



# DISCOVER HOW OLD YOU *REALLY* ARE WITH TRUAGE™

## WHAT IS TRUAGE™ ?



TruAge™ is the most accurate, revolutionary, biological age predictor. Biological age is a measurement of your age, based on various biomarkers.



Using state-of-the-art technology and a powerful algorithm, we are able to look at specific locations on your DNA, allowing us to predict your biological age!



TruAge™ is available at your doctor's office or can be delivered straight to your doorstep!

### CHRONOLOGICAL AGE

- The number of years that have passed since our birth.
- Cannot be influenced by lifestyle and eating habits.
- Has little relevance to how you feel and function.



### BIOLOGICAL AGE

- How old are cells really are, therefore, our real age
- Can be reversed by attending to your health
- The most important component to the aging process



## HOW CAN I DETERMINE MY BIOLOGICAL AGE?

Everyone knows their chronological age. Chronological age is the number of candles that are on top of your cake and the birthdays you celebrate (or sometimes don't!). However, developments in science have created another measurement of age called biologic or epigenetic age.

Unlike chronological age, this measurement of age is based on years of statistical research and provides much more relevant health information. It can tell us how healthy you are and even when you might pass away.

TruAge™ uses biomarkers on your DNA called methylation. **All you have to do is send us a small blood sample!**

Your biological age is more accurate at predicting health span (how healthy you are) and lifespan (how long you will live) than any previous molecular biomarker, and can be correlated to almost any health factor such as physical fitness, socioeconomic status, and drug use history.

Ideally, everyone would want their biological age to be less than their chronological age. This means that you are living a lifestyle that is healthy and will help you stay free of sickness and disease longer!

## HOW CAN I CONTROL MY BIOLOGICAL AGE?

Risk factors including lifestyle factors and environmental factors can impact how our genes perform.

### FACTORS INCLUDE:

- Nutrition
- Smoking
- Alcohol consumption
- Behavior
- Stress
- Physical activity
- Working habits
- Exposures
- Stressors

Your biological age can be reversed, so it is crucial to understand DNA methylation changes through utilizing TruAge™. Since we know that it can be reversed, we can apply changes to our lifestyles and use TruAge™ to show that we are reducing **YOUR** risk of incidence of disease and death.

TruAge™ is just the beginning of diagnostic predictors of disease, but it is one that is linked to all outcomes! By providing more data about your health history to us and our team, we are able to develop tests to predict risks but also see which interventions most reduce this risk.

If you reduce the incidence of aging by 7 years, you could cut the incidence of disease in half. We want to do this for our family members, our friends, and the world... but we need your help to do it!

