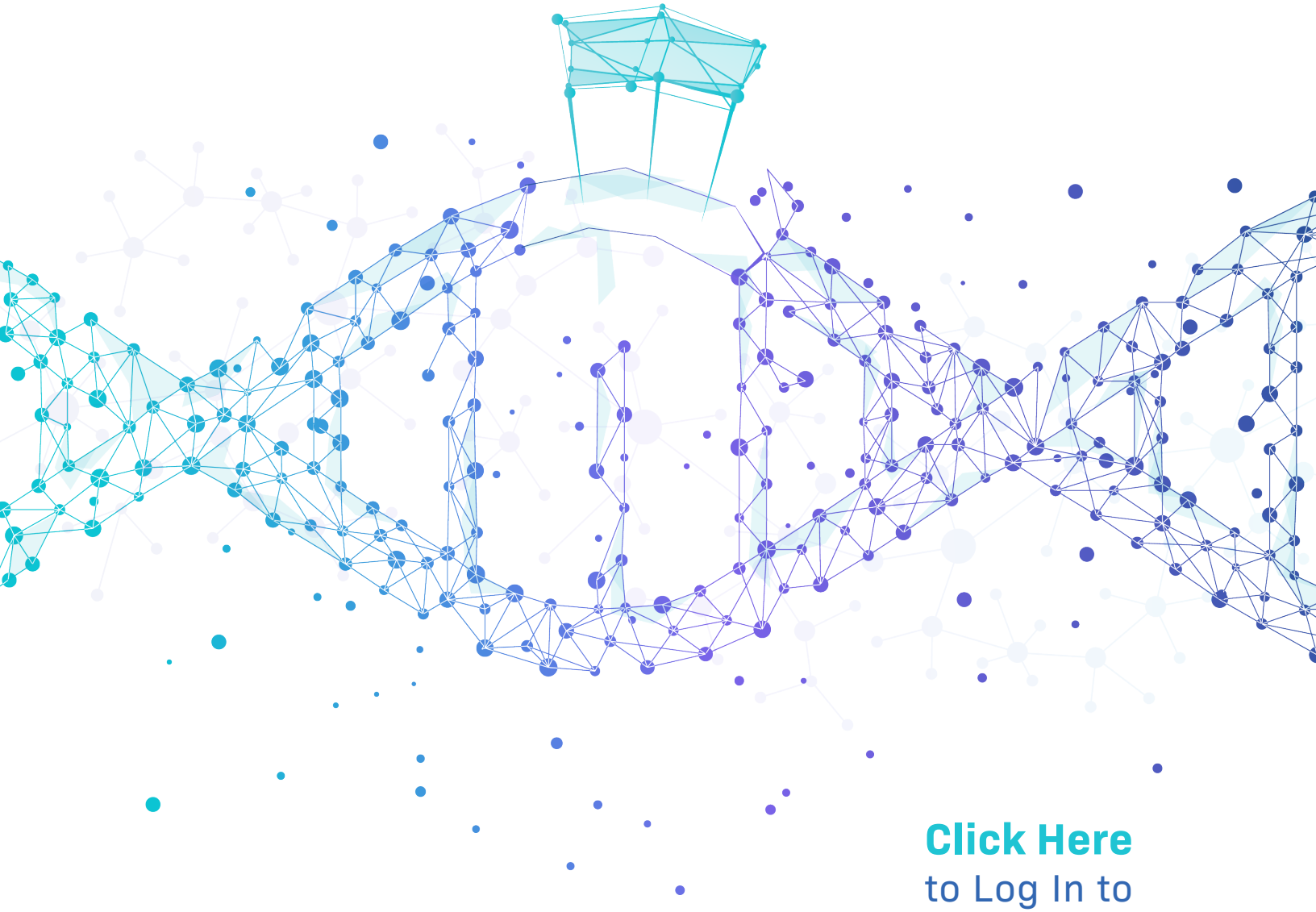
TruDiagnostic™
The Epigenetic Company

Your Summary Report

A ***Glimpse*** of Your Results



Click Here
to Log In to
Your Portal

SUMMARY REPORT

A Glimpse Of Patient's Results

KEY

— Population Median ● Your Result

TruDiagnostic™ The Epigenetic Company

Intrinsic Age

Intrinsic

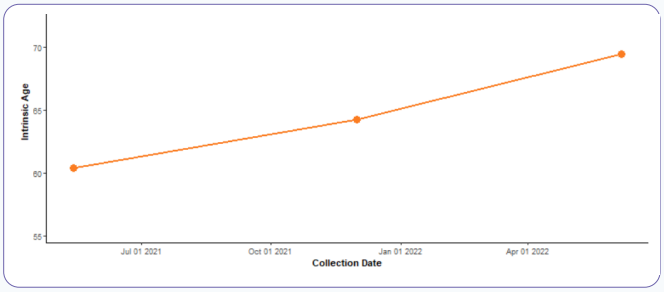
42.50

3.49 Years

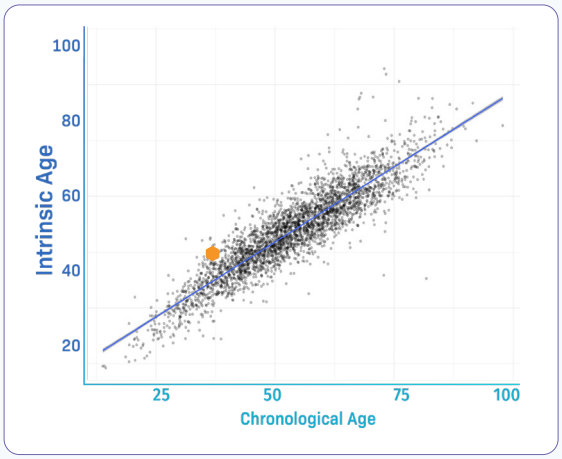
Chronological Age

39.01

Change Over Time



Population



Extrinsic Age

Extrinsic

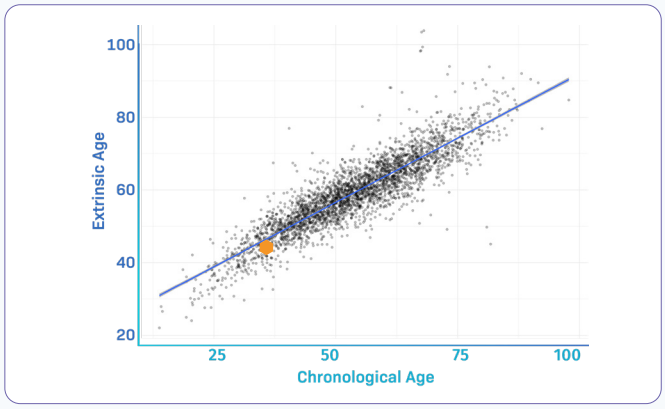
41.50

2.49 Years

Chronological Age

39.01

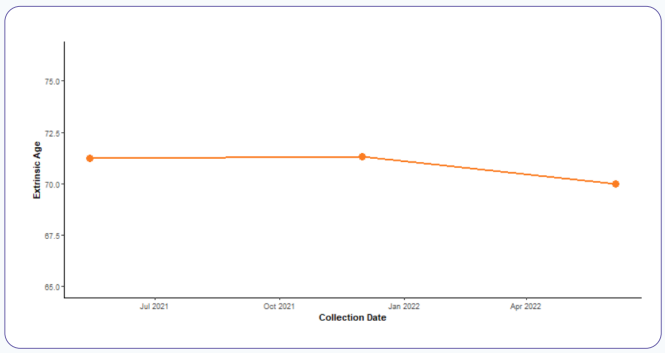
Population



Immune Cell Measurement

Parameters	Reference Range	Percentage Values (%)
Bcell	20% to 40%	0%
CD4T		17.47%
CD8T		4.60%
NK		2%
Lymphocyte Total		24.07%
Neutrophils	40% to 60%	66.85%
Monocytes	2% to 8%	12.71%
Eosinophils	1% to 4%	0.93%
CD4T/CD8T Cell Ratio	1 to 4	4.25

Change Over Time

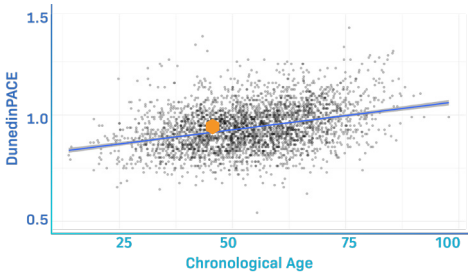


DunedinPACE

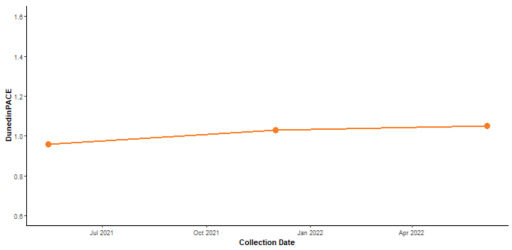
DunedinPACE Value

DunedinPACE Value:
1.05

Population



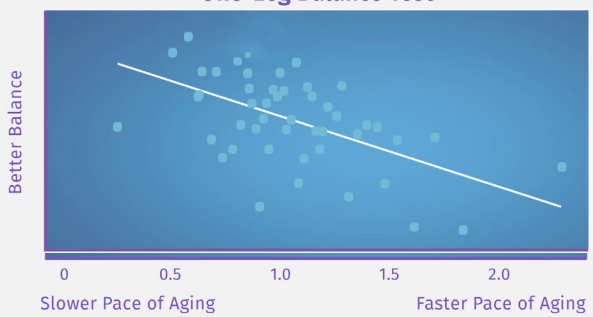
Change Over Time



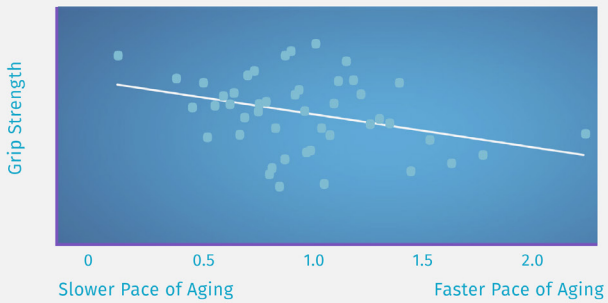
Algorithm	Patient Data	Morbidity and Mortality Associations	Risk Statement
DunedinPACE	1.05 Biological years per year	**All-Cause Mortality** (Belsky et al., 2020)	If you are aging above a rate of 1.00, you would increase risk of death by 56% over the next 7 years.
		Chronic Disease (Belsky et al., 2020)	If you are aging above a rate of 1.00, you would increase risk of chronic disease diagnosis by 54% over the next 7 years.

The following graphs are ***NOT*** your personal data. These graphs are showing how the increased rate of aging affects performance from the Dunedin cohort.

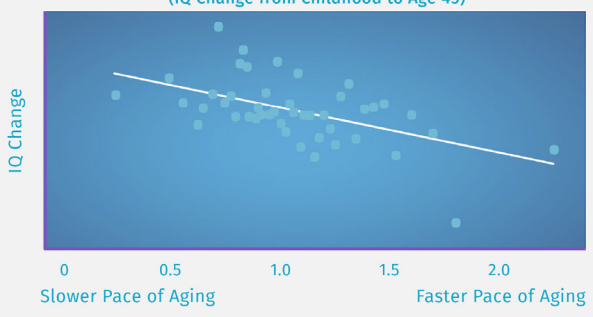
One-Leg Balance Test



Grip Strength



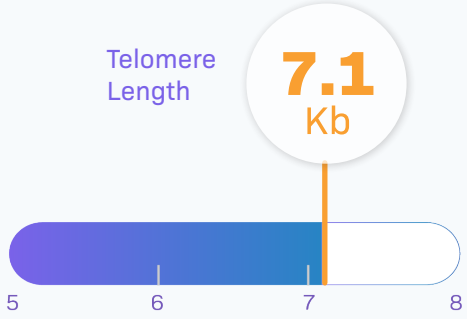
Cognitive Decline
(IQ Change from Childhood to Age 45)



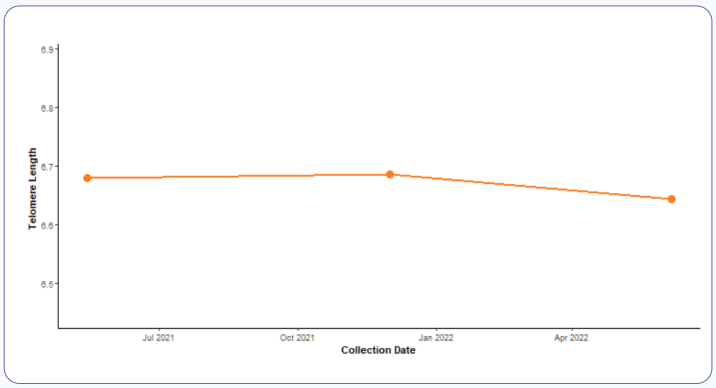
Significant Variation in Facial Aging

Telomere Length

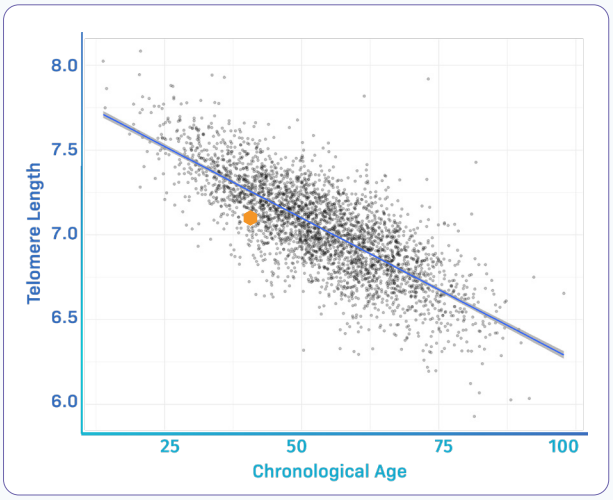
Telomere Length



Change Over Time



Telomere Length Based Biological Age Prediction



Your Average telomere prediction length:

7.1 kilobases (Kb)

Telomere length compared to population:

70th Percentile

Telomere length compared to people your age:

70% Longer

Algorithm	Patient Data	Morbidity and Mortality Associations	Risk Statement
Telomere	7.1 Kilobase Unit	Your Telomere length puts you in the **70th** percentile. This means that your telomeres are longer than **70%** of people your age.	Shorter telomeres are not only associated with age but with disease too. Shorter telomere length and low telomerase activity are correlated with several chronic preventable diseases.

Loci Reports

Weight Loss Response

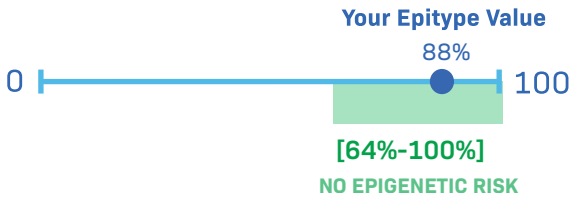
	CpG site	Gene	ß-value Responders	Your Score	Response Status
1	cg15500865	PON3	0.072	0.63	Hypermethylated
2	cg25161512	PON3	0.115	0.111	Hypomethylated
3	cg11435506	PON3	0.165	0.161	Hypomethylated
4	cg03301582	PON3	0.120	0.117	Hypomethylated
5	cg08898155	PON3	0.163	0.167	Hypermethylated
6	cg04080282	PON3	0.324	0.321	Hypomethylated
7	cg26457160	PON3	0.490	0.494	Hypermethylated
8	cg10329418	PON3	0.252	0.250	Hypomethylated
9	cg27166921	PON3	0.253	0.251	Hypomethylated
10	cg24750391	PON3	0.355	0.359	Hypermethylated
11	cg08461772	PON3	0.418	0.417	Hypomethylated

Risk Report	Patient Outcomes	Summary	Impact	Additional Note
Weight Loss Response	**Intermediate Response**	Your DNA methylation scores at the above loci indicate you are a **Intermediate Responder** for weight loss treatment utilizing a hypocaloric diet. This means a calorie deficit diet ***passably works*** as your weight loss strategy.	If your DNA methylation score puts you in the category of non-responder or intermediate responder then a hypocaloric diet might not be the best treatment option for you. If you are a responder, that means a hypocaloric diet has a greater chance of positively impacting your weight loss goals.	Studies on these particular CpG loci have concluded that some individuals have a better response to a calorie deficit diet than others. This may indicate why weight loss has been difficult to achieve and can provide insight into finding the best weight loss strategy.

Loci Reports

Smoking & Disease Risk

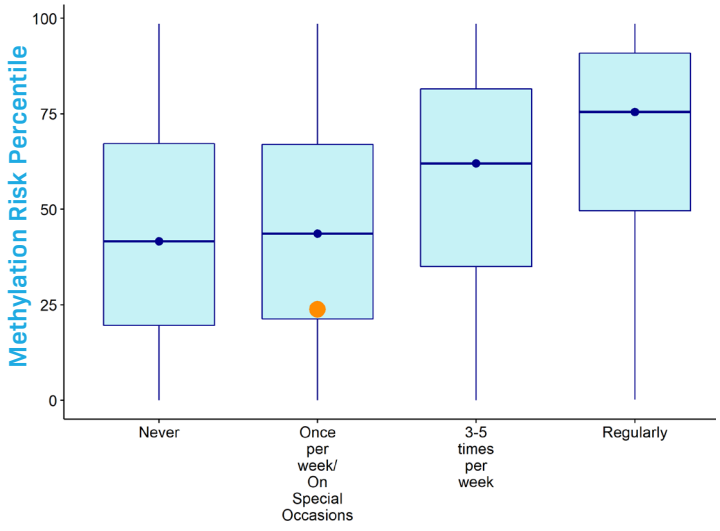
AHHR (cg05575921)
Average Methylation %:



The impact that tobacco smoke exposure has on the epigenome is based on the level of methylation at the AHRR gene locus cg05575921.

Your DNA methylation score was **88%** at the AHRR locus, meaning that your methylation score aligns with the status of **non-smokers,** putting you at **low risk** for developing smoking-related conditions.

Alcohol Consumption and DNA Methylation



On your intake survey, you self-reported your drinking status as **3-5 Times Per Week**. With our custom methylation risk score, you are in the **80th** percentile. This means your score is higher than **80%** of the population we have tested.

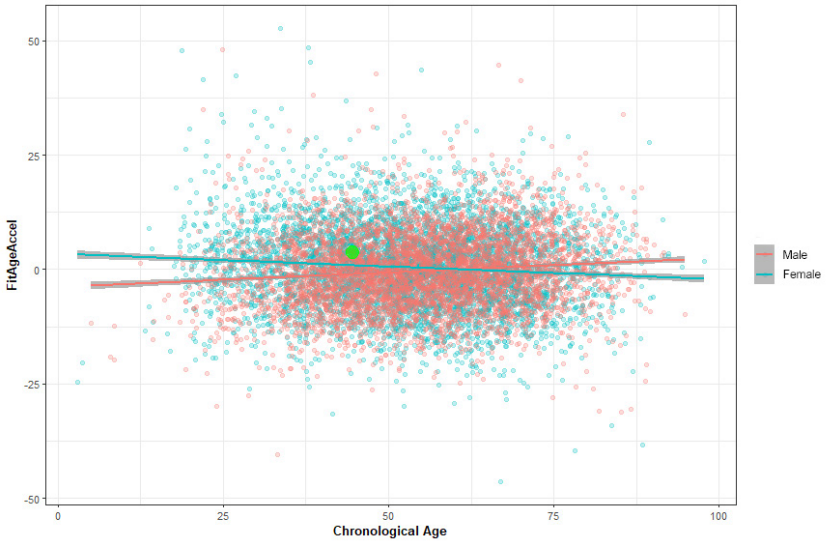
Those who marked self-reported drinking as "Not Applicable" were assumed to have no drinking status and have been combined with data from "Never" status.

DNAm Predictors of Physical Performance

DNAmFitAgeAccel:

The incorporation of physical fitness measurements into epigenetic clocks increases the effect of lifestyle and interventional changes on the aging process. DNAmFitAgeAccel, also simply known as FitAgeAcceleration, was developed by researchers at UCLA and is an estimate of epigenetic age acceleration. A **positive** FitAgeAcceleration corresponds to an **older estimated biological age**. However, a **negative** FitAge Acceleration would correspond to a **younger biological age** compared to your chronological age.

Your FitAgeAcceleration=



For every one year older FitAgeAcceleration is, there is an average **0.29 decrease in relative grip strength and 0.32 increase in BMI**. FitAgeAcceleration has estimated that high-fit individuals (classified through VO2max) have a **1.5 to 2.0 younger biological age** compared to low/medium fit individuals in females and males, respectively. Younger FitAgeAcceleration was associated with better memory test performance, emphasizing the beneficial role of physical exercise on cognitive health.

DNAm Predictors of Physical Performance

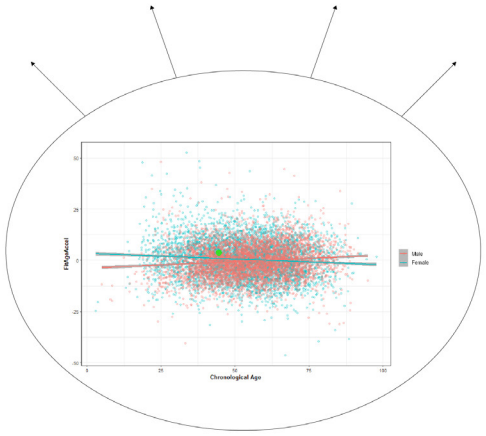
DNAmFitAge is impacted by:

Grip Strength
Maximum hand grip strength (GripMax) a measurement of force taken in kg and is used to measure the age-associated decline in terms of muscle strength.

Gait Speed
Gait speed, also known as walking speed, is measured in meters per second.

VO2Max
Maximal oxygen uptake, or VO2max, is a measure of cardiovascular health and aerobic endurance.

FEV1
Forced expiratory volume, also known as FEV1, measures lung function by determining the amount of air forced from the lungs in one second.

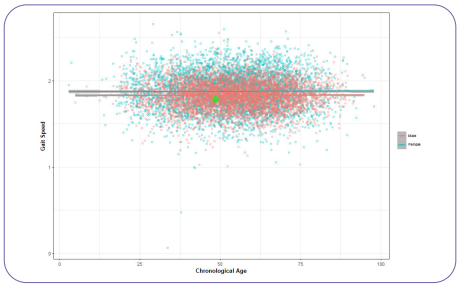


Major Measurements of Physical Health

Physical fitness declines with aging and is well correlated to health. This decline is noted in reduced function in specific organs, such as lungs, and in performance tests of strength. The rate of this decline varies between individuals but those who maintain physical fitness as they age are at lower risk for a range of diseases and tend to live longer lives.

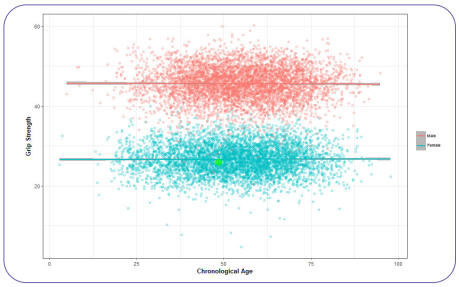
DNAmFitAge is impacted by:

Gait Speed



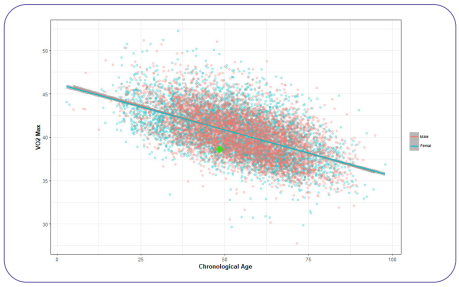
Your Gait Speed methylation risk score is _____. This puts you scoring higher than _____% of the population with a similar reported age and sex.

Grip Strength



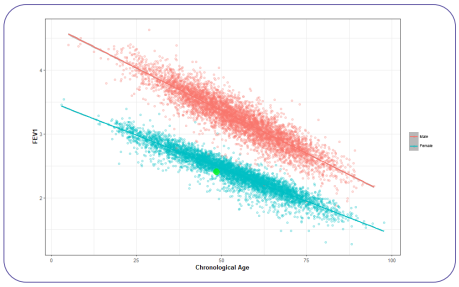
Your Grip Strength methylation risk score is _____. This puts you scoring higher than _____% of the population with a similar reported age and sex.

VO2Max



Your VO2Max methylation risk score is _____. This puts you scoring higher than _____% of the population with a similar reported age and sex.

FEV1



Your FEV1 methylation risk score is _____. This puts you scoring higher than _____% of the population with a similar reported age and sex.

Disclaimer: Population graph based on individuals who have taken our TruAge Test. Sex is determined by what was listed at the time of registration.