



Reveal Your TruAge™

Collection Results Report



Phil Newman

Test : TruAge™ | Sample ID: TS6EMUM
Collection Date: 03/04/2022
Report Date: 04/23/2022



Hi Phil,

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.

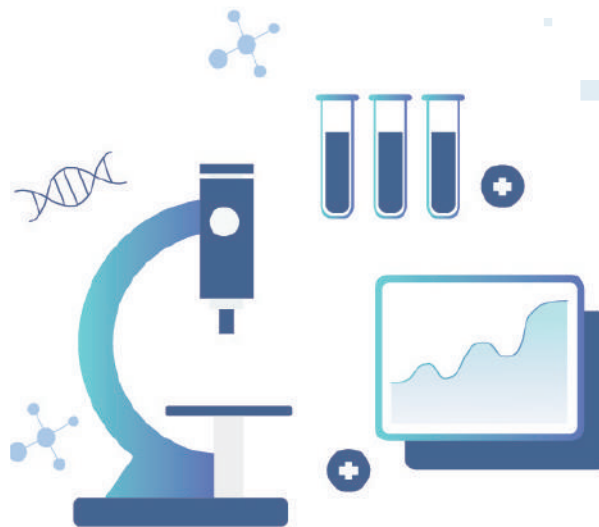
By purchasing TruAge™, you have now unlocked a lifetime of information about yourself. As we get better at reading each methylation spot on your DNA, and the outcomes that each spot is correlated to, we will continue to update you on this information and what it tells us about you. You are one of the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

Hopefully this will be the first of many times we report our hard work to you and help you unlock a longer, healthier life.

Thanks,

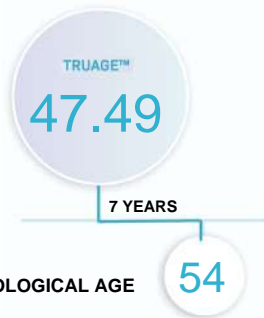
The TruDiagnostic™ Team

Mindy Williams, PhD, DABT
CLIA Lab Director



YOUR TRUAGE™

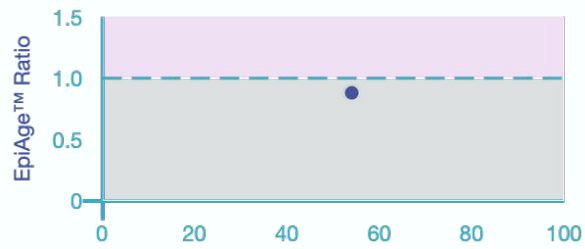
Summary



CHRONOLOGICAL AGE

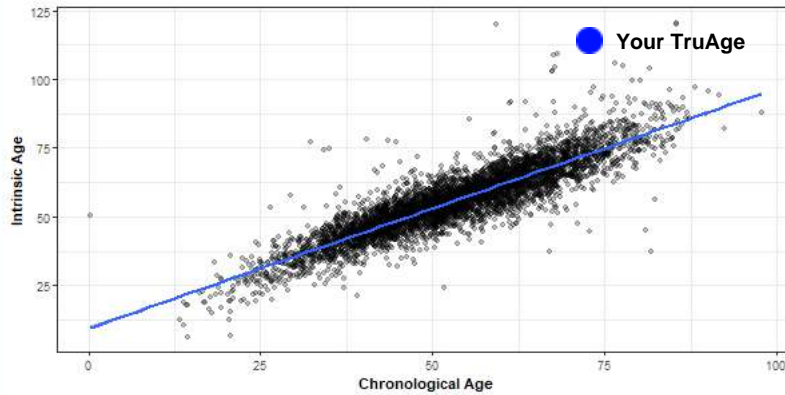
54

Your biological age vs chronological age



Chronological Age at Time of Test

Your EpiAge™ Ratio

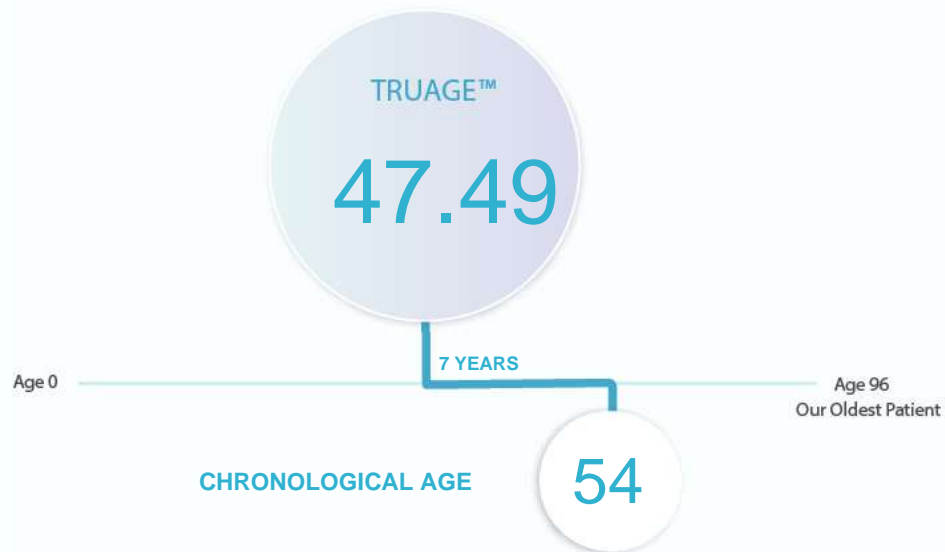


Your TruAge™ Compared to the General Population

Read further to see explanations for each of your results!
Also, see your TruAge™ Treatment Framework on pg 64.

YOUR TRUAGE™

Biological Age vs Chronological Age

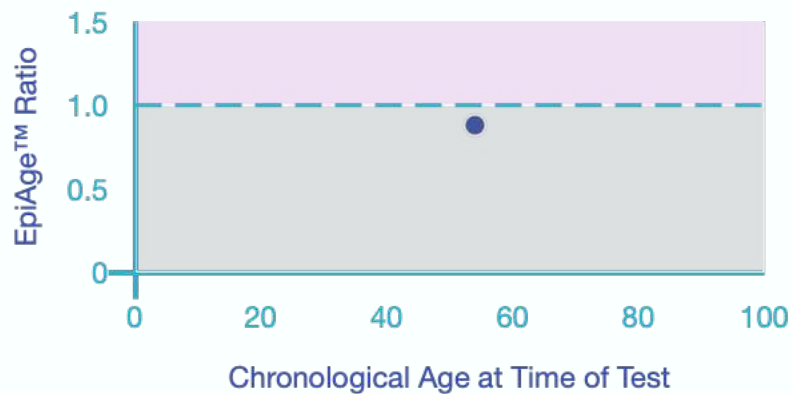


Your biological age is lower than your chronological age.

This is the first of hopefully many tests to measure the status of your DNA. You are more 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 TruAge™ is much higher than your chronological age, don't worry! There are plenty of things you can do to slow your aging. If your TruAge™ is under your chronological age, don't stop doing what you are doing, but maybe add things which could make it even better!

YOUR EPIAGE™ RATIO



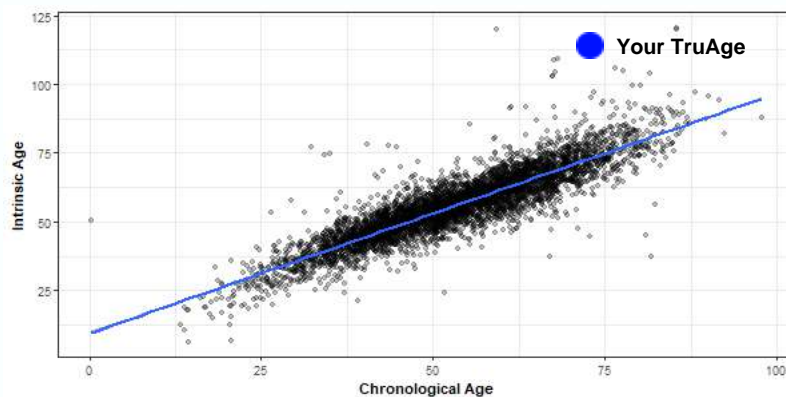
$$\frac{\text{Biological}}{\text{Chronological}} = \text{EpiAge}^{\text{TM}} \quad \Bigg| \quad \frac{47.49}{54} = 0.88$$

You show decelerated aging.

Your EpiAge™ ratio is slower than your chronological age. Individuals whose epigenetic age is less than their chronological age (i.e., individuals exhibiting “epigenetic age deceleration”) are at a decreased risk for death from all causes, even after accounting for known risk factors.

Your EpiAge™ ratio is 0.88. This means you age 88% for every year. If you lived 20 more years at this rate, your age would be 65 when you are 74.

HOW DO YOU COMPARE to the general population?



Your TruAge™ Compared to the General Population

This graph shows you where most people would fall on the graph when comparing their chronological age versus their TruAge™.

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 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!

PHIL'S TRUAGE™

Treatment Framework



Fitness

- You mentioned that you participate in Flexibility 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
- Epigenetic markers of exercise are more changeable and predictive as you age. If you are older, you should make sure you work out regularly
- You mentioned that you exercise 3-4 times per week. Epigenetic study data suggests that exercising 4 times per week is the target minimum to reduce epigenetic aging.



Medications

- You stated that you take Nicotinamide riboside (NR), Nicotinamide adenine dinucleotide (NAD) and etc.. Consult with your doctor about taking additional supplements and medications of these types, as they have shown to slow the rate of aging.
- You said that you do not engage in anti-aging interventions.



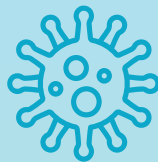
Psychosocial

- You mentioned that your stress level is a 7. 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



Drugs/Alcohol

- You mentioned that you drink 3-5 times per week. Consider regular consumption of small quantities of wine and beer. Consult with your physician before making any major health changes.
- You mentioned that you have not taken illicit drugs. Unfortunately, illicit drugs have not been studied in relation to epigenetic aging. We are hoping to change this! By letting us know, we are able to collect this data and let our computer learning system help us connect the dots between illicit drugs and aging. While many of these drugs have been investigated, we hope to have more substantial data soon!.



Comorbidities

- Continue to avoid behaviors that increase your risk of type 2 diabetes and obesity
- You mentioned that you sleep 6 to 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.



Nutrition

- Consider increasing your consumption of polyphenols such as trans-resveratrol, sulforaphane, epigallocatechin-3-gallate (EGCG), quercetin, and genistein
- You mentioned that your diet mostly consists of both meat and vegetables. Fish and poultry have shown to lower epigenetic age.



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



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