

Aging Report – Apr 15, 2024

Key Findings

CATEGORY	CONTRIBUTING FACTORS	ACTION ITEMS
Inflammation Age Older	<p>Factors:</p> <ul style="list-style-type: none"> Your intense exercise routine may contribute to inflammation Your diet may lack anti-inflammatory foods like fruits and vegetables Your kynurenine-to-tryptophan ratio levels are high for your age <p>How they affect you:</p> <ul style="list-style-type: none"> Intense exercise without adequate recovery time can lead to chronic inflammation in the body A diet low in fruits and vegetables means you may not get enough anti-inflammatory nutrients High kynurenine-to-tryptophan ratio is associated with increased inflammation and makes you 2.6 years older biologically 	<ul style="list-style-type: none"> Maintain 7 hours a night or more of sleep time Add more fruits - aim for 4 servings a day or more Add more vegetables - aim for 4 servings a day or more Ensure you have rest days and adequate recovery time between intense workouts
Longevity Older	<p>Factors:</p> <ul style="list-style-type: none"> Your diet includes 3-4 servings of poultry and 1-2 servings of red meat per week You are already consuming 2-3 servings of nuts and legumes per day Your methionine levels are slightly high for your age <p>How they affect you:</p> <ul style="list-style-type: none"> Animal proteins like poultry and red meat are high in methionine, which can negatively impact longevity Nuts and legumes are good plant-based protein sources that can help balance methionine levels Slightly elevated methionine levels are associated with accelerated aging and make you 0.1 years older biologically 	<ul style="list-style-type: none"> Substitute 2 servings a day of animal proteins with plant-based options like lentils, tofu, or tempeh Consider reducing poultry and red meat intake to 1-2 servings per week combined

Your Score

What is it?

Biological age measures your health by comparing certain biomarkers in your body to what is typical for people your age. If your marker levels are similar to those of a younger person, your biological age will be lower, and if they are similar to those of an older person, your biological age will be higher.

Your biological age



Your Recommendations

	RECOMMENDED CHANGES FOR YOU	YOUR CURRENT HABIT	WHAT IT CAN IMPROVE	EXAMPLES
Exercise regularly	Maintain 3 times per week or more	Everyday	Inflammation Age	Swimming, cycling, yoga
Increase sleep time	Maintain 7 hours a night or more	8-9 hours a night	Inflammation Age	Establish a bedtime routine, limit caffeine intake, create a sleep-friendly environment
Add more fruits	4 servings a day or more	2-3 servings a day	Heart Age, Inflammation Age, Metabolic Age	Blueberries, raspberries, kiwi
Add more vegetables	4 servings a day or more	2-3 servings a day	Heart Age, Inflammation Age, Metabolic Age	Kale, spinach, broccoli
Substitute meat with plant-based proteins	Substitute 2 servings a day of animal proteins with plant-based options		Longevity	Lentils, tofu, tempeh

What's behind your score?

Starting from your chronological age of 60.2, your biomarkers adjusted your biological age to 52.8 years. This means you are **7.4 years younger**. Let's break it down:

MARKER	RESULT
Inflammation Age	2.6 years older
<p>Kynurenine-to-Tryptophan ratio</p> <p>An increased kynurenine-to-tryptophan ratio has been associated with inflammation and various related diseases, such as diabetes and cardiovascular disease, liver issues, a weakened immune system, and the risk for certain types of cancer.</p> <p>References [1, 2, 3, 4]</p>	2.6 years older
Longevity	0.1 years older
<p>Methionine</p> <p>Methionine is one of the essential amino acids your body needs for basic functioning. However, too high levels of methionine have been associated with heart problems and accelerated aging.</p> <p>References [1, 2, 3, 4]</p>	0.1 years older
Liver Age	0.0 years, no change
<p>Fischer's ratio</p> <p>This measure determines the balance of certain amino acids in your blood. A low level has been associated with liver disease.</p> <p>References [1, 2, 3, 4]</p>	0.0 no contribution
Stress	0.1 years younger
<p>Cortisol</p> <p>Cortisol is a hormone that helps your body respond to stress. High levels of cortisol might indicate acute or chronic stress. Please note that cortisol levels are also higher in the morning and can be increased by coffee consumption.</p> <p>References [1, 2, 3]</p>	0.1 years younger
Bone Age	0.8 years younger
<p>trans-Hydroxyproline</p> <p>Trans-Hydroxyproline is a molecule involved in the production of collagen, a protein that provides structure and support to tissues in your body. High levels of trans-hydroxyproline have been linked to an increased risk of osteoporosis, a condition in which the bones become weak and fragile. PC</p> <p>References [1, 2, 3, 4, 5]</p>	0.8 years younger
Brain Age	0.9 years younger
<p>Indoxyl sulfate</p> <p>Indoxyl sulfate is a toxin produced by specific bacteria in your gut when they break down the amino acid tryptophan, which is contained in some foods. High Indoxyl sulfate levels can increase the risk for anxiety, depression, and dementia.</p> <p>References [1, 2, 3, 4, 5, 6, 7, 8, 9]</p>	0.9 years younger
Kidney Age	1.2 years younger
<p>p-Cresol sulfate</p> <p>p-Cresol sulfate is a so-called uremic toxin produced by specific bacteria in your gut when they consume the amino acid tyrosine contained in certain foods in your diet. High levels of this chemical have been shown to damage your kidneys.</p> <p>References [1, 2, 3, 4, 5]</p>	0.4 years younger

MARKER	RESULT
<p>Symmetric dimethylarginine</p> <p>SDMA is a byproduct of proteins breaking down in your body and is passed out by your kidneys. Studies have demonstrated that SDMA in blood reflects kidney function better than the commonly used eGFR measurement. High blood levels of SDMA have been shown to be an early sign of kidney damage.</p> <p>References [1, 2, 3]</p>	0.8 years younger
Metabolic Age	2.2 years younger
<p>Phospholipids</p> <p>Phospholipids are a type of building block for all cells in the body and have been associated with insulin resistance which lead to high blood sugar levels and increased risk of diabetes.</p> <p>References [1, 2, 3]</p>	0.1 years older
<p>Serine</p> <p>Serine is an amino acid with various roles in the body, including the protein synthesis, supporting the immune system, and the generation of essential phospholipids. Low levels have been associated with type 1 and type 2 diabetes.</p> <p>References [1]</p>	0.0 no contribution
<p>Aromatic amino acids</p> <p>This measure determines the concentrations of certain amino acids in your blood. High levels have been associated with insulin resistance and future diabetes.</p> <p>References [1, 2]</p>	0.3 years younger
<p>Tyrosine</p> <p>Tyrosine is an amino acid in your body and one of the building blocks of proteins. High levels in blood have been associated with insulin resistance and an increased risk for diabetes.</p> <p>References [1, 2, 3]</p>	0.5 years younger
<p>Alpha-amino adipic acid</p> <p>Alpha-amino adipic acid is an amino acid in your body. A clinical study has shown that it is a biomarker for future diabetes.</p> <p>References [1, 2, 3, 4]</p>	0.7 years younger
<p>Isoleucine</p> <p>Isoleucine is a branched-chain amino acid. High levels have been associated with diabetes, obesity, and cardiovascular disease. This can be a sign of an unhealthy lifestyle and might affect people of all weight ranges, not just those who are overweight.</p> <p>References [1, 2]</p>	0.8 years younger
Heart Age	2.3 years younger
<p>Succinate</p> <p>Succinate is a substance involved in central metabolic processes in the body. High levels have been associated with heart-related conditions, such as hypertension, ischemic heart disease, and diabetes.</p> <p>References [1, 2, 3]</p>	0.2 years older
<p>Asymmetric dimethylarginine</p> <p>ADMA is a byproduct of protein breakdown and plays a role in regulating blood vessel function. It can interfere with a molecule called nitric oxide, which helps our blood vessels relax and maintain a healthy blood flow. High levels of ADMA have been linked to cardiovascular diseases and other health issues.</p> <p>References [1, 2]</p>	0.6 years younger
<p>Ceramide 18:0</p> <p>Ceramides are a type of fat that regulate various processes in the body. The particular ceramide reported here called "18:0" has been reported to predict future heart events, such as myocardial infarction.</p> <p>References [1, 2]</p>	0.6 years younger

MARKER	RESULT
<p>Triglycerides</p> <p>Triglycerides are a type of fat that your body uses for energy. High levels or too much of it in blood have been associated with various heart-related conditions.</p> <p>References [1, 2]</p>	1.3 years younger
<p>Mitochondrial Age</p>	<p>2.6 years younger</p>
<p>Hydroxybutyrylcarnitine</p> <p>Hydroxybutyrylcarnitine is a key helper in our body's process of breaking down small fat molecules to create energy. Higher levels in blood have been associated with the risk to develop insulin resistance and diabetes.</p> <p>References [1, 2]</p>	1.2 years younger
<p>Palmitoylcarnitine</p> <p>Palmitoylcarnitine serves as a transport form for fat, enabling cells to convert it into energy. The presence of palmitoylcarnitine in the bloodstream signifies a disruption in this fat metabolism process. Research has demonstrated that increased blood concentrations may be linked to diminished heart function.</p> <p>References [1, 2]</p>	1.4 years younger

Inflammation Age
Older

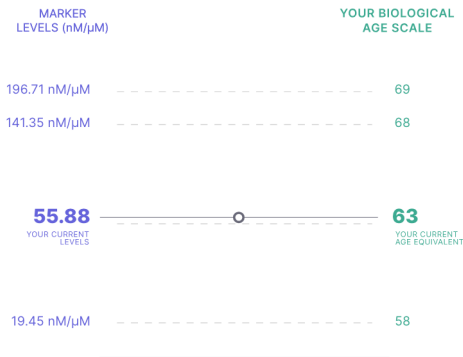
Kynurenine-to-Tryptophan ratio (KT ratio)

Older

What was measured in your blood?

Kynurenine-to-Tryptophan ratio. Your value is 55.88 nM/μM, which corresponds to a biological age of 62.8 years.

Kynurenine-to-Tryptophan ratio: Levels by Age



4/24

What is it?

An increased kynurenine-to-tryptophan ratio has been associated with inflammation and various related diseases, such as diabetes and cardiovascular disease, liver issues, a weakened immune system, and the risk for certain types of cancer.

Recommendations

If you have non-optimal levels of the kynurenine-to-tryptophan ratio, this may be an indication of systemic inflammation. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain a good immune system.

	RECOMMENDED CHANGES FOR YOU	YOUR CURRENT HABIT	EXAMPLES
Exercise regularly	Maintain 3 times per week or more	Everyday	Swimming, cycling, yoga
Add more vegetables	4 servings a day or more	2-3 servings a day	Carrots, bell peppers, zucchini
Add more fruits	4 servings a day or more	2-3 servings a day	Apples, oranges, strawberries
Increase sleep time	Maintain 7 hours a night or more	8-9 hours a night	Establish a bedtime routine, limit caffeine intake, create a sleep-friendly environment

References [[1](#), [2](#), [3](#), [4](#)]



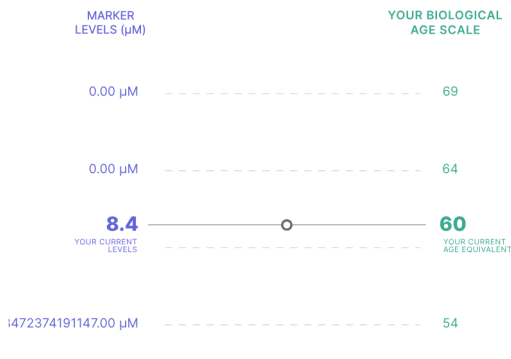
Methionine

Older

What was measured in your blood?

Methionine. Your value is 8.4 μM , which corresponds to a biological age of 60.2 years.

Methionine: Levels by Age



4/24

What is it?

Methionine is one of the essential amino acids your body needs for basic functioning. However, too high levels of methionine have been associated with heart problems and accelerated aging.

Recommendations

Studies have shown that a plant-based diet can lower methionine levels in the body.

References [1, 2, 3, 4]

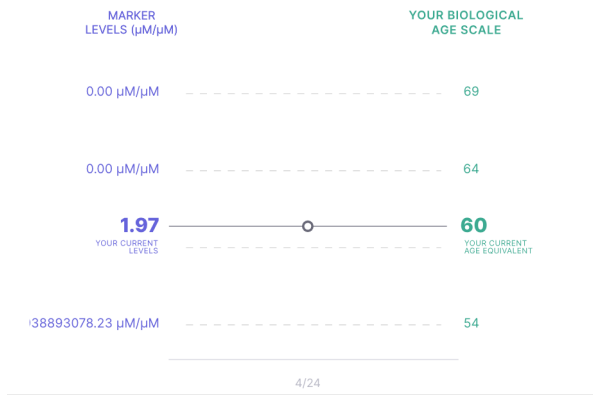
Liver Age
No Contribution

Fischer's ratio (F ratio)
No Contribution

What was measured in your blood?

Fischer's ratio. Your value is 1.97 $\mu\text{M}/\mu\text{M}$, which corresponds to a biological age of 60.2 years.

Fischer's ratio: Levels by Age



What is it?

This measure determines the balance of certain amino acids in your blood. A low level has been associated with liver disease. Moreover, low levels of this marker have been suggested as a marker for the development of polycystic ovary syndrome (PCOS) in women.

This marker includes the following molecules: Isoleucine, Leucine, Valine, Phenylalanine, and others.

Recommendations

If you have out-of-range values of Fischer's ratio, it could be an early sign of liver dysfunction. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good liver health.

References [[1](#), [2](#), [3](#), [4](#)]

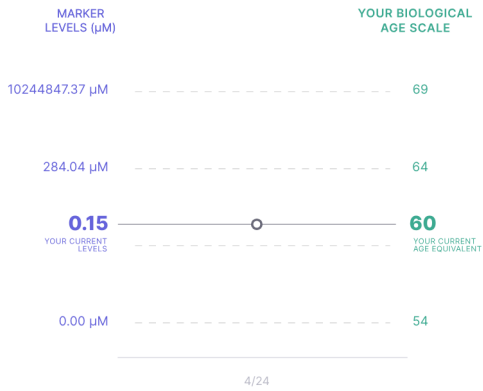


Cortisol Younger

What was measured in your blood?

Cortisol. Your value is 0.15 μM , which corresponds to a biological age of 60.1 years.

Cortisol: Levels by Age



What is it?

Cortisol is a hormone that helps your body respond to stress.

High levels of cortisol might indicate acute or chronic stress. Please note that cortisol levels are also higher in the morning and can be increased by coffee consumption.

Recommendations

If you have high levels of cortisol, you should try to reduce the amount of stress in your life. Regular exercise and plenty of sleep can also help with this.

References [1, 2, 3]

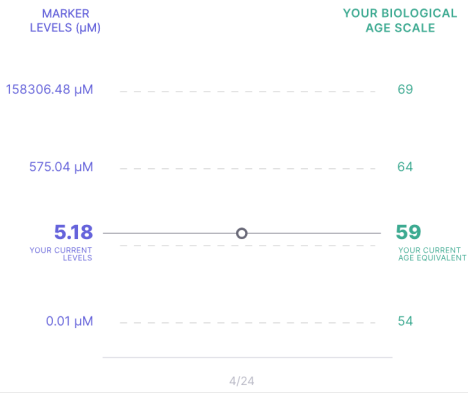
 **Bone Age**
Younger

trans-Hydroxyproline (TransOHP)
Younger

What was measured in your blood?

trans-Hydroxyproline. Your value is 5.18 μM , which corresponds to a biological age of 59.4 years.

trans-Hydroxyproline: Levels by Age



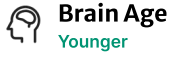
What is it?

Trans-Hydroxyproline is a molecule involved in the production of collagen, a protein that provides structure and support to tissues in your body. High levels of trans-hydroxyproline have been linked to an increased risk of osteoporosis, a condition in which the bones become weak and fragile. PC

Recommendations

If you have high levels of trans-hydroxyproline, consider incorporating more resistance training into your exercise routine, as it can improve your bone density.

References [[1](#), [2](#), [3](#), [4](#)]



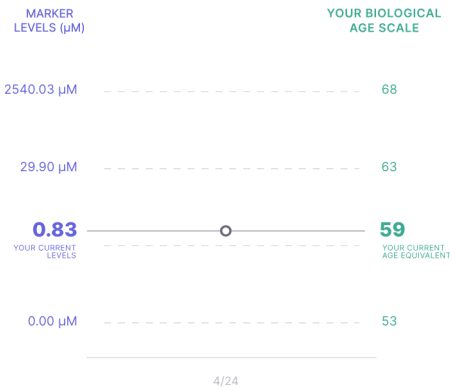
Indoxyl sulfate (Indoxyl S)

Younger

What was measured in your blood?

Indoxyl sulfate. Your value is 0.83 μM , which corresponds to a biological age of 59.3 years.

Indoxyl sulfate: Levels by Age



What is it?

Indoxyl sulfate is a toxin produced by specific bacteria in your gut when they break down the amino acid tryptophan, which is contained in some foods. High Indoxyl sulfate levels can increase the risk for anxiety, depression, and dementia.

Recommendations

To lower your indoxyl sulfate levels, you can try the following:

Eat foods that contain nutrients for healthy bacteria in your gut (high-fiber food, also known as prebiotics) and take supplements with active, healthy bacteria (probiotics). This can help to improve the balance of bacteria in your gut.

Consume a diet rich in polyphenols, which are plant compounds that can help lower your levels of this toxin.

Reduce your consumption of meat, as this can decrease the tryptophan in your diet and limit the fuel that bacteria need to produce indoxyl sulfate.

References [1, 2, 3, 4, 5, 6, 7, 8]

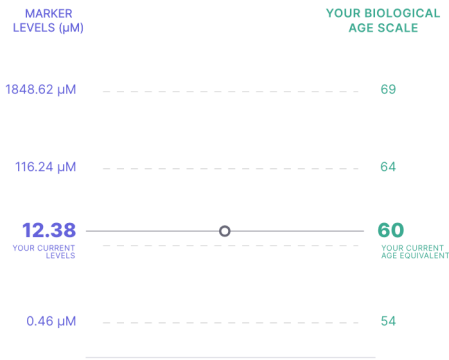
Kidney Age
Younger

p-Cresol sulfate (Cresol S)
Younger

What was measured in your blood?

p-Cresol sulfate. Your value is 12.38 μ M, which corresponds to a biological age of 59.8 years.

p-Cresol sulfate: Levels by Age



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What is it?

p-Cresol sulfate is a so-called uremic toxin produced by specific bacteria in your gut when they consume the amino acid tyrosine contained in certain foods in your diet. High levels of this chemical have been shown to damage your kidneys.

Recommendations

To lower your p-Cresol sulfate levels, you can try the following:

Eat foods that contain nutrients for healthy bacteria in your gut (high-fiber food, also known as prebiotics) and take supplements with active, healthy bacteria (probiotics). This can help to improve the balance of bacteria in your gut.

Consume a diet rich in polyphenols, which are plant compounds that can help lower your levels of this toxin.

Reduce your consumption of meat, as this can decrease the tyrosine in your diet and limit the fuel that bacteria need to produce p-Cresol sulfate.

References [[1](#), [2](#), [3](#), [4](#), [5](#)]

Kidney Age
Younger

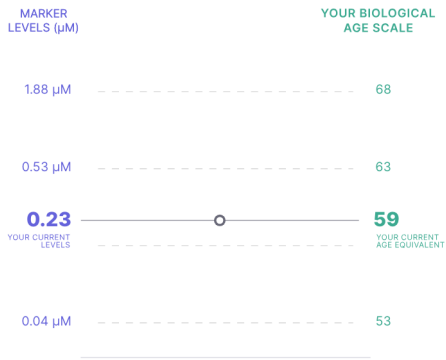
Symmetric dimethylarginine (SDMA)

Younger

What was measured in your blood?

Symmetric dimethylarginine. Your value is 0.23 μM , which corresponds to a biological age of 59.4 years.

Symmetric dimethylarginine: Levels by Age



4/24

What is it?

SDMA is a byproduct of proteins breaking down in your body and is passed out by your kidneys. Studies have demonstrated that SDMA in blood reflects kidney function better than the commonly used eGFR measurement. High blood levels of SDMA have been shown to be an early sign of kidney damage.

Recommendations

If you have high levels of SDMA, this may be a possible early indicator of kidney problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good kidney health.

References [[1](#), [2](#), [3](#)]

 **Metabolic Age**
Younger

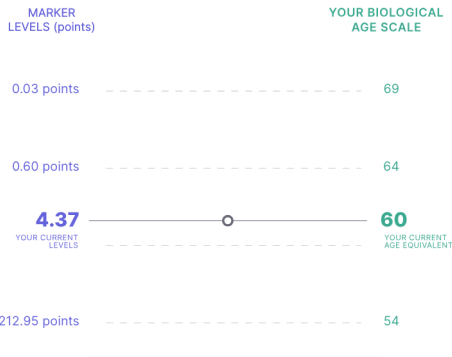
Phospholipids (PCs) Beta ⓘ

Older

What was measured in your blood?

Phospholipids. Your value is 4.37 points, which corresponds to a biological age of 60.3 years.

Phospholipids: Levels by Age



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What is it?

Phospholipids are a type of building block for all cells in the body and have been associated with insulin resistance which lead to high blood sugar levels and increased risk of diabetes.

This marker includes the following molecules: PC ae C34:0, PC ae C34:1, PC ae C36:3, PC ae C44:5, and others.

Recommendations

If you have low levels of these phospholipids, it is important to make changes to improve your metabolic health. Speak to your medical provider so they can advise you on positive interventions to improve and maintain good metabolic health.

References [[1](#), [2](#), [3](#)]

Metabolic Age
Younger

Serine
No Contribution

What was measured in your blood?

Serine. Your value is 72.45 μM , which corresponds to a biological age of 60.2 years.

Serine: Levels by Age



What is it?

Serine is an amino acid with various roles in the body, including the protein synthesis, supporting the immune system, and the generation of essential phospholipids. Low levels have been associated with type 1 and type 2 diabetes.

Recommendations

If you have out-of-range values of serine, it could be an early sign of metabolic problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good metabolic health.

References [1]

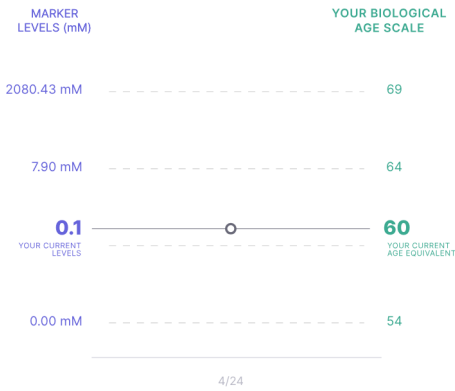
Metabolic Age
Younger

Aromatic amino acids (Aro-AAs)
Younger

What was measured in your blood?

Aromatic amino acids. Your value is 0.1 mM, which corresponds to a biological age of 59.8 years.

Aromatic amino acids: Levels by Age



What is it?

This measure determines the concentrations of certain amino acids in your blood. High levels have been associated with insulin resistance and future diabetes.

This marker includes the following molecules: Phenylalanine, Tryptophan, Tyrosine.

Recommendations

If you have out-of-range values of aromatic amino acids, it could be an early sign of metabolic problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good metabolic health.

References [1. 2]

Metabolic Age

Younger

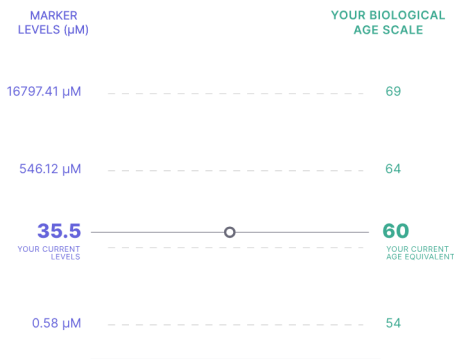
Tyrosine

Younger

What was measured in your blood?

Tyrosine. Your value is 35.5 μM , which corresponds to a biological age of 59.7 years.

Tyrosine: Levels by Age



4/24

What is it?

Tyrosine is an amino acid in your body and one of the building blocks of proteins. High levels in blood have been associated with insulin resistance and an increased risk for diabetes.

Recommendations

If you have out-of-range values of tyrosine, it could be an early sign of metabolic problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good metabolic health.

References [1. 2. 3]

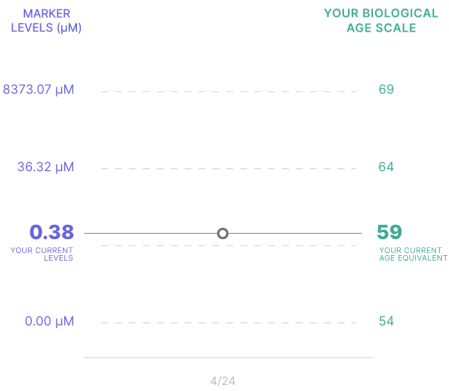
Metabolic Age
Younger

Alpha-aminoadipic acid (alpha-AAA)
Younger

What was measured in your blood?

Alpha-aminoadipic acid. Your value is 0.38 μ M, which corresponds to a biological age of 59.4 years.

Alpha-aminoadipic acid: Levels by Age



What is it?

Alpha-aminoadipic acid is an amino acid in your body. A clinical study has shown that it is a biomarker for future diabetes.

Recommendations

If you have high levels of Alpha-aminoadipic acid, it could be an early sign of metabolic problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good metabolic health.

References [[1](#), [2](#), [3](#), [4](#)]



Metabolic Age

Younger

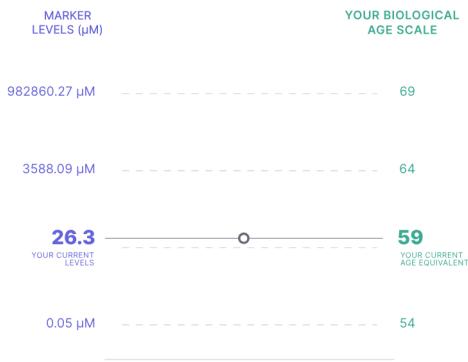
Isoleucine

Younger

What was measured in your blood?

Isoleucine. Your value is 26.3 μM , which corresponds to a biological age of 59.3 years.

Isoleucine: Levels by Age



4/24

What is it?

Isoleucine is a branched-chain amino acid. High levels have been associated with diabetes, obesity, and cardiovascular disease. This can be a sign of an unhealthy lifestyle and might affect people of all weight ranges, not just those who are overweight.

Recommendations

If you have high levels of isoleucine, it could be an early sign of metabolic problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good metabolic health.

References [1, 2]

Heart Age

Younger

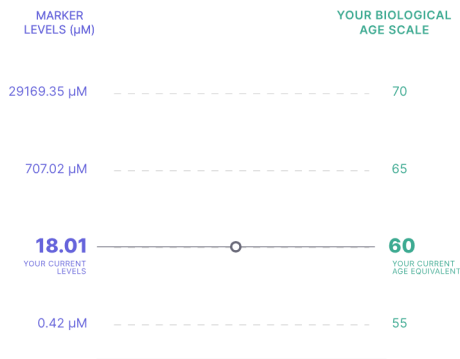
Succinate

Older

What was measured in your blood?

Succinate. Your value is 18.01 μM , which corresponds to a biological age of 60.3 years.

Succinate: Levels by Age



4/24

What is it?

Succinate is a substance involved in central metabolic processes in the body. High levels have been associated with heart-related conditions, such as hypertension, ischemic heart disease, and diabetes.

Recommendations

If you have out-of-range values of succinate, it could be an early sign of heart problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good heart health.

References [1. 2. 3]



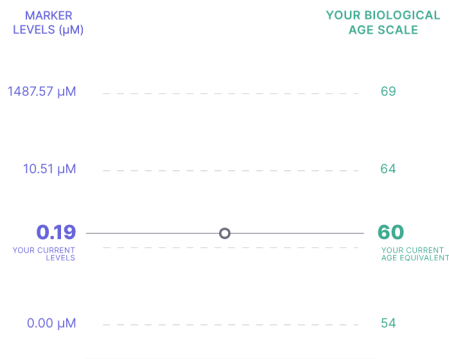
Asymmetric dimethylarginine (ADMA)

Younger

What was measured in your blood?

Asymmetric dimethylarginine. Your value is 0.19 μM , which corresponds to a biological age of 59.6 years.

Asymmetric dimethylarginine: Levels by Age



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What is it?

ADMA is a byproduct of protein breakdown and plays a role in regulating blood vessel function. It can interfere with a molecule called nitric oxide, which helps our blood vessels relax and maintain a healthy blood flow. High levels of ADMA have been linked to cardiovascular diseases and other health issues.

Recommendations

Studies have shown that aerobic exercise can help reduce ADMA levels.

References [1, 2]

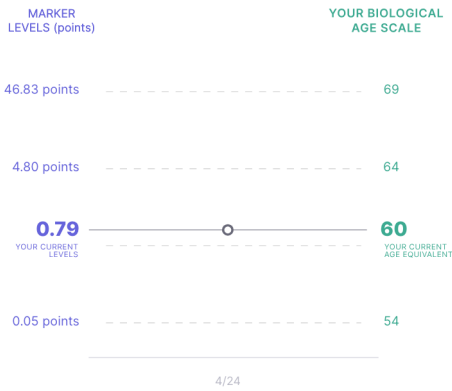
 **Heart Age**
Younger

Ceramide 18:0 (Cer 18:0)
Younger

What was measured in your blood?

Ceramide 18:0. Your value is 0.79 points, which corresponds to a biological age of 59.6 years.

Ceramide 18:0: Levels by Age



What is it?

Ceramides are a type of fat that regulate various processes in the body. The particular ceramide reported here called "18:0" has been reported to predict future heart events, such as myocardial infarction.

Recommendations

If you have high levels of Ceramide 18:0, it could be an early sign of heart problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good heart health.

References [1. 2]

 **Heart Age**
Younger

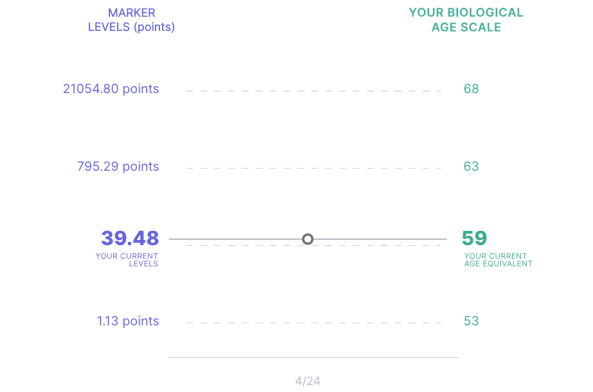
Triglycerides (TGs) Beta

Younger

What was measured in your blood?

Triglycerides. Your value is 39.48 points, which corresponds to a biological age of 58.9 years.

Triglycerides: Levels by Age



What is it?

Triglycerides are a type of fat that your body uses for energy. High levels or too much of it in blood have been associated with various heart-related conditions.

This marker includes the following molecules: TG(14:0_36:2), TG(14:0_36:3), TG(14:0_38:4), TG(16:0_32:3), and others.

Recommendations

If you have high levels of triglycerides, it is important to make dietary changes to improve the patient's health. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good heart health.

References [1, 2]

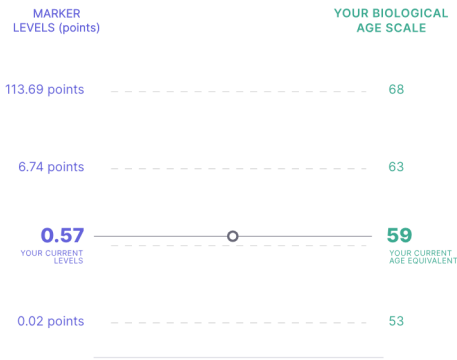
 **Mitochondrial Age**
Younger

Hydroxybutyrylcarnitine (Butyryl C)
Younger

What was measured in your blood?

Hydroxybutyrylcarnitine. Your value is 0.57 points, which corresponds to a biological age of 59.0 years.

Hydroxybutyrylcarnitine: Levels by Age



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What is it?

Hydroxybutyrylcarnitine is a key helper in our body's process of breaking down small fat molecules to create energy. Higher levels in blood have been associated with the risk to develop insulin resistance and diabetes.

Recommendations

If you have out-of-range values of Hydroxybutyrylcarnitine, it could be an early sign of metabolic problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good metabolic health.

References [1. 2]

Mitochondrial Age

Younger

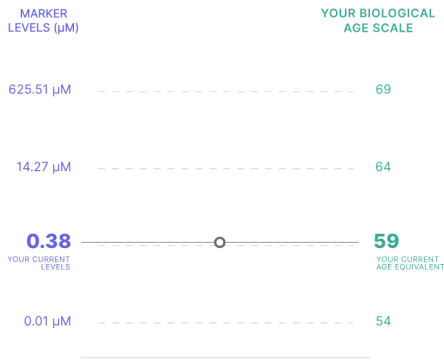
Palmitoylcarnitine (Palm C)

Younger

What was measured in your blood?

Palmitoylcarnitine. Your value is 0.38 μM , which corresponds to a biological age of 58.8 years.

Palmitoylcarnitine: Levels by Age



What is it?

Palmitoylcarnitine serves as a transport form for fat, enabling cells to convert it into energy. The presence of palmitoylcarnitine in the bloodstream signifies a disruption in this fat metabolism process. Research has demonstrated that increased blood concentrations may be linked to diminished heart function.

Recommendations

If you have out-of-range values of palmitoylcarnitine, it could be an early sign of heart problems. Speak to your medical provider so they can advise you on positive dietary and lifestyle interventions to improve and maintain good heart health.

References [1, 2]

FAQ - Biological Age

Why does an optimal value indicate a higher biological age?

For the cases where a marker is optimal but contributes to an older biological age, it just means that the marker levels are similar to an older, but still healthy individual. For example, kidney function, as measured by eGFR, declines naturally with age but it can still remain in the healthy range, and the same principle applies to our biomarkers. This

actually indicates there is room for improvement and we've seen others reverse this trend over time.

My biomarker levels are optimal but I am aging faster. What does it mean?

If your markers increase your biological age but are still within the optimal range, it means your levels are similar to those of an older but still healthy person.

What do the various health categories' contributions to biological age represent?

The different health categories, like Heart Health or Inflammation, can each have an impact on the biological age. They show how much each indicator contributes to your overall biological age. It's important to understand that a higher contribution to biological age doesn't always mean there's a problem. If some of your markers increase your biological age but are still within the healthy range, it just means your levels are similar to those of a slightly older but still healthy person.

What is biological age?

Biological age refers to how well your body is functioning and how well it has aged internally, rather than just counting the number of years you've been alive (which is your chronological age). While chronological age tells you how many years you have lived, biological age provides insight into your overall health and well-being.

How is iollo's biological age computed?

iollo's biological age estimate is based on an algorithm that looks at a person's blood metabolite levels to understand how they change as people age. By comparing an individual's metabolite levels to what is typically observed at different ages, the algorithm provides an estimate of their biological age. This estimate gives insights into how their body's metabolic processes align with the expected changes associated with aging.

Why does the biological age score sometimes show "<18" or ">95" instead of an exact number?

Our biological age model is designed to provide accurate assessments based on the data from adult individuals. However, occasionally our model might suggest a biological age below 18. We recognize the significance of important developmental factors during these younger ages, and to reflect this unique considerations, in such cases we display a biological age score of "<18" instead of an exact numerical value. Similarly, for individuals at the other end of the age spectrum, we present a biological age score of ">95" as a qualitative measure, acknowledging the challenges in providing an exact numerical value with high confidence at such advanced ages. Nevertheless, we empower users by providing a breakdown of individual biomarker contributions within each category, allowing everyone to gain valuable insights into the specific factors influencing their biological age and take proactive steps towards controlling their aging process.

If your test results are non-optimal, it may indicate a health problem. Consult a medical professional to determine the cause and appropriate course of action. It's important to understand that optimal test results do not guarantee overall health in that specific area, as there are other markers of health that may not be measured by iollo.