

TEST EVALUATION

epiAge™ is a next generation epigenetic age test for home use. It is designed to determine your biological age. Using the latest research findings in biotechnology, it enables the detection of how fast you have aged so far.

Secure ID Number:

XXXXXXXXXX

Test date:

16.02.2022

Your biological age in years

51,06

Your biological age is calculated from your personal epigenetic epiAge™ Score of 5515 in relation to a representative control group from generally available, independent scientific studies. We deliberately avoided asking about your chronological age during test registration to avoid any bias.

Next Generation Sequencing (NGS)

The methodology for determining epigenetic age developed for the epiAge™ test by Prof. Dr. Moshe Szyf at McGill University in Montreal enables a precise evaluation based on exactly 13 specific so-called CpG islands on your DNA. The epiAge™ test uses Illumina® Next Generation Sequencing.

DNA sequencing is a precise, complex process and a sophisticated diagnostic technique previously reserved for biochemical scientific research.

+/- 2,8 MAD
(mean absolute deviation)

The accuracy of the epiAge test is +/- 2.8 years in terms of basic determination.

Triple Sequencing Method (TSM)

Another special feature of the epiAge™ test is the triple analysis of your DNA. Relative deviations in the reading of the DNA are technically unavoidable.

With triple sequencing, the DNA is analysed three times separately and the average value is determined from the individual results in order to present as accurate a picture as possible of the methylations of your genome, which correlate with age.



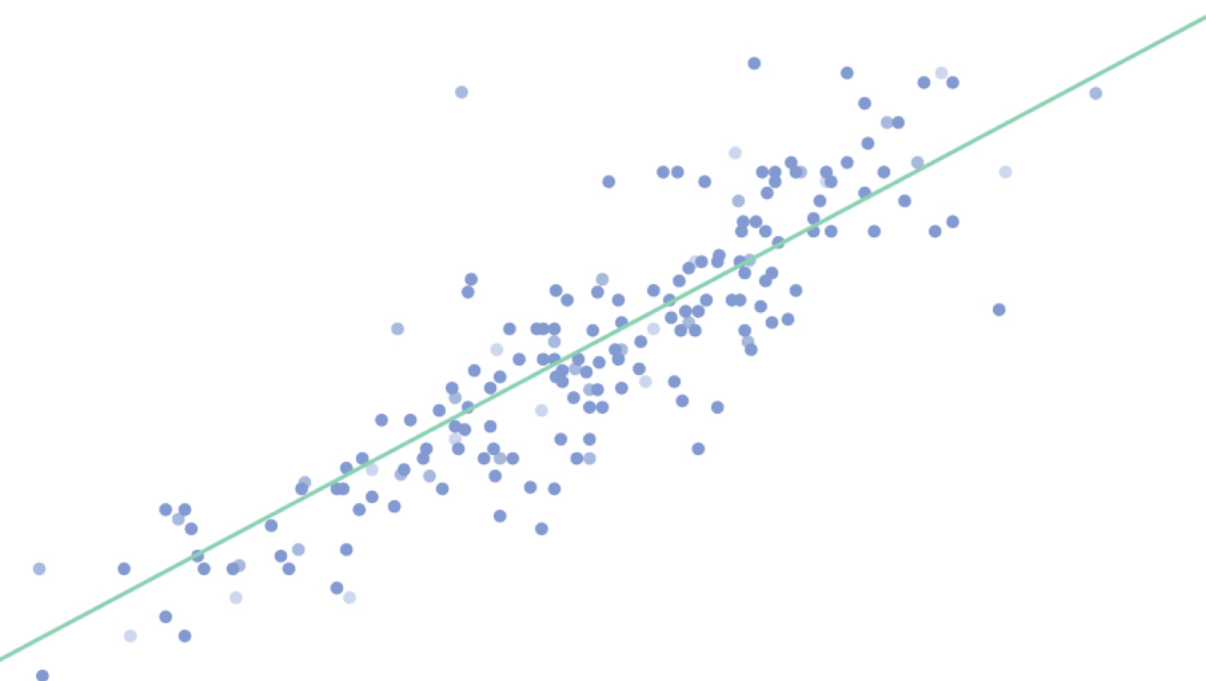
The above procedures increase the accuracy of the analysis of your DNA methylations to determine your epigenetic age and enable **very precise results with 2 decimal places**. In a follow-up test, the smallest changes can thus be detected.

98.60%

Technical accuracy

As described on page 2, we perform three independent tests on your saliva sample. To compensate for relative deviations, we determine your epiAge™ score, from which your biological age is derived, from the average of these three test cycles.

The closer the technical accuracy of your test is to 100%, the closer the individual results of each test cycle were to each other.



51,06

How old are you?

We deliberately do not ask for your chronological age, i.e. your age in years from your date of birth, in the course of our testing procedure. The human ageing process is very individual and depends on various factors. Your biological age is an expression of a variety of aspects – from your personality to your environment, including your genetic predispositions, habits and individual lifestyle.

How should your test result be interpreted?



If your biological age is significantly higher than your chronological age:

A significantly higher biological age is an abnormality (and nothing more) suggesting that it may be advisable to implement certain changes in your lifestyle. Consult your GP to discuss possible strategies and develop feasible health goals.



If your biological age is lower than your chronological age:

A lower biological age may suggest that you have done some things right in the past. You should see this as an incentive to maintain your health routines and possibly even expand them.



Can ageing be slowed down?

Using the epiAge™ test, we have analysed the methylation of selected sites around your DNA. Progressive methylation is associated with age, as well as certain chronic diseases. Numerous studies suggest that methylation processes are generally reversible.

So what can you do?

You have already taken the most important step - you have taken the initiative to question your age and health. With your test result, you now have a better understanding of the state of your ageing process. And it is already well known that diet, stress, sleep, environmental factors, exercise, as well as smoking and alcohol consumption have an impact on our epigenetics.

Your test result should therefore encourage you to adjust your lifestyle and develop a(n even) healthier routine. Why not start today? Set achievable goals and strive for permanent changes. With sustainable health routines, you can influence your ageing process step by step and develop positively – epigenetically speaking.

Your own well-being will certainly confirm whether you are making progress and will be reflected in an increased quality of life. In addition, changes can be accurately determined with a follow-up test after a few months.

Prof. Dr. Moshe Szyf

epiAge Germany collaborates with the biotech laboratory of Prof. Dr. Moshe Szyf, one of the world's leading epigeneticists at McGill University in Montreal. Your sample was analysed in his research laboratory according to the latest scientific and technological standards.



NOTE

The epiAge™ test is not a medical health analysis and should not be construed as a medical examination, diagnosis, treatment, preventative measure, or risk assessment of disease.

The epiAge™ test is solely intended to determine epigenetic age and is based on the analysis of the DNA methylations around your DNA.

We do not collect genetic data.

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