



TruAge Report

Age: 50 | Sex: Female

Collected: 04/08/2025

Fasted: Yes | Reported: 04/27/2025

CLIA Lab Director: Melissa Keinath, PhD FACMG

TruDiagnostic

881 Corporate Drive

Lexington, KY 40503

DEVELOPED WITH HARVARD

OMICm Age

OMICm Age

⌘ 45.36

Chronological Age

📅 49.67



Your OMICm age is a deeper reflection of your biological age, considering the effects of lifestyle, environment, and genetics on your DNA and the aging process.

In contrast your chronological age is the number of years you have lived, a straightforward measure of time since birth. The difference between OMICm Age from chronological age highlights underlying health insights, guiding tailored wellness strategies.

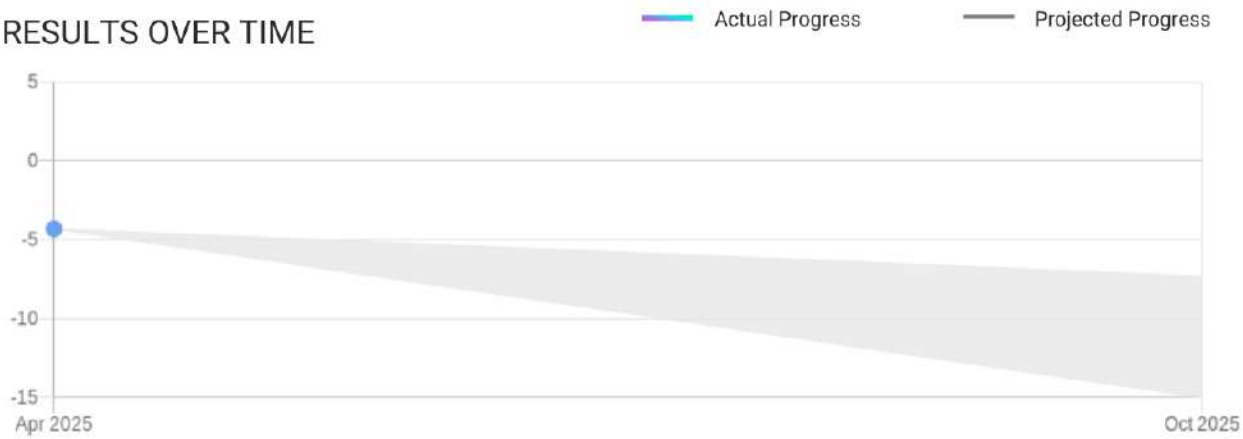
-4.31 😊

Your OMICm Age is **lower** than your calendar age by 4.31 years

40% 😊

Your OMICm Age is **lower than** 40% of other 49.67 year old females.

RESULTS OVER TIME



PAST RESULTS



Since you have only completed one test, this graph is a bit empty! In 3 months, take another PACE test to see how your score has changed and monitor your progress.

SYMPHONY Age

This advanced approach dives into the age of **11 distinct organ systems**, providing a detailed aging map.

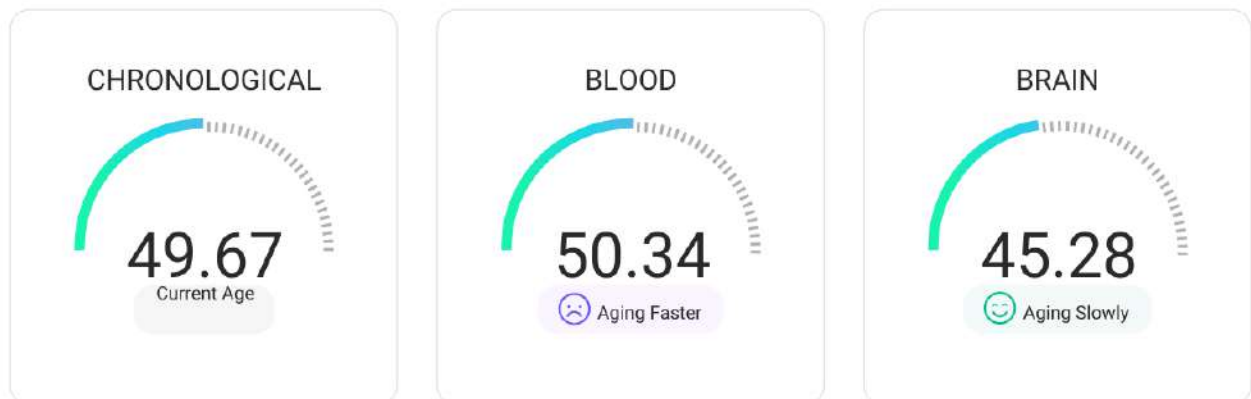
Everyone ages differently

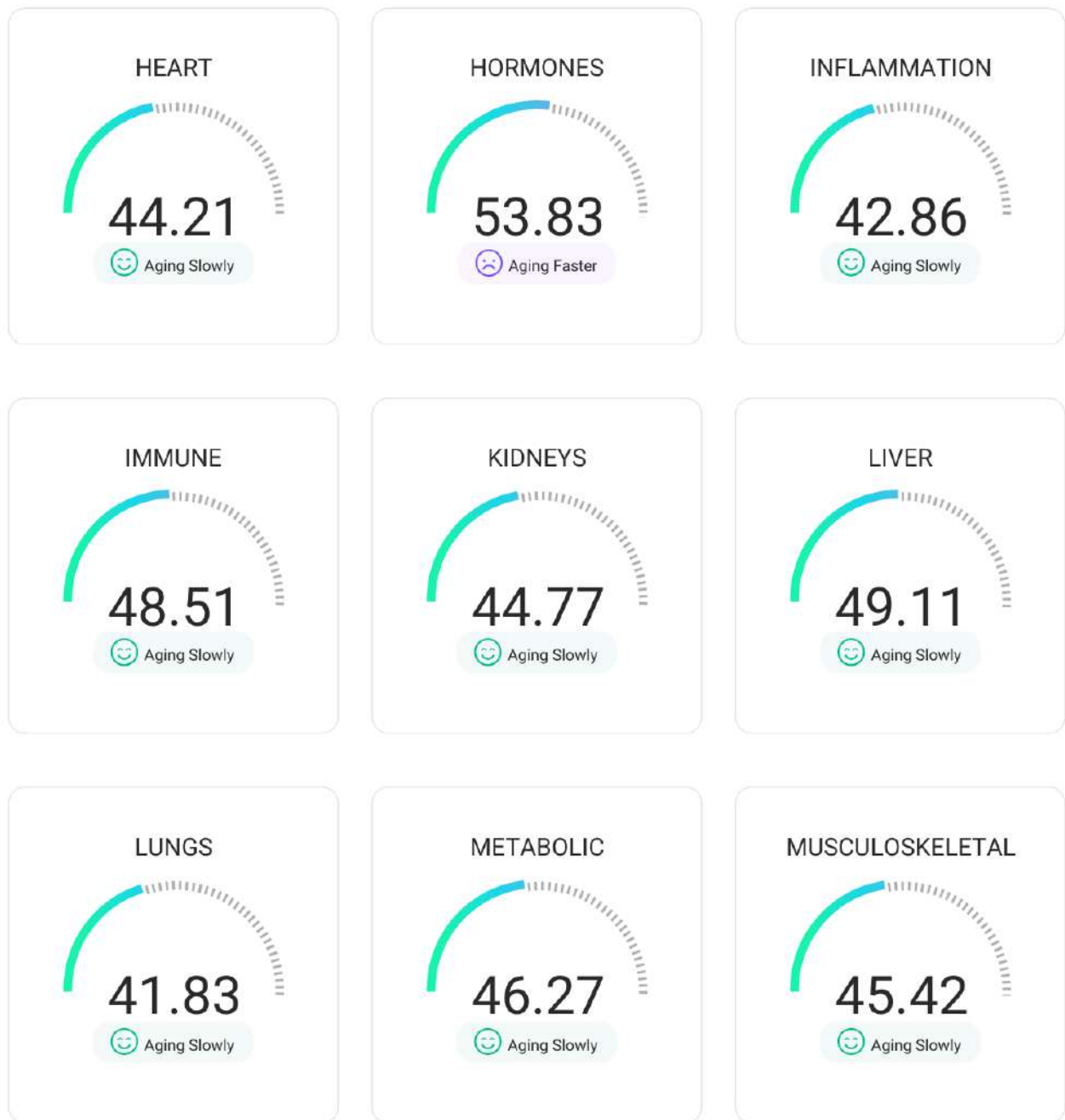
Epigenetic clocks have revolutionized how we understand aging, offering insights beyond what the calendar tells us. These innovative tools reveal your body's true age and the pace at which it's aging, acknowledging that everyone's journey through time is unique.

Developed by researchers at Yale, SYMPHONYAge enriches our understanding of aging by showing how each part of your body ages on its own path, offering a comprehensive snapshot of your health. SYMPHONYAge was developed by analyzing biomarkers from 5,000 individuals, enabling a precise study of aging across 11 organ systems.

This method integrates data from various sources, including whole exome sequencing and plasma metabolomics, to pinpoint epigenetic markers linked to specific organ aging. This detailed approach segments 130 biomarkers, offering insights into individual organ system aging.

Distinct from traditional epigenetic clocks, SYMPHONYAge provides a detailed view of biological age by organ system, facilitating targeted medical interventions and advancing personalized medicine. This tool significantly enhances our ability to manage and understand aging, emphasizing its heterogeneity and supporting tailored healthcare strategies for aging populations.





PAST RESULTS

ORGAN SYSTEM	04.08.2025
CHRONOLOGICAL	49.67
LUNGS	41.83
METABOLIC	46.27
MUSCULOSKELETAL	45.42
BLOOD	50.34
LIVER	49.11
INFLAMMATION	42.86
HEART	44.21
KIDNEYS	44.77
HORMONES	53.83
IMMUNE	48.51
BRAIN	45.28

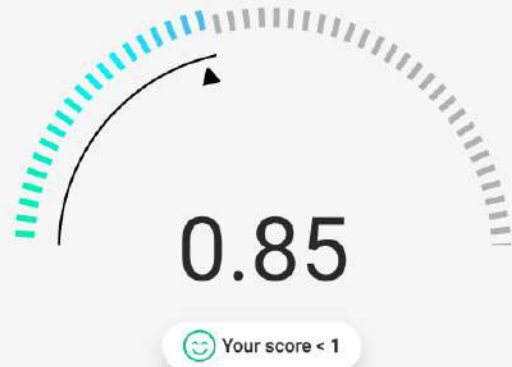
DunedinPace of Aging



YOUR PACE SCORE

You're aging slowly.

Each year that passes, your body will biologically age 0.85 years.



The DunedinPace algorithm is a revolutionary approach to quantifying aging that shifts the focus from merely knowing your biological age to understanding the pace, or rate at which you're aging.

It's not just about how old your body is biologically; it's equally crucial to grasp how quickly you are moving towards aging. This knowledge is vital because slowing down the pace of aging can significantly impact your health, vitality, and the prevention of chronic diseases. By providing a clearer picture of how fast you're aging, DunedinPace empowers you to make informed lifestyle choices that can help decelerate the aging process, aiming for a healthier, more vibrant life. Your pace of aging changes quickly and has been shown to be affected by lifestyle choices, making it a perfect tool to understand the success of interventions.

A pace greater than 1 has been associated with a 56% increased risk of death and a 54% increased risk of chronic disease in the next 7 years.

(Belsky et al, 2020)

NOW WHAT?

Top Aging Interventions

Changing your Biological age and reducing risk of disease requires a systematic approach to interventions and testing.

SUPPLEMENTS

- ⊗ Spermidine : Supports autophagy, cellular repair, and longevity pathways.
- ⊗ Nicotinamide Mononucleotide (NMN) or Nicotinamide Riboside (NR) : Boosts NAD+ levels, essential for mitochondrial and DNA repair.
- ⊗ Quercetin + Dasatinib (D+Q Senolytics) : Helps clear senescent cells, reducing systemic inflammation and improving biological age markers.
- ⊗ Vitamin D3 + K2 : Supports immune function, bone health, and may influence gene expression related to aging.

DIET

- ✓ Green Mediterranean Diet : A more polyphenol-rich version of the Mediterranean Diet, shown to have superior anti-aging effects.
- ✓ Polyphenol-Rich Foods : Berries, Dark Chocolate, Green Tea, Olive Oil, Red Wine in Moderation, reduce oxidative stress and inflammation.
- ✓ Cruciferous Vegetables : Broccoli, Brussels Sprouts, Kale, Cauliflower contain sulforaphane and other bioactive compounds that enhance detoxification and DNA repair.
- ✓ Adequate Protein Intake : Pea/Hemp Protein, Grass-Fed Meat, Fatty Fish supports muscle maintenance and metabolic function, critical for longevity.
- ✓ Prebiotic & Fermented Foods : Kimchi, Sauerkraut, Yogurt, Garlic, Onions, enhance gut microbiome diversity, which is linked to immune function and longevity.

LIFESTYLE



Caloric Restriction (CR) : One of the most well-documented longevity interventions, shown to slow biological aging and improve metabolic flexibility.



Strength & Resistance Training : Builds muscle mass, enhances mitochondrial function, and improves metabolic flexibility.



High-Intensity Interval Training (HIIT) : Increases cardiovascular efficiency, stimulates mitochondrial biogenesis, and enhances insulin sensitivity.



Hyperbaric Oxygen Therapy (HBOT) : High & mild pressure increases oxygen availability, promotes telomere lengthening, reduces inflammation, and enhances stem cell activity.



Prioritizing High-Quality Sleep : 7-9 hours per night is crucial for epigenetic stability, immune function, and cognitive longevity.

NOW WHAT?

Lifestyle Recommendations

GOAL SETTING



Based on the test results, set realistic and specific goals for lifestyle changes, focusing on areas that could significantly impact your biological age, such as diet, exercise, stress management, and sleep.

JOURNALING



Keep a journal to track your progress on lifestyle changes, noting any improvements in how you feel physically and mentally. This record can help identify what's working and areas that need adjustment.

DIETARY MODIFICATIONS



Incorporate a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Consider reducing processed foods, sugar, and saturated fats.

REGULAR EXERCISE



Design a regular exercise routine that includes a mix of cardiovascular exercises, strength training, and flexibility exercises. Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week.

IMPROVING SLEEP HYGIENE



Ensure 7-9 hours of quality sleep per night by establishing a regular sleep schedule, creating a restful environment, and avoiding screens before bedtime.

AVOID HARMFUL HABITS



Limit alcohol consumption and avoid smoking and drug use, as these habits can significantly accelerate biological aging.

STRESS MANAGEMENT



Adopt stress reduction techniques such as mindfulness, meditation, yoga, or deep breathing exercises. Consistently managing stress can have a profound impact on your biological age.