

### 1. Current Test Results

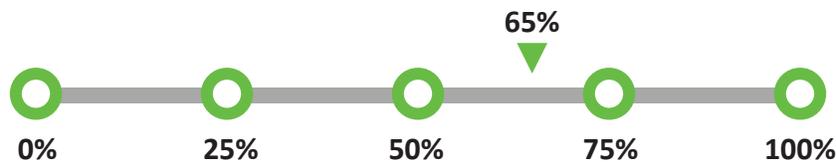
Based on the methylation value of your sample, your DNAge™ is **35**.



\*Gray bars indicate the median of 2 standard deviations of replicated tests, showing the reproducibility of test.

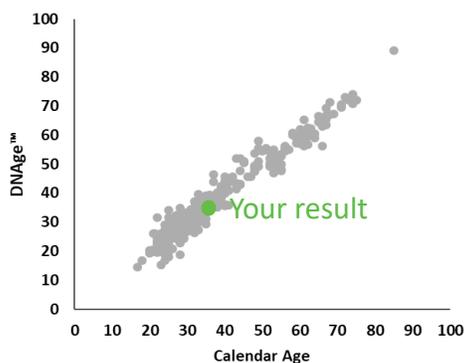
### 2. DNAge™ Index

Your DNAge™ index\* shows you are at 65<sup>th</sup> percentile of your age. It means you are younger than 65% of people at your age.

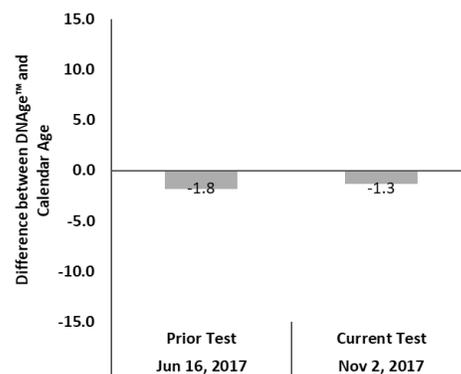


\*DNAge™ index is calculated based on the current available database. It is subject to change with increased population.

### 3. Your DNAge™ Compared to General Population



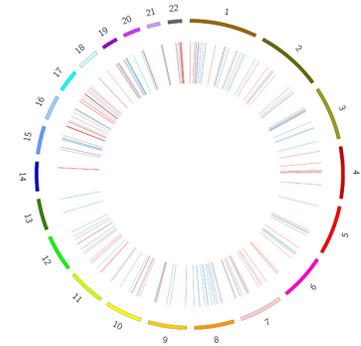
### 4. DNAge™ Monitor



To monitor your DNAge™ changes, our scientific advisors recommend retesting 6-12 months after your original test.

## What is the DNAge™ Test?

The DNAge™ robustly detects epigenetic changes to determine biological age based on the aging clock built by UCLA professor Dr. Steve Horvath. Epigenetics is gene regulatory information layered on top of DNA. The reversible and dynamic nature of epigenetic marks makes DNAge™ an ideal test to monitor lifestyle interventions.



## Understand your DNAge™:



### What is Epigenetics?

Your DNA isn't your destination. The reversible, dynamic nature of DNA methylation modifications (in contrast to genetic changes) make the DNAge™ clock an ideal test to directly monitor lifestyle interventions.

*"Why Your DNA Isn't Your Destiny" Time, Wednesday, Jan. 06, 2010.*



### Do you know that your diet and lifestyle will affect your DNAge™?

A joint study of 11 universities shows that a high plant diet with lean meats, moderate alcohol consumption, physical activity, and education benefit your DNAge™.

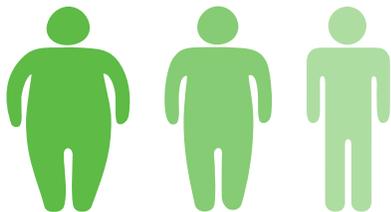
*Epigenetic clock analysis of diet, exercise, education, and lifestyle factors. Aging.2017;9:419-46.*



### Is it true that women live longer than men?

By analyzing more than thousands of samples, scientists show that men have higher epigenetic aging rates than women in blood, saliva, and brain tissue.

*An epigenetic clock analysis of race/ethnicity, sex, and coronary heart disease. Genome Biol.17 (1): 171.*



### BMI: Not Only a Number

The fact that obesity accelerates epigenetic aging of human liver strongly suggests that BMI index and DNAge™ may be significantly associated and become indicators of aging rate.

*Obesity accelerates epigenetic aging of human liver. Proc Natl AcadSciU S A.111: 15538-43.*

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