



MethylAge

Evaluation of your actual biological age

Feeling old too soon? Test if your Lifestyle affects your metabolism. Epigenetics is a mechanism that allows to adapt gene expression to environmental factors. Your birthday gives a chronological age, some epigenetic biomarkers may give another biological one.

This test will help change or reinforce good habits for a younger biological age.



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Facts

- The biological age can be different from your chronological age determined by your birth date
- Apart from your genetic make-up, environmental factors and the lifestyle influence the biological age, positively as well as negatively

Who and when should be tested?

- Everybody who is interested in his/her biological age
- Everybody who wants to know if his/her lifestyle makes him/her younger or older from the biological point of view
- Everybody who wants to have a biological justification/motivation to change/improve life
- Everybody who wants to feel better and increase life quality

Why MethylAge?

- MethylAge allows you to determine your biological age and compares it with your chronological age
- Following the results and provided recommendations, it can be the basis/motivation to change your life in a positive way

Results and Interpretation

- It will be determined if your biological age is in line, lower or higher than your chronological age
- Based on results, recommendations to keep or improve are provided

Additional information

- MethylAge test can be performed several times to monitor the biological age over time; there is no limit
- Required sample material is EDTA blood

