



what sample collection method does this company use

The TruHealth epigenetic reports use an at-home **finger-prick dried blood spot** collection method. ^{[1] [2] [3] [4]}

Sample type and collection

- Sample type: capillary whole blood collected onto a dried blood spot card. ^{[2] [4]}
- Collection method: single or low-volume finger prick using a lancet supplied in the kit, with a few drops of blood placed on the blood spot card. ^{[3] [5] [6] [1]}
- Collection setting: entirely at home (or in-office if a clinician prefers), no venipuncture, fasting, or clinic visit required. ^{[7] [1] [2] [3]}

Processing and logistics

- After drying, the blood spot card is mailed back in a prepaid envelope or user-arranged postage, depending on the reseller. ^{[8] [6] [1] [2] [7]}
- Testing is performed by TruDiagnostic's CLIA-certified laboratory in Kentucky, which runs DNA methylation analysis to generate the TruHealth epigenetic biomarker reports. ^{[9] [4] [2] [8] [7]}

If you're planning to integrate this into a longitudinal SS-31/MOTS-c protocol, do you prefer in-office standardized collection or true at-home kits for your cohort?

✱

what validation does this company have regarding lab certification

TruHealth's epigenetic reports are run by TruDiagnostic in a CLIA-certified, CAP-accredited, HIPAA-compliant clinical laboratory, with additional ISO 15189 and COLA accreditation reported by third-party lab directories. ^{[17] [18] [19] [20] [21] [22] [23] [24] [25] [26] [27] [28]}

Core lab certifications

- **CLIA certification:** TruDiagnostic operates a CLIA-certified clinical laboratory in Lexington, Kentucky; CLIA status is explicitly confirmed on their site and in press releases and partner descriptions. ^{[18] [19] [20] [29] [21] [22] [30] [23] [25] [26] [28] [17]}

- **CAP accreditation:** Rupa Health's lab profile lists TruDiagnostic as CAP-accredited, indicating College of American Pathologists proficiency and quality systems compliance. ^{[24] [27]}
- **ISO 15189 and COLA:** The same directory lists ISO 15189 and COLA accreditation, suggesting alignment with international medical laboratory standards and an additional US physician-office laboratory accreditor. ^[27]
- **HIPAA compliance:** Multiple TruDiagnostic and partner pages note that data handling and portals are HIPAA-compliant. ^{[19] [21] [30] [17] [18]}

Platform and methodological validation

- **Clinical-grade platform:** TruDiagnostic states they use the Illumina Infinium EPIC array (~850K CpGs), the predominant platform in published epigenetic aging research, which allows direct comparability to peer-reviewed methylation clock validation data. ^{[29] [30]}
- **Use in trials and collaborations:** Their lab and clocks are reported as being used in 30+ clinical trials and collaborations with major academic centers (e.g., Duke, Harvard, Yale, UCSF, UPenn, Ohio State), which indirectly supports analytical validity and external confidence in the lab's workflow. ^{[21] [22] [25] [26] [28] [17]}

If you're considering these assays for SS-31/MOTS-c or broader cohort work, do you need formal documentation packs (CLIA/CAP certificates, method validation summaries) for IRB or regulatory submission, or is practical clinical-grade status sufficient for your current use case?

**

1. <https://lolahealth.com/products/truhealth>
2. <https://www.trudiagnostic.com/become-a-provider>
3. <https://www.trudiagnostic.com/truhealth>
4. <https://longevity.io/orgs/trudiagnostic>
5. <https://www.youtube.com/watch?v=Fe8F1xPX1AE>
6. <https://livingsciences.com.my/www/mytruhealth/>
7. <https://www.thehealthlab.ie/product-page/truhealth>
8. <https://www.epicgenetics.co.uk/product-page/trudiagnostic-truage-truhealth-test>
9. <https://trudiagnostic.com/>
10. <https://www.rapamycin.news/t/hazel-szeto-ss-31-peptide-the-worlds-first-fda-approved-mitochondria-targeted-drug-longevity-summit-2025/22586/340>
11. https://cdn.prod.website-files.com/6690e254f407d1a469bb330/675b299d936693a1bc891f49_TrueHealth_Report.pdf
12. https://www.youtube.com/watch?v=Kl_z7MBP70
13. https://nordicbiohacker.com/productview-truage_truhealth-9457
14. <https://www.youtube.com/watch?v=MykPl4fZ3Sc>
15. https://www.linkedin.com/posts/ryan-smith-lexington-ky_excited-to-launch-this-test-based-on-the-activity-7259226915092279297-RPpf
16. <https://epigenetica.md/en/truhealth>

17. <https://trudiagnostic.com/>
18. <https://shop.trudiagnostic.com/blogs/press-releases/trudiagnostic-receives-clia-lab-status-and-launches-new-portal-for-providers-and-patients>
19. <https://longevity.io/orgs/trudiagnostic>
20. <https://shop.trudiagnostic.com/pages/our-lab>
21. <https://shop.trudiagnostic.com/pages/provider-platform>
22. <https://www.trudiagnostic.com/post/development-underway-for-a-new-generation-multi-omic-biological-age-clock>
23. <https://finance.yahoo.com/news/best-biological-age-test-2025-100000368.html>
24. <https://www.trudiagnostic.com/our-services>
25. <https://www.prnewswire.com/news-releases/trudiagnostic-announces-400k-epigenetics-discovery-grant-to-advance-scientific-innovation-302377089.html>
26. <https://www.prnewswire.com/news-releases/rejuveai-and-trudiagnostic-collaborate-to-create-more-accurate-chronological-age-prediction-tools-301728288.html>
27. <https://www.rupahealth.com/lab-companies/trudiagnostic>
28. <https://www.facebook.com/TruDiagnostic/videos/meet-the-team-at-trudiagnostic-it-is-our-mission-to-improve-peoples-lives-by-armi/885788646196650/>
29. <https://chronosgenomics.com/biohacking/trudiagnostic>
30. <https://shop.trudiagnostic.com/pages/epigenomics>
31. <https://www.rapamycin.news/t/hazel-szeto-ss-31-peptide-the-worlds-first-fda-approved-mitochondria-targeted-drug-longevity-summit-2025/22586/340>
32. <https://lolahealth.com/blogs/longevity/truage-review>