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# Reveal Your TruAge<sup>TM</sup>

Collection Results Report



Collection Date: 10/27/2022  
Report Date: 11/15/2022



**Hi Paul,**

Thank you for taking the TruAge test by TruDiagnostic. TruDiagnostic is a company that has been built on *one premise*. We want to be able to read your DNA methylation patterns so that we can help you live a longer, better quality life. In the report below, we will explain everything about our test including why it is important and how you can use this metric to live a healthier life.

By using TruAge, you have now unlocked a lifetime of information about yourself. As we get better at reading each methylation spot on your DNA, and the outcomes that each spot is correlated to, we will continue to update you on this information and what it tells us about you. You are one of the first to have your DNA read and interpreted by our innovative algorithms. We are thankful that you are adding to the growing science and innovation around these areas.

Hopefully this will be the first of many times we report those metrics and outcomes to you so we can help you unlock a longer, healthier life.

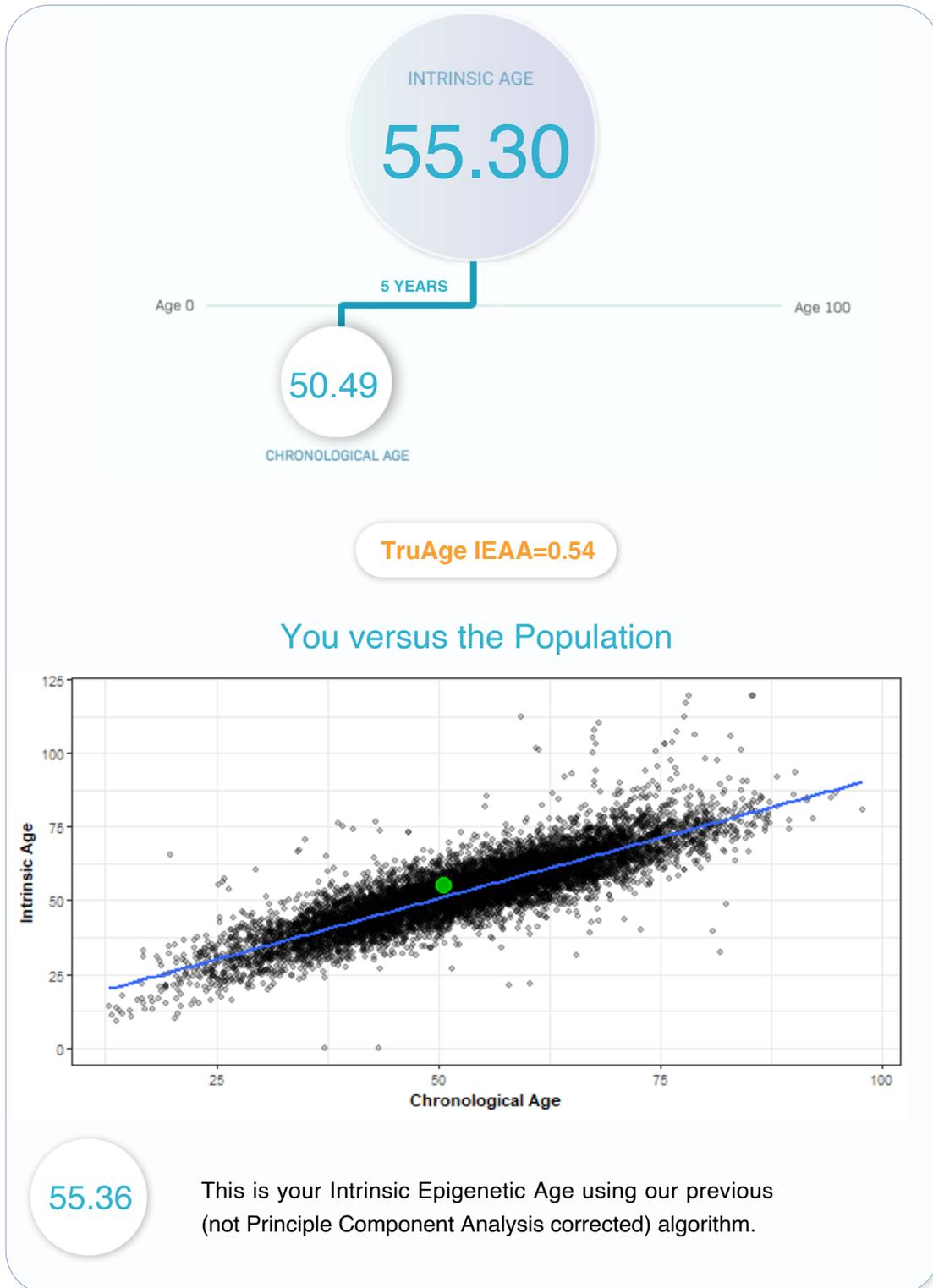
Thanks,

**The TruDiagnostic Team**



# YOUR EPIGENETIC AGE

## Summary



# YOUR BIOLOGICAL AGE

## vs Chronological Age

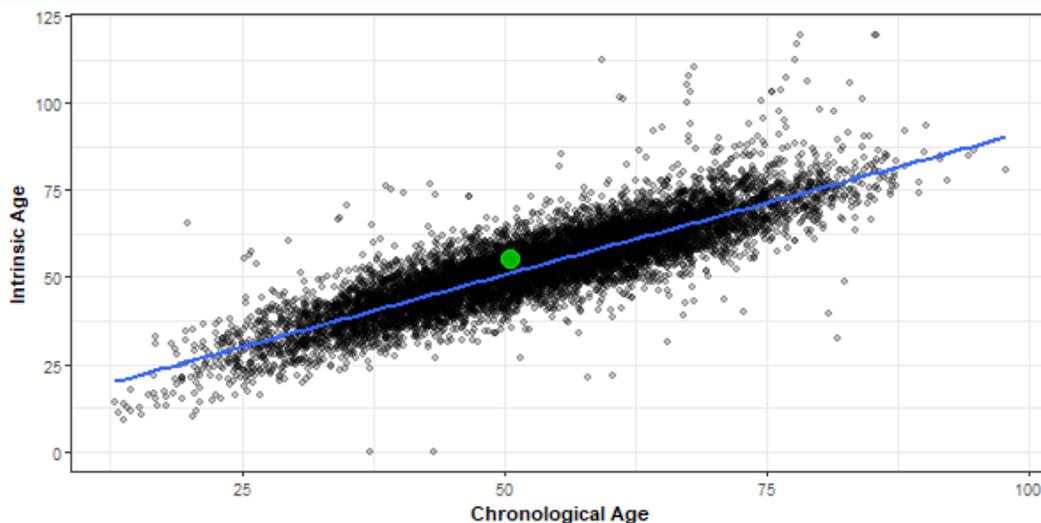


**Your biological age is higher than your chronological age.**

This is the first of hopefully many tests to measure the status of your DNA. You are older than your DNA. While tests like 23andMe might predict risk of certain diseases, TruAge can see how much your DNA can be changed through proper lifestyle changes.

If your intrinsic age is much higher than your chronological age, don't worry. There are plenty of things you can do to slow your aging. If your intrinsic age is under your chronological age, don't stop doing what you are doing, but implement additional benefits.

## HOW DO YOU COMPARE to the general population?



### Your Biological Age Compared to the General Population

This graph shows you where most people would range when comparing their chronological age versus their biological age.

One thing to remember is that a majority of our patient population are receiving this test in a preventative, integrative, functional medical community. As a result, our population metrics might be slightly different than those of the true general population. That is because often, the individuals who are being tested can afford the test and are most likely interested in aging in a healthy manner. In order to avoid this bias, TruDiagnostic actively recruits participants outside of this population to make sure we have a good snapshot of all variables such as socioeconomic status, race, gender, nationality and many others. If you have a connection to a under represented group who would like to be involved in this research, please let us know.

# YOUR TREATMENT FRAMEWORK

## Fitness



- You mentioned that you participate in exercise. It is important to get a diverse type of exercise in order to change methylation epigenetic markers in association with aging. Consider alternating the types of exercise you do
- You mentioned that you never exercise. Epigenetic study data suggests that exercising 4 times per week is the target minimum to reduce epigenetic aging
- Epigenetic markers of exercise are more changeable and predictive as you age. If you are older, you should make sure you work out regularly



## Nutrition

- You mentioned that your diet mostly consists of both meat and vegetables. Fish and poultry have shown to lower epigenetic age. Try incorporating these foods into your diet
- Consider a calorie restriction diet, Mediterranean diet, or fasting mimicking diet with the help of a nutritional professional
- Consider increasing your consumption of polyphenols such as trans-resveratrol, sulforaphane, epigallocatechin-3-gallate (EGCG), quercetin, and genistein.



## Medications

- You stated that you do not take any supplements or medications like metformin or rapamycin. Consult with your doctor about taking additional supplements and medications of these types, as they have shown to slow the rate of aging.
- Ask your doctor about growth hormone optimization to regenerate the thymus



## Psychosocial

Physical and emotional stress have been shown to increase epigenetic aging. Consider what you need to do to keep your subjective level of stress to a 2-3



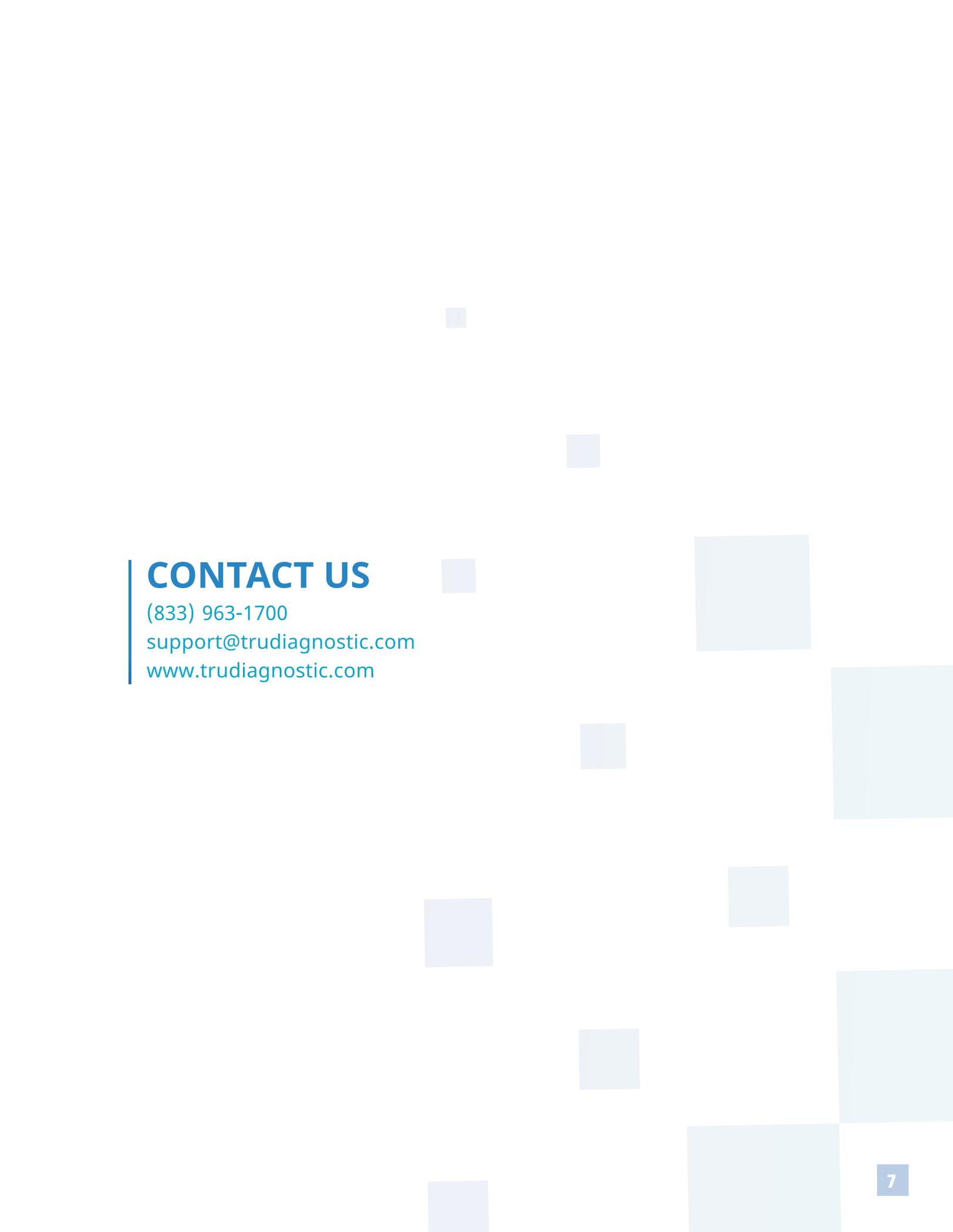
## Comorbidities

- Continue to avoid behaviors that increase your risk of type 2 diabetes and obesity
- You mentioned that you sleep 6 - 8 hours a night. Insomnia and low amounts of sleep have been associated with age acceleration. Consider what you need to do to get at least 7 hours of sleep each night.
- Continue to avoid behaviors that increase your risk of viruses.



## Exposures (Toxins, Pollution)

- Wear a mask in highly polluted areas
- PM2.5 particle matter data for your zip code can be found online. Create a treatment plan with your physician to avoid this type of pollution.
- Avoid exposures to pesticides and pesticide treated foods without washing them



## **CONTACT US**

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