



Mr. Dave Asprey

Founder
Upgrade Labs

Dave Asprey is an entrepreneur, four-time New York Times bestselling science author, and host of the top 100 podcast The Human Upgrade, formally Bulletproof Radio, which has more than 200 million downloads.

He's the founder of Bulletproof Coffee and a leading voice in the movement to take control of our own biology. News outlets like the Today Show, CNN, Wired, Good Morning America, Fast Company, and many more call him the "Father of Biohacking" because he started the movement and hosts the largest and longest-running biohacking conference.

Over the last two decades Dave has worked with world-renowned doctors, researchers, scientists, and global mavericks to uncover the latest, most innovative methods, techniques, and products for enhancing mental and physical performance. Dave has personally spent nearly \$2 million taking control of his own biology - pushing the bounds of human possibility all in the name of science and evolution.

If you've heard of MCT oil, collagen protein, or functional coffee, you have Dave to thank. He created those 3 categories, which are now billion-dollar categories, and Forbes named his company one of the top 20 most innovative brands.

Through the Bulletproof Diet, Dave has maintained a 100-pound weight loss, improved his sleep, and upgraded his brain, ultimately transforming himself into a better entrepreneur, a better father, and a better human. Dave has helped millions of people perform at levels far beyond what they'd expect, all without burning out or getting sick.

Today, Dave is focused on upgrading humanity in his role as CEO of Upgrade Labs, a franchised chain of Human Upgrade Centers, and on leading thousands of people enrolled in The Upgrade Collective, his online mentorship and membership group where a community of people learn everything it takes to upgrade themselves from all the way from the cells to the spirit.