



## EXOSOME THERAPY

# Hope for Long COVID



Exosome Therapy is an innovative treatment showing promising results in helping patients with Long COVID. The therapy aims to reduce inflammation, offering new hope for lasting relief.





# Long COVID



Long COVID, also known as post-acute sequelae of SARS-CoV-2 infection (PASC), has affected millions of people around the world.

Many patients continue to experience symptoms such as fatigue, brain fog, shortness of breath, muscle pain, and sleep disturbances months or even years after recovering from the initial COVID-19 infection.

For those struggling with these persistent symptoms, new research is offering hope through a **cutting-edge treatment: Exosome Therapy.**





# What exactly are Exosomes?

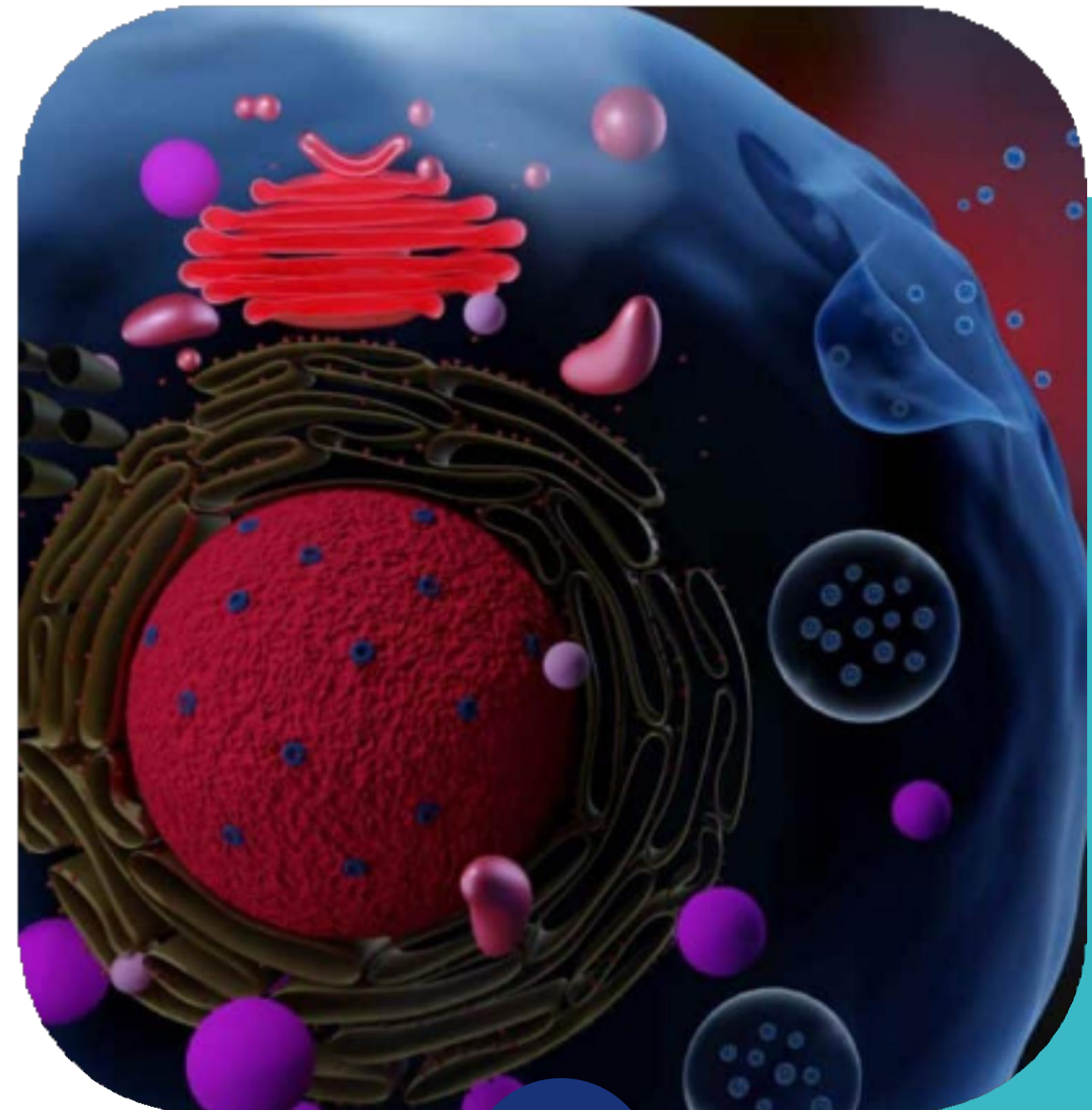


Exosomes are tiny particles naturally released by stem cells and other cells in the body. They are like messengers that carry healing signals - proteins, RNA, and other important molecules - that help **reduce inflammation and support tissue repair**. Scientists have discovered that exosomes can play a powerful role in healing by helping the body's cells communicate and regenerate.

In particular, mesenchymal stem cell (MSC)-derived exosomes have shown great promise in treating various inflammatory and immune-related conditions. Now, they are being studied as a therapy for people suffering from Long COVID.

## > Conclusion

Exosome therapy offers a **promising breakthrough for Long COVID sufferers** by targeting lingering inflammation and tissue damage at the cellular level.





# How Does Exosome Therapy for Long COVID work?

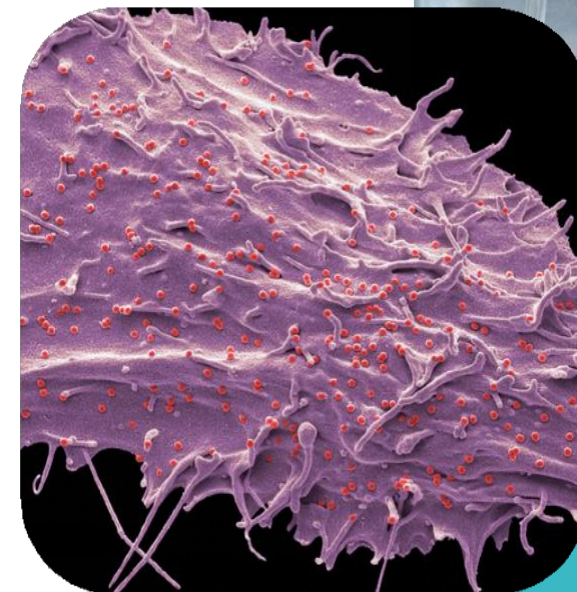


In exosome therapy, patients receive **intravenous (IV) infusions of purified exosomes**. The treatment typically involves three sessions, on three consecutive days. This allows the body to gradually respond and heal from the inside out.

Many patients report improvements after just one or two infusions, and these positive effects often continue after the third treatment.

## ➤ Exosome Therapy helps by:

- **Reducing inflammation:** Improvements are shown especially in the lungs and brain.
- **Improving Immune System Regulation:** This is important because the Immune System may be out of balance in Long COVID.
- **Enhancing Tissue Repair:** These tissues include nerve, lung, and muscle tissue.
- **Boosting Energy Levels:** The Therapy aims to boost energy levels and reduce fatigue.





# What Patients Are Experiencing



Several clinical centers and early-phase trials have reported encouraging results from exosome treatment for Long COVID.

Patients commonly experience:



**Mental Clarity  
and Focus**



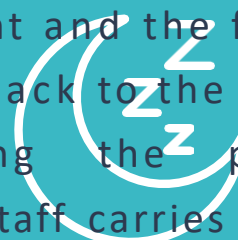
**Less Anxiety  
and Mood Swings**



**Less Joint and  
Muscle Pain**



**Better Breathing  
and Stamina**



After the treatment is completed the patient and the family will be brought back to the hotel. Before discharging the patient, the medical staff carries out the final evaluation.

**More Restful  
Sleep**



**Health  
Recovery**







# What Do Clinical Trials Say?



Ongoing research is helping to confirm the effectiveness of exosome therapy for Long COVID. Discover some trials here:

USA (Houston, TX): A trial led by Dr. Joseph Purita shows IV MSC-derived exosomes improve fatigue, brain fog, and breathing in Long COVID patients.

China (Jiangsu): A study at Wuxi Fifth People's Hospital found nebulized umbilical cord MSC-exosomes safe and feasible for COVID-19 pneumonia.

China (Shanghai/Wuhan): Ruijin and Jin Yin-tan Hospitals used adipose MSC-exosomes via nebulization with positive results.

Israel: Exo-CD24, an inhaled exosome-based drug, cured 29 of 30 critically ill patients in a phase I trial, showing strong future potential.

USA (FDA approval): The FDA approved a phase I/II trial for ExoFlo™, marking the first US trial of exosomes (EVs) for COVID-19.

Hope Biosciences (Texas): Trials using autologous MSC-exosomes showed improved inflammation and immunity with no major side effects.



# Vitalia24's Long-Covid Program: 7 Days in Antalya, Turkey

Price on Request

## EXAMINATIONS

- General Medical Examination
- Derma-Aesthetics Medical Evaluation and Consultation
- Laboratory Tests

## MEDICAL THERAPIES

- 3 x Mesenchymal Stem Cell Derived Exosomes infusions
- 3 x HBOT Session
- 1x High Dose Vitamin-C IV Therapy
- 1x NAD+ IV (500 mg) Therapy
- 1x Glutathione IV Therapy
- 5 x Oxygen therapy
- 5 x Ozone Sauna Therapy
- 3 x Traditional Chinese Therapy Program (Meridian Cupping, Acupuncture, Moxa)

## NUTRITION

- Nutritionist Consultation
- Nutritionist Follow-up
- Weekly Nutritional Plan

## WELLNESS

- Limitless Access to Sauna – Steam Room – Turkish Bath – Pools
- 1x Detox Hammam Program
- 3 x Magnetotherapy
- 2 x Manual Therapy Massage
- 3 x Redlight Therapy
- 5 x Andullation Therapy
- 1x Foot Care Treatment

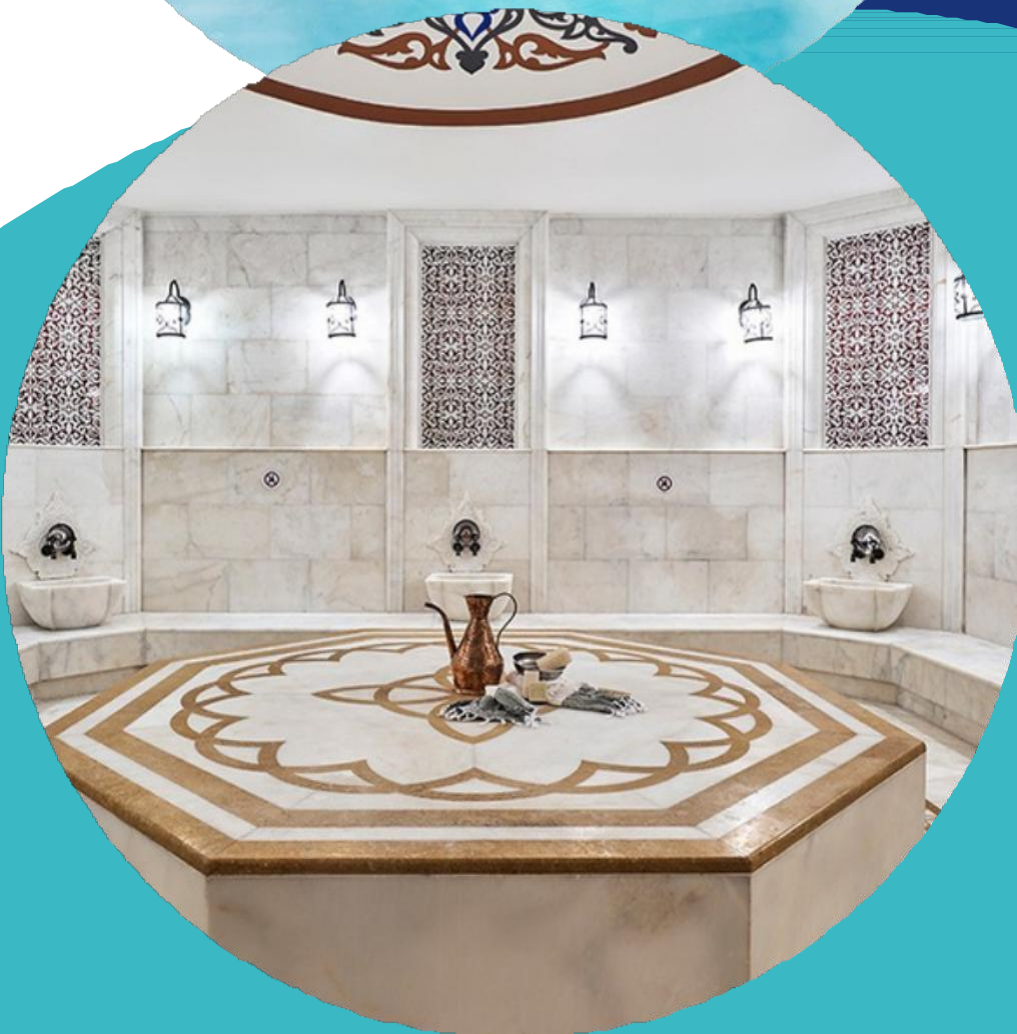




## Our Treatment Location in Turkey



Price on Request







# Our Mission



Vitalia24 is a dedicated team of professionals with extensive experience in **Stem Cell and Exosome Therapies**.

Our mission is to provide cutting-edge treatments for patients seeking innovative solutions to complex health challenges, particularly focusing on conditions such as autism, neurodegenerative diseases, and chronic illnesses.

- ✓ **Professional Health Care Provider**
- ✓ **Multilingual Supporting Staff**
- ✓ **Smooth Administrative Processes**
- ✓ **Community and Education**





# Meet the Team



## Medical Team

Expert Care,  
Multilingual Staff



## Frank Rothmaier

Founder & Director  
of Vitalia24



## Jenny De Bonis

Patient Coordinator  
at Vitalia24





# FAQs



## > Is It Safe?

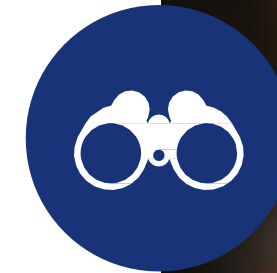
Exosome Therapy has been **well-tolerated** in trials, with very few side effects. Most patients experience no discomfort beyond a standard IV procedure. Because exosomes are cell-free (they are not whole stem cells), the risk of immune rejection or abnormal growth is extremely low.

## > Which symptoms can it improve?

Common benefits include **reduced fatigue, better breathing, improved focus, muscle and joint pain relief**, stabilized mood, and deeper sleep.

## > What is the cost?

This treatment is usually not covered by national health insurance programs. Reach out to our skilled and multilingual team to request a **personalized evaluation and proposal**.







# Get In Touch



Get in touch today with our specialized medical practice and dedicated team of professionals with extensive experience in Exosome Therapies.

