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In this document...

You'll learn exactly what we tested, what it means about your aging journey, and what next steps you can take to lower this number.

Your TruMe Age is 6 years and 6 months higher than your chronological age.

TruMe Age

70.3 years

Share Results:

Chronological Age: 63.8

Measurement	+6y 6m
Biological Age	63.8
TruMe Age	70.3

Numerous elements shape your aging process, and our goal is to guide you in understanding them.

Keep reading to learn more about your aging

Disclaimer: The presence of "risk variants" in these genes does not pose an immediate threat to life. Nonetheless, they have the potential to affect our body's natural equilibrium or elevate the likelihood of certain health conditions. It's crucial to recognize that these variants are prevalent, with an estimated 30-50% of individuals carrying them in their genetic makeup.

Understanding the basics.

Here's a look at what our lab tested.

1

We analyzed your epigenetics

Your epigenetics is a layer on top of your DNA that switches your genes on and off by tagging them. The tagging is called DNA methylation. As you age, your methylation levels may go up or down in certain DNA regions.

2

We analyzed your DNA methylation levels.

This helped us determine the regions that are most susceptible to the effects of aging. We took those results and compared them to averages to determine how old your body really is.

Understanding Chronological Age vs. TruMe Age



TruMe Age

70.3

Your cellular health is similar to an individual of this age that hasn't received any anti-aging therapies and, thus, is aging at an average rate.



Chronological Age

63.8

This is the actual number of years you have lived since birth. Your chronological age did not influence the test results whatsoever.



Sample quality can effect your results.

Your sample was of
good quality.

We use "Fast Technology for Analysis of nucleic acids" (FTA) cards for the collection of your sample. These are made of specialized paper to protect your DNA. However, if the card was still wet when it was shipped, the quality of the sample can be compromised.



Your Methylation Level

71%



To check whether your DNA sample was of good quality, we look at a metric called "Line Methylation." If this metric is above 70%, the quality is considered good. Note that we sometimes need a few rounds of analyses to find good quality DNA (this may have caused your report to be delayed).

There are two scenarios when Line Methylation levels could be below 70%: (1) When a person is very sick with certain chronic diseases such as cancer or diabetes or (2) when something has happened to the sample after it was collected.



Let's see how you did.

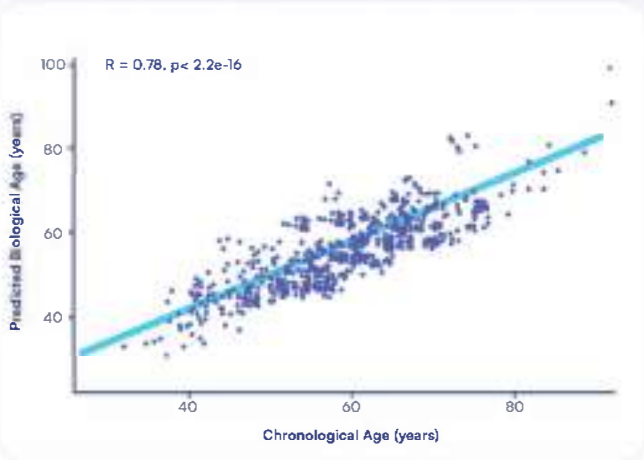
Here is what our data says about your results:

30% better than your peers.



To calculate your TruMe Age, we've compared your DNA methylation levels to a database with thousands of other records.

The percentage above will give you an idea of how well you've scored compared to other people with the same chronological age.



To “calibrate” our TruMe Age check, we've gathered data of thousands of people of great diversity.

You can read more about this in the papers that scientists have published on this topic.

[Read More](#)



Final Words

We believe that we are on the verge of a longevity revolution that will change our lives in ways we can't even imagine.

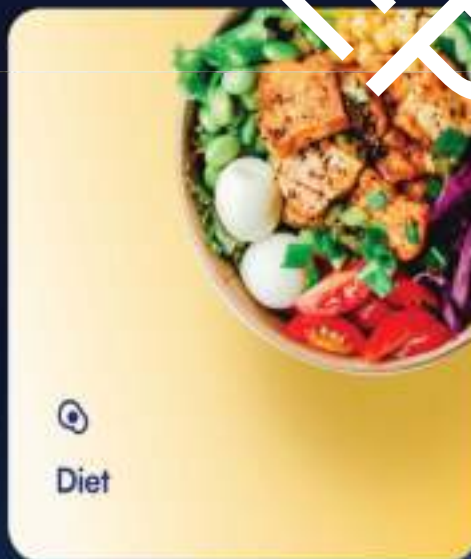
You belong to a smart, but growing group of people that have already discovered the fascinating field of longevity science. Welcome to this longevity movement!

You now know your TruMe Age and, regardless of the result, we're sure you will be keen to bring this number down.

Our mission is to help people live healthier, longer lives with tailor-made advice. Science is still evolving and at this point in time, you play a big role in the success of your longevity therapies.

Stick to your routines, only make changes every few weeks, and continue to test regularly to find out what works best for you.

Keep reading for learn about our longevity tips...



Exercise

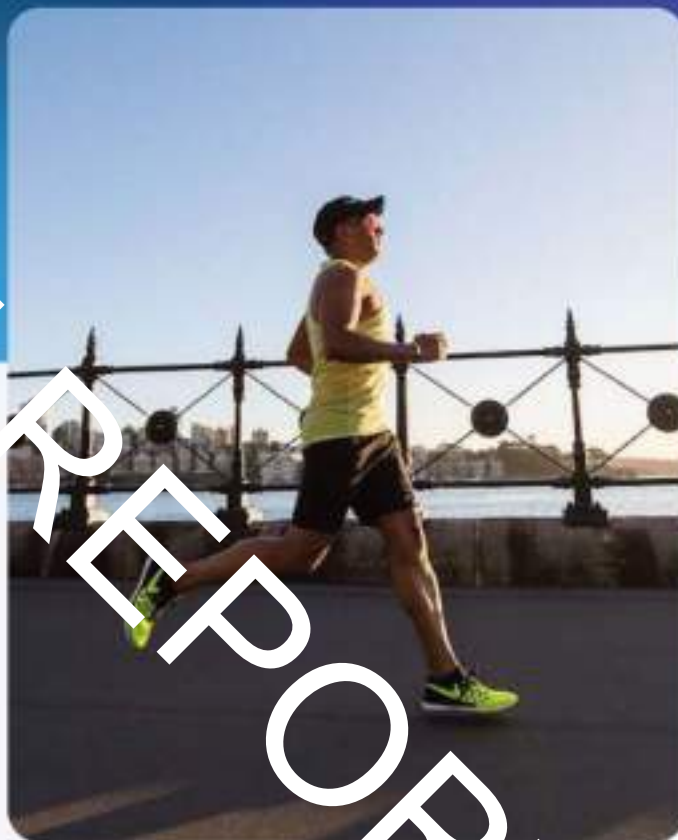
Exercise is one of the best defense and repair strategies that we have to counter different drivers of aging.



The importance of exercising.

Research results are crystal clear: being in good physical shape is associated with living longer. This holds true at any age. Multiple studies show the higher someone's level of fitness, the longer they live. There is plenty of scientific evidence that exercise can activate the processes needed for DNA repair. Getting to a good level of fitness and maintaining it should therefore be a top priority for everyone who wants to slow down ageing.

So, how much fitness and what types of workouts are we talking about? The best mix is a combination of aerobic workouts (100+minutes of walking, running, swimming and biking a week) with resistance training twice a week to strengthen the muscles. Engineering movement in your daily life (such as walking to work or to the supermarket) can help you achieve these fitness goals.



Next:
The importance of diet...

