific advice to help you maintain your best condition. In collaboration with "THE PREVENTION CLINIC TOKYO" at The Peninsula Tokyo, we propose evidence-based prevention strategies utilizing genetic analysis and advanced diagnostic imaging.



Proposal of advanced medical treatment

We focus on "aging factors" that cause health problems associated with aging and propose comprehensive regenerative medicine solutions to eliminate them. Specifically, we combine advanced treatments that remove senescent cells and promote cell regeneration to support our customers' health from the inside out. In collaboration with our GMP-compliant in-house cell processing facility, we provide safe and accurate regenerative medicine solutions such as stem cell therapy, immunotherapy, and genetic diagnosis.



Multilingual medical support and international response capabilities

We have medical caseworkers on-site who can speak multiple languages, including English and Chinese. We provide medical interpretation, as well as pre- and post-treatment coordination and decision-making support, to provide a medical experience worthy of an international VIP. We also accept international cards and various payment apps, and can provide one-stop support for long-term stays from overseas and assistance with obtaining medical visas.



Coordination of treatment and hospitalization

If you require advanced medical care, our club will fully coordinate your treatment and hospitalization at one of Japan's top hospitals to ensure it goes smoothly and quickly. We will select the most appropriate medical institution based on your health concerns and assist you with the procedures for treatment and hospitalization. We also provide comprehensive support, including information sharing with your overseas doctor and the translation and acquisition of necessary documents.



Medical services in a private space

Located within The Peninsula Tokyo, the club's exclusive clinic offers a completely private medical experience with multilingual support. Consultations by top Japanese specialists are by appointment only, and the clinic is designed to ensure patients never meet other patients, providing the utmost in peace of mind. We offer a wide range of treatments, including high-precision health checkups, genetic testing, and chronic disease management. We also offer medical care at your destination (home, vacation home, hotel, etc.), and provide ongoing support through remote counseling while you're abroad.



Continuing Treatment & Overseas Medical Support

We provide reliable medical support for those with concerns about ongoing treatment or medications overseas. Our dedicated physicians and caseworkers work together to maintain the quality of treatment while you're in Japan. We provide detailed support to ensure the continuity and safety of your treatment, including assistance with the legal import of prescription drugs from overseas, prescription suggestions and medical supervision for domestic alternative medications, information sharing with your overseas doctor, and advice on the use of medications you bring with you.

*Please note that some medications require time to import, so we recommend consulting in advance.



Suggesting a second opinion

Our specialists with extensive medical knowledge offer a variety of treatment options, from health insurance-covered to private care. If you're looking for a different perspective on your illness or concerns, we'll provide a trusted second opinion. We'll work with you to determine the most appropriate treatment. We also offer unapproved treatments, always presenting options based on cutting-edge knowledge.



Hotel collaboration services

We also offer integrated hotel services, such as valet parking and taxi arrangements, making it easy to stop by after a golf outing or other outing. We also offer accommodation packages and support for long-term stays, ensuring a comfortable medical experience tailored to your lifestyle. We provide seamless, high-quality service to all members visiting from both Japan and overseas.



CORE JEWELS' new high-end label, CJD, which creates custom-made jewelry using rare diamonds from around the world, has released the FOL collection, which combines the mystical geometric pattern "Flower of Life," which symbolizes the fundamental cycle of the universe and the essence of life, with a hemp pattern.



CORE JEWELS

2-18-5 Jingumae, Shibuya-ku, Tokyo
<https://corejewels.tokyo>



(Top) ¥4,100,000、 (Bottom) ¥95,000,000



The Health Conscious Sweets Shop

The Health Conscious Sweets Shop opened in Roppongi, Tokyo in 2021 as a "body-conscious sweets shop."

All of their sweets are vegan and gluten-free.

With their motto of "serving only truly delicious things," the shop carefully and lovingly handcrafts all of their sweets, including cookies, pound cakes, and chocolate sandwiches, one by one in their in-house workshop.

They offer "sweets you'll want to give to someone," without compromising on taste.

1st Floor, Kishida Building, 7-18-8 Roppongi, Minato Ward, Tokyo



HP <https://thsshop.jp>



Become more attractive for even one more day

The Peninsula Tokyo is a five-star hotel where you can feel the joy of visiting. Providing the latest in anti-aging medical care and carefully selected cosmetic medical treatments, CLINIC 9ru was born as the ideal clinic, unlike any other. And with formulations tailored to your daily routine, the CLINIC 9ru Self f-ca re series allows you to enjoy the highest quality skincare treatments at home.

Experience the 9ru philosophy, which will update your life for a brighter future.



CLINIC 9ru Self-care
<https://www.9ru.shop>



FROM THE EDITOR

“
To all VIPs,
Unwavering health and peace of mind

Japan is known as the country with the longest life expectancy in the world, and the idea that aging is not something to be avoided, but something to be prepared for and managed from a young age in order to improve the quality of life, is widely accepted. With this cultural background, Japan has made great strides in medical care that scientifically understands aging itself and appropriately manages it.

5Star Medical Club was established to bring Japan's cutting-edge anti-aging medical care to VIPs around the world. We have an unprecedented, groundbreaking concept: not only do we provide the highest level of regenerative and preventative medicine, but we also function as a "family doctor" who provides personalized care to each and every member. We have also prepared medical content in multiple languages to accommodate international use, and have established a system that allows visitors from overseas to use our services with peace of mind.

As we enter an era where people can live to 100 years old, living a healthy and fulfilling life is the most important asset of all. Our mission is to protect this asset through medical care and guide everyone to a longer, healthier, and happier life. We hope you will experience this new form of medical service and consider it the best investment in your future self.



Representative Director.
5Star Medical Club

SHINJI YAMANOUCHI



Thank you for reading "AGELESS." The MEMBER BENEFITS introduced in this issue are a special medical support system for VIPs that goes beyond the traditional membership system. We offer personalized support through comprehensive team medical care, complete medical checkups, and suggestions for the latest advanced medical treatments and overseas medical care, providing the best options tailored to each individual's life. We have also established a system that allows members to receive medical care with peace of mind wherever they are, including international support from multilingual staff, treatment and hospitalization coordination, and continuing care and overseas medical support. Our services, including private consultations, second opinions, and even collaboration with hotels, truly support the very essence of life. As the name "AGELESS" suggests, we aim to realize a free and flexible lifestyle unconstrained by age—we will always provide the highest quality medical care and peace of mind.