



epiAge

How old am I really?





epiAge has the answer.

| **Discover your real age** | The epiAge test reveals your biological age. The patented epiAge test procedure uses the methylation markers on your DNA to determine your actual epigenetic age – with the utmost scientific accuracy.

Your age is
more than a number.

age example:

chronological age = 45

biological age = 37

| **We don't just age chronologically** |

Biological age is an important pointer on your way to a long and healthy life. Many factors, such as daily habits or stress levels, affect it. Once this baseline – your epigenetic age – has been determined, you can then screen your lifestyle to make meaningful changes. Indeed, the methylation markers on your DNA are reversible. So this is the good news: you have control over your age.

**Turn back
your biological clock.**

| **Impetus for change** | Any doctor will confirm that certain behaviours have positive effects on your health – and thus also on your ageing process: eat a balanced and varied diet, get enough regular exercise, make sure you get plenty of regenerating sleep, avoid stress and refrain from smoking as well as excessive alcohol consumption. You can then perceive your epiAge test result as a confirmation of your efforts or a catalyser for change.

Your age,
put to the test.

+5

| **Trust is good. epiAge testing is better** |

The epiAge test provides you with a personalised age check. Depending on whether your biological age is higher or lower than your chronological age, you can evaluate your own lifestyle and, if needs be, draw conclusions for changes. Even better: with a follow-up test, you can monitor your efforts by checking their effects on your ageing process. So why not slow it down by a couple of years?

This is how the epiAge test works.

Prof. Dr. Moshe Szyf



| Your scientifically precise age |

epiAge offers you a user-friendly DNA analysis kit to calculate your biological age. Based on a simple saliva test, you will obtain an estimation of your epigenetic age within just a few weeks. epiAge Germany collaborates with the lab of **Professor Moshe Szyf** – one of the leading epigeneticists worldwide – based at the renowned McGill University in Montreal. So, take advantage of this cutting-edge scientific expertise to plan new health-promoting measures and anti-ageing strategies as well as regularly monitor their effectiveness.

**Enrol epigenetics
for your success.**



| About epiAge |

The epiAge test was developed at McGill University in Montreal by Professor Moshe Szyf and his team. His HKG epiTherapeutics laboratory analyses your samples according to the state-of-the-art research findings. On the basis of sound scientific expertise, epiAge Germany provides you with a precise epigenetic tool to determine your personal biological age.

Stay young!



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