

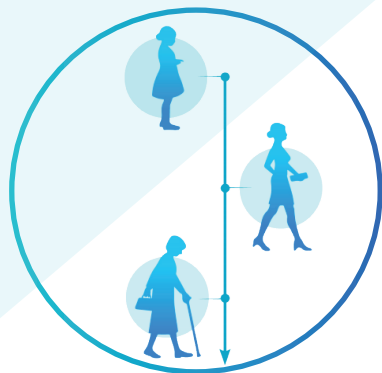
## CHRONOLOGICAL AGE VS BIOLOGICAL AGE?

### CHRONOLOGICAL AGE

- The number of years that have passed since your birth
- Has little relevance to how you feel and function

### BIOLOGICAL AGE

- How well your cells are aging - how well your DNA is giving them accurate, healthy instructions, so they can do their job properly and keep your body in tip-top shape.
- Can be changed by attending to your health
- Most accurate prediction of health span (how healthy you are) and lifespan (how long you will live) than any other biomarker.



Once you send in a small blood sample, our lab uses ultra-precise technology and complex algorithms to sort through your DNA. We look at millions of tiny markers and analyze their patterns on your DNA.

When you get your report back, your provider will offer in-depth analysis of areas in your life that are affecting your Biological Age

## WHY IS BIOLOGICAL AGE IMPORTANT?

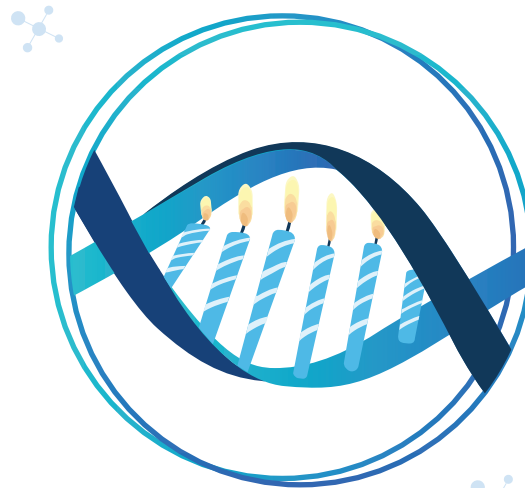
### REDUCING YOUR BIOLOGICAL AGE BY 7 YEARS HAS BEEN SHOWN TO CUT THE RISK OF DEVELOPING AGE-RELATED DISEASES IN HALF

Biological Age is deeply tied to your long-term health. Many disease occur at higher rates when you get older, because more and more of your cells aren't functioning the way they should.

A **higher** Biological Age is correlated with a higher risk of developing age-related diseases (like Alzheimer's Disease and Cancers). A **lower** Biological Age is correlated with reduced risk of disease, and a longer lifespan.

You can change your Biological Age, and change your risk of disease.

If you could reverse your risk of age-related disease and avoid sickness, wouldn't you want to know how?



## HOW CAN I CONTROL MY BIOLOGICAL AGE?

### FACTORS INCLUDE:

- Nutrition
- Smoking
- Alcohol consumption
- Behavior
- Stress
- Physical activity
- Medication
- Pollution
- Sleep habits

Your biological age can be slowed, and even reversed. You can apply changes to your lifestyle and use TruAge to show - and even track changes over time - how your lifestyle is changing **YOUR** risk of incidence of disease.

While scientists believe about 40% of your DNA Methylation is out of your hands, due to what you inherited from your parents or experienced in childhood - that still leaves over half of your gene expression in your own hands.

## WHAT SHOULD MY BIOLOGICAL AGE BE?

As low as you can get it!

When your Biological age is less than your Chronological age, it means that you are living a lifestyle that is actively helping you lengthen your lifespan and prevent (or at least greatly reduce!) the chance of chronic illness and age-related diseases.

## WHAT IS DELIVERED WITH YOUR TRUAGE TEST?



### What's included in the reports?

You'll receive a breakdown of all the different factors known to affect Biological Age, and where you stand. Your Biological Age itself can be used as a tracking measurement over time, to see how well anti-aging interventions are working for you.

### Pace of Aging

This looks at how quickly your Biological Age is changing, like a speedometer. If it's slowing down, you're on the right path.

### Immune System

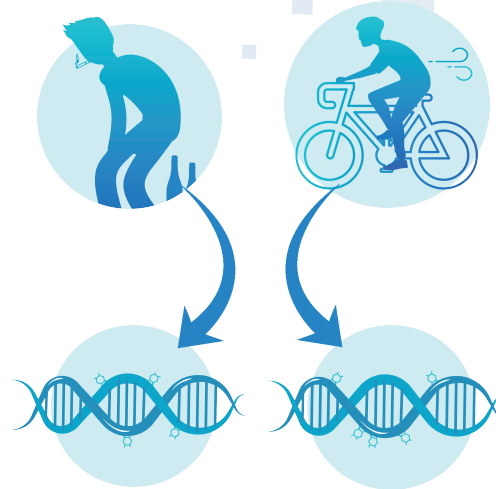
While Biological Age looks at your body as a whole, our report also looks at how your immune system is aging - breaking down what part of that is the natural aging of a human, vs what is unique to you.

### Loci Reports

Your provider will also receive some specific-gene risk reports, that will look at your current risk for things like diabetes and obesity.

### Lifetime Value

As we come out with new Loci reports, your profile will be automatically updated with the new information. This means that as the field of Epigenetics grows, so will your reports.



## CHANGING YOUR RECIPE

A DNA test can look at what genes you **have**. But an Epigenetic test can look at what genes are being used, and how much.

If your DNA is a giant recipe book for your body, and your genes are individual recipe steps... Then epigenetic markers are like sticky notes that tell the reader to double this step, skip this one, or "actually, this recipe is terrible, don't even start."

These markers don't change the DNA itself - they don't rewrite the recipe book - but they do **change how the reader (your cells) interpret and act on those instructions**.

When your DNA is being read differently, that makes huge changes across your entire body. It affects every part of you.

**By knowing your Biological Age, you can track how well your lifestyle changes are affecting your body's most basic and essential structures.**

## DISCOVER YOUR TruAge



## MOST ADVANCED EPIGENETIC CLOCK IN THE WORLD



TruDiagnostic.com | 833.963.1700  
881 Corporate Drive, Lexington KY 40503  
support@trudiagnostic.com

