

NourishAI

We combine systems biology, real-world lifestyle data, and AI to enable precision nutrition for daily health.

In a nutshell

Nutrition is one of the lowest-hanging fruits in precision health: a daily decision that profoundly impacts well-being and disease progression, yet remains guided by generic, one-size-fits-all recommendations. Despite enormous advances in genomics and digital health, nutrition remains empirical, overlooking how individual biology shapes metabolism, nutrient absorption, and response. This lack of personalization leads to ineffective interventions, wasted spending on supplements, and missed opportunities for disease prevention and quality-of-life improvement.

NourishAI aims to change that by combining genomics, metabolomics, and real-world lifestyle data to create truly personalized nutritional and supplement recommendations.

As a proof of concept, we focus on amyotrophic lateral sclerosis (ALS) – a condition where metabolic support can meaningfully affect progression and survival, yet clinicians currently lack tools to tailor nutrition to each patient's needs. Once validated, this framework will extend to other neuromuscular, metabolic, and aging-related conditions, and ultimately to general wellness applications – creating a scalable model for precision health.

Why is our technology important?

NourishAI enables individuals to make smarter daily nutritional choices guided by their own biology. Combining genetic and metabolic data with real-time insights from food intake, activity, and wearable sensors, this approach translates complex biological signals into clear, actionable guidance.

The result: more effective supplementation, less wasted spending, and better health outcomes, both for patients with chronic conditions and for individuals aiming to optimize their health. By connecting AI, omics, and clinical validation, NourishAI transforms food and supplements into data-validated, precision interventions.

The benefits of our solution

- Combines multi-omics data with real-world nutrition and activity tracking to capture the full spectrum of factors influencing health.
- Uses explainable AI to identify metabolic therapeutic targets and design personalized supplement strategies.
- Enables both clinicians and individuals to monitor, adapt, and optimize nutrition in response to changing biological needs.
- Provides a scalable framework adaptable to multiple diseases and wellness markets.

Keywords

Precision nutrition, multi-omics, nutrigenomics, digital health, AI, metabolic biomarkers, food, supplements, lifestyle

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