

Discover your body's real age with **MethylAge.**

The laboratory test to determine your biological age.



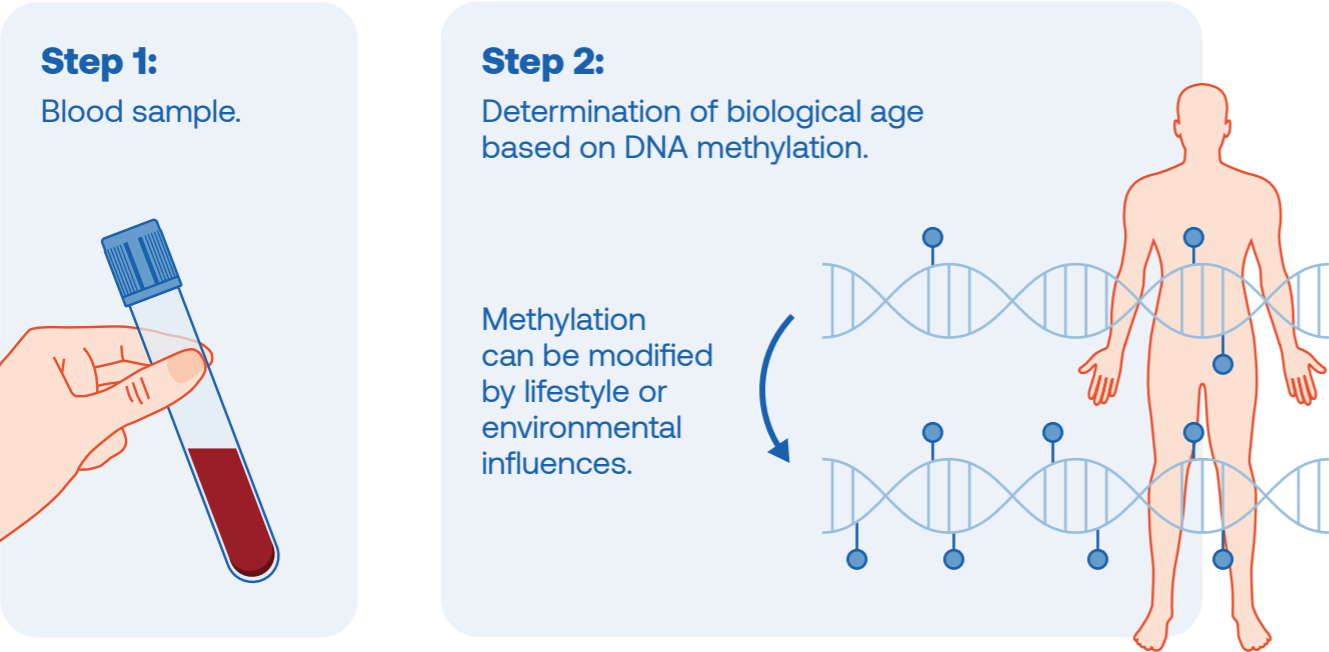
What is MethylAge?

MethylAge compares chronological age with biological age, which is determined by lifestyle and environmental factors. While genetic predisposition is fixed, it can be activated in different ways, meaning that a healthy lifestyle can have a positive influence on biological age. By helping to determine biological age, the MethylAge test offers you the opportunity to review your lifestyle habits and adjust them if necessary.



How is the test carried out?

The test requires a blood sample. This sample is used to determine whether your biological age corresponds to your chronological age, or whether it is lower or higher. Based on the results, you will receive personalised recommendations for maintaining or improving your biological age.

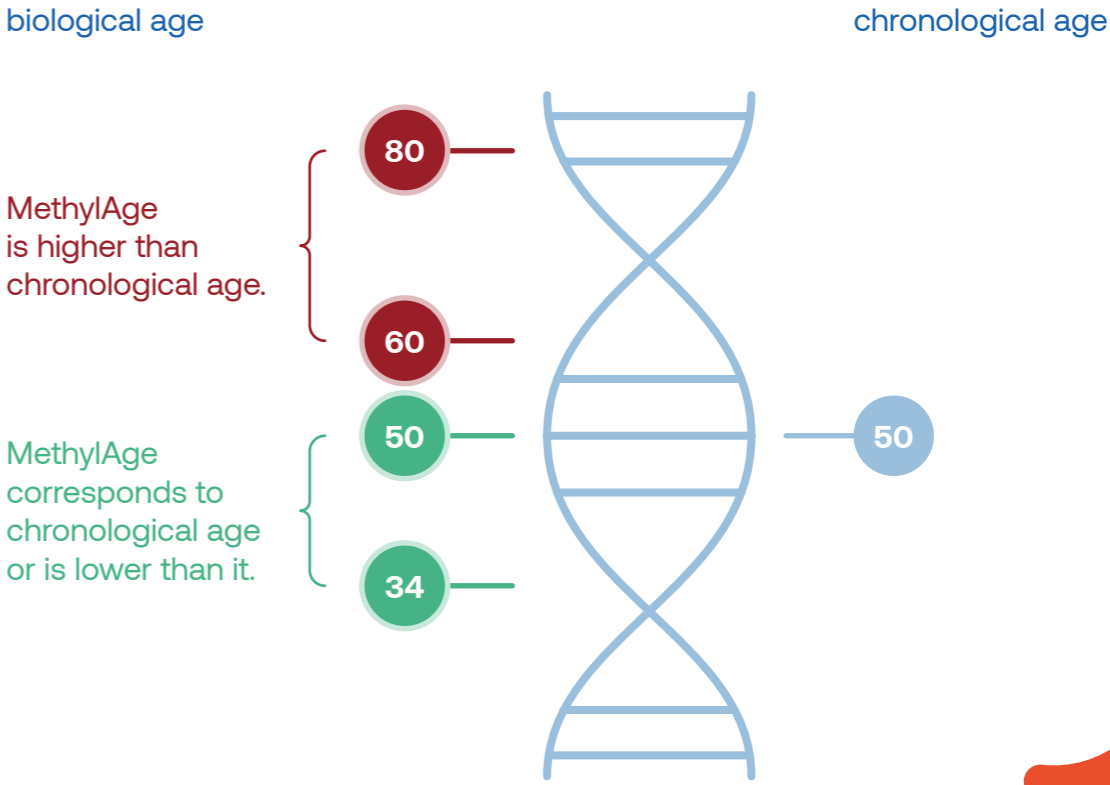


Advantages of the test:



- Personalised information about your health**
Compare your biological age with your chronological age and find out how your lifestyle influences your health.
- Motivation to change**
The test shows you where adjustments are necessary and motivates you to actively work on your health.
- Long-term improvements**
With the right adjustments to your diet, physical activity and stress management, you can reduce your biological age and improve your quality of life in the long term.

Example from MethylAge results





Who is this test for?

- For patients aged 18 to 80.
- For patients who want to know their biological age.
- For anyone who wants to know how their lifestyle influences their biological age: does it make them younger or older?
- For patients who are looking for a solid biological basis for improving their lifestyle habits.
- For patients who want to feel better and improve their quality of life.

Do you have any questions?

For general information about the test,
you can contact us at any time.

For any other questions or for personalised advice,
your doctor is your first point of contact.



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Our services:

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Women's health
Men's health
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