TruDiagnostic™
The Epigenetic Company



See What Serum Can't

Standard labs measure a moment in time. Epigenetics captures longer-term biological patterns for deeper clinical insights.

TruAge™

TruAge is the only test that combines three of the most trusted epigenetic age clocks to deliver a multi-dimensional view of how a patient's body is aging.



POWERED BY SCIENCE FROM

HARVARD UNIVERSITY · YALE UNIVERSITY · DUKE UNIVERSITY

13 UNIQUE AGE OUTPUTS

11 ORGAN SYSTEMS MAPPED

>0.98[1] RETEST RELIABILITY

OMICmAge™

BIOLOGICAL AGE

DEVELOPED WITH HARVARD

The odometer: how many biological miles are on the car, including accumulated wear & tear.

Measures biological age versus chronological age as a trackable number that captures the whole body's aging history.

SYMPHONYAge™

ORGAN SYSTEM AGING

DEVELOPED BY YALE UNIVERSITY

The organ-specific odometer: measures how many miles on the key parts of the car.

Breaks down biological aging across 11 organ systems including brain, heart, immune, metabolic, and more.

DunedinPACE™

SPEED OF AGING

DEVELOPED BY DUKE UNIVERSITY

The speedometer: how fast the body is aging right now.

The strongest predictor of mortality, outranking CRP, grip strength, and gait speed in a 7-year head-to-head study of 13 consensus aging biomarkers[2].

WHAT IT MEANS IN PRACTICE AND FOR PATIENTS

Establish a baseline
An initial test establishes where your patient stands biologically today, giving you the clinical anchor that turns every follow-up visit into a progress conversation.

Support longitudinal health tracking
As an effective assessment of the cumulative impact of lifestyle, exposures, and environment on a patient's longevity, you can establish a baseline then retest quarterly to show your patients how many years their biology has shifted[3,4].

Personalize a care plan
When your patient's history and labs leave the picture incomplete, fill the gaps with the biological context you need to build a care plan that actually fits.

Prioritize areas for follow-up
When a patient has multiple concerns, testing helps you see which biological systems need the most attention, turning a complex clinical picture into a clear set of priorities.

PATIENT PROFILES



Elena, 44

Already on comprehensive panels to manage healthy aging and wants ongoing proof her protocol is working. TruAge adds the biological age baseline, organ-system map, and speed-of-aging metrics labs can't provide to track changes as often as quarterly.



Richard, 67

Normal labs, but has persistent fatigue and brain fog. Looks for testing that can offer more answers. TruAge reveals broader biological patterns that may help guide next-step evaluation and ongoing assessment.

1 OMICmAge: Chen Q et al. Nature Aging 2026;6(3):722–737. doi:10.1038/s43587-026-01073-7; Systems Age: Sehgal et al. Nature Aging 2025 (PubMed); DunedinPACE: Belsky DW et al. eLife 2022 (PMID: 35029144) **2** Vetter VM et al. Biomarker Research, 2026. DOI: 10.1186/s40364-026-00909-z **3** Dwaraka, V.B., Aronica, L., Carreras-Gallo, N. et al. Unveiling the epigenetic impact of vegan vs. omnivorous diets on aging: insights from the Twins Nutrition Study (TwiNS). BMC Med 22, 301 (2024). https://doi.org/10.1186/s12916-024-03513-w **4** Carreras-Gallo N et al. Effects of a natural ingredients-based intervention targeting the hallmarks of aging on epigenetic clocks, physical function, and body composition: a single-arm clinical trial. Aging (Albany NY). 2025;17(3). https://doi.org/10.18632/aging.206221

TruHealth™

TruHealth is the only comprehensive, clinically trained and validated epigenetic health panel measuring 80+ biomarkers across 19 biological systems.



POWERED BY SCIENCE FROM

HARVARD UNIVERSITY

80+ EPIGENETIC BIOMARKERS

19 BIOLOGICAL SYSTEMS

31K+ VALIDATION SAMPLES[1]

80+ Biomarkers. 19 Biological Systems. Organized into 7 Clinical Categories.

NUTRITION

Reveals long-term nutritional deficiencies that are upstream of symptoms.

Vitamins - Amino Acids - Antioxidants - Fats & Cellular Membranes

GLYCEMIC & METABOLIC

Maps metabolic load and flexibility as a sustained signal.

Metabolic Markers - Ketones - Uric Acid Pathway

MITOCHONDRIAL & OXIDATIVE

Assesses whether cellular energy systems have the capacity to sustain health and respond to intervention.

Mitochondrial Function - Oxidative Defense - NAD+ Metabolism

LIPID & VASCULAR

Assesses vascular cardiometabolic risk beyond a basic cholesterol panel.

Lipid Peroxidation - Serum Lipids - Blood Pressure

IMMUNE & INFLAMMATION

Detects chronic inflammation often hidden as mildly abnormal in standard blood serum.

Immune Markers - Inflammation Markers

TOXINS & EXPOSURES

Identifies the non-obvious exposure burden that may be quietly driving biology.

Toxins - Environmental Exposure Markers

NEUROCOGNITIVE & STRESS

Identifies whether cognitive and stress-response systems are under biological strain.

Neurocognitive Markers - Stress Markers

WHAT IT MEANS IN PRACTICE AND FOR PATIENTS

Focus the clinical conversation

Translates epigenetic biomarkers into z-scores with Ideal, Suboptimal, or Out of Range status, so a clear conversation can happen about exactly what to address first.

Uncovering hidden drivers behind unexplained symptoms

Complements standard labs with a longer-horizon biological signal across 19 systems to surface what may be quietly driving dysfunction when conventional workups don't have clear answers.

PATIENT PROFILES



David, 52

Invested in supplements and an optimized lifestyle, but no objective picture of what's actually gaining traction at the biological level. TruHealth maps the systemic response to his protocol, confirming what's working and naming what's still undermining his results with the depth to track changes every six months for ongoing monitoring.



Carol, 56

Borderline metabolic markers and a current protocol that improves her labs but not her symptoms. TruHealth maps the glycemic, vascular, and nutritional picture driving the pattern so she can be treated at the system-level and retest every three months to see what's actually shifting.

1 Carreras-Gallo, Natàlia, et al. "Leveraging Epigenetic Biomarker Proxies for Precision Medicine." 2026. Manuscript submitted for publication.

TruAge + TruHealth Combination Kit™

TruAge answers how fast the body is aging. TruHealth reveals the biological patterns behind it. Together, they provide the most complete picture of aging and health.



★ 1 SAMPLE = 1 REPORT

POWERED BY SCIENCE FROM

HARVARD UNIVERSITY · YALE UNIVERSITY · DUKE UNIVERSITY

100+ EPIGENETIC BIOMARKERS · **11** ORGAN SYSTEMS · **1M+** METHYLATION SITES VALIDATED

TRUAGE

BIOLOGICAL AGING

Measures how fast the body and organ systems are aging, and monitors biological change over time.

- **OMICmAge - whole body biological age**
- **SYMPHONYAge - 11 organ systems**
- **DunedinPACE - speed of aging**
- **Telomere length - DNA methylation-based**

TRUHEALTH

SYSTEMIC HEALTH

Pinpoint which biological systems are driving aging, so protocols can be more targeted and personalized.

- Epigenetic biomarker z-scores
- Ideal, Suboptimal, Out of Range status
- Grouped across 11 organ systems
- Cross-system: Nutrition/Methylation, Gut, Toxins

TRUAGE + TRUHEALTH COMBINATION KIT

COMPLETE EPIGENETIC PICTURE

- One sample collection
- 100+ epigenetic biomarkers
- 11 organ systems
- One combined report
- Clinical support resources available

CLINICAL ADVANTAGES

100+ Epigenetic Biomarkers - One Sample Collection

Epigenetic age, organ system aging, speed of aging, telomere length, and epigenetic biomarkers assessed from one sample collection and delivered together in one combined report.

Built for Longitudinal Monitoring

Baseline and follow-up testing support longitudinal comparison, helping clinicians monitor biological change across both aging and systemic health dimensions over time.

50+ Peer-Reviewed Publications. Institution-Validated Science.

Every algorithm traces to peer-reviewed research from Harvard, Yale, and Duke.

WHAT IT MEANS IN PRACTICE AND FOR PATIENTS

Practice Value

The TruAge + TruHealth Combination Kit™ supports a differentiated longevity and preventive health offering by pairing biological aging and systemic health insights in one order, with follow-up testing that helps reinforce longitudinal care.

Patient Value

Patients receive a broader epigenetic view of biological aging and systemic health through a combined testing option that is more cost-efficient than ordering the tests separately.

How It Fits With Standard Labs

Epigenetic testing assesses DNA methylation patterns, adding a biological layer of insight alongside standard labs. Together, these data sources can support a broader view of aging, system-level patterns, and longitudinal age, enabling wellness.

PATIENT PROFILES



Robert, 64

Deep into NAD+, peptides, and hormone optimization. Wants proof the whole system is shifting, not just his biological age clock. The Combo Kit tracks quarterly whether his biological age and the systems behind it are both moving.



James, 57

Persistent fatigue and inflammation that standard labs haven't resolved. The Combo Kit adds a biological layer they can't provide with a baseline to retest every six months as the protocol unfolds.

Clinical Workflow Integration

TruDiagnostic™
The Epigenetic Company

Designed to support integration into existing clinical workflows with minimal staff burden, clear patient-facing processes, and no in-office lab complexity.

The 6 Simple Steps from Order to Clinical Insight

1

Order TruDiagnostic Test Kits

Test kits are ordered through the TruDiagnostic provider portal and may be shipped to the practice or directly to the patient, depending on the preferred workflow.

Order initial discounted tests

2

Register Each Test

Each test must be registered in the provider portal before collection to link the sample to the appropriate patient profile and support accurate result attribution and longitudinal tracking.
IMPORTANT: The laboratory cannot process samples that have not been registered. Sample can be registered by patient or provider.

Takes under 2 minutes per patient

3

Collect The Sample

Samples are collected using the approved method that best fits the practice workflow. Collection may be supported by clinical staff, completed through an in-office lab process, or performed by the patient when appropriate.

Designed for workflow flexibility

4

Return The Sample

Samples are returned to TruDiagnostic's CLIA-certified laboratory using the approved return process for the selected collection method.

Prepaid return materials are included.

5

Receive & Review Results

Results are delivered through the provider portal; TruAge + TruHealth arrives as one combined report. Medical Science Liaisons and AI-enabled report guidance are available to support report interpretation, clinical education, and scientific context for appropriate clinical use.

Clinical support resources are included

6

Retest & Monitor Change

Follow-up testing can help compare results over time, monitor biological change, and support more informed conversations about care plans, lifestyle interventions, and progress.

Best practice: Schedule follow-up testing during results review

Clinical & Operational Support

Clinical, operational, and patient-education resources support implementation across the practice.

Epigenetic Healthcare Consultant

Supports onboarding, workflow integration, staff training, patient education, and retesting implementation.

Medical Science Liaison

Provides report interpretation support, clinical education, and scientific context for appropriate use of TruDiagnostic testing. AI enabled report guidance further supports clinicians' review findings.

Patient Education & Practice Resources

Staff training, patient education materials, and practice-ready resources support clear implementation of TruDiagnostic testing.

AI Support Tool

An in-portal AI chat to help in navigating and interpreting TruDiagnostic report findings and clarifying biomarkers.

See Biological Patterns Beyond a Point-in-Time Snapshot

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Epigenetic testing complements standard labs by adding visibility into methylation-based patterns associated with biological aging, system-level function, chronic exposures, and biological change over time.

EVALUATION AREA	STANDARD LAB PANEL	TRUDIAGNOSTIC™ EPIGENETIC TESTING
Measurement	**Selected biomarkers.** Measured at the time of collection, providing a point-in-time clinical snapshot.	**Broad DNA methylation patterns.** Hundreds of thousands of CpG sites reflecting longer-term biological patterns and chronic exposures.
Biological Trajectory	**No** Not designed to assess biological age, organ system aging, or pace of aging.	**Longer-term methylation patterns.** May reflect cumulative exposures and biological change over time.
Aging assessment	**Transient snapshot**. Point-in-time results that may vary with physiology, timing, hydration, diet, medication use, and other clinical factors.	**Yes** The TruAge + TruHealth report provides methylation-based estimates of epigenetic age, organ system aging, and speed of aging.
Systems-Level Context	**Surface-level signa**l. Supports assessment of selected biomarkers used in diagnosis, monitoring, and clinical decision-making.	**System-level dysfunction**. The report's epigenetic biomarkers provide system-level methylation insights that may help contextualize biological stress, function, and patterns across key health domains.
Earlier Biological Signal	**Reactive**. Established biomarkers often identify changes once values move outside expected clinical ranges.	**Proactive.** Methylation-based patterns may provide earlier visibility into biological change before it is reflected in traditional biomarkers.
Intervention Tracking	**Possible.** Useful for monitoring selected clinical biomarkers, though some values may fluctuate with short-term physiologic and collection-related factors.	**Purpose-built.** TruAge may help monitor meaningful biological change in response to interventions over 3-6 month intervals[1,2].
Clinical Utility	**Pointed approach.** Typically reported as individual biomarker values essential for diagnosis, monitoring, and clinical decision-making.	**Additive Context.** Provides an additional biological context through methylation-based insights into aging, system-level patterns, and longitudinal change over time.

Additive. Not Alternative. A Complementary Layer of Clinical Insight.

TruDiagnostic testing is designed to complement your existing diagnostic workflow. Standard labs remain essential. Epigenetic testing adds the biological layer of visibility they cannot provide alone - expanding what you can see, personalize, and track for every patient in your practice.

1 Dwaraka, V.B., Aronica, L., Carreras-Gallo, N. et al. Unveiling the epigenetic impact of vegan vs. omnivorous diets on aging: insights from the Twins Nutrition Study (TwiNS). BMC Med 22, 301 (2024). https://doi.org/10.1186/s12916-024-03513-w **2** Carreras-Gallo N et al. Effects of a natural ingredients-based intervention targeting the hallmarks of aging on epigenetic clocks, physical function, and body composition: a single-arm clinical trial. Aging (Albany NY). 2025;17(3). https://doi.org/10.18632/aging.206221

Designed for Clinical Adoption

TruDiagnostic epigenetic testing is designed to fit into clinical workflows with clear provider pricing, flexible collection options, and minimal operational lift.

PRACTICE PRICING TIERS

Volume-based practice tiers with free domestic shipping and handling included.

TIER	MEMBER VOLUME 3-MONTH ROLLING AVERAGE*	TruAge	TruHealth	TruAge + TruHealth Combination Kit
Platinum	150+	**$250**	**$250**	**$400**
Gold	50 - 149	**$300**	**$300**	**$450**
Silver	10 - 49	**$350**	**$350**	**$500**
Standard	1-9 Tests	**$375**	**$375**	**$550**

*Monthly test volume is based on the practice's rolling 3-month average of total TruDiagnostic tests ordered across all test types.

New Provider Starter Program

Available for new HCP accounts only – First-purchase discount: 5 Combo kits at $250/kit. Domestic shipping and handling included. Epigenetic testing is typically not covered by insurance and may be patient self-pay.

DESIGNED FOR PRACTICE INTEGRATION

MINIMAL OPERATIONAL REQUIREMENTS

No specialized equipment or capital investment required. Approved collection workflows are designed to fit routine clinical operations.

BUILT FOR LONGITUDINAL CARE

Baseline and follow-up testing support longitudinal comparison, helping clinicians monitor biological change and guide ongoing patient conversations.

IMPLEMENTATION SUPPORT

An Epigenetic Healthcare Consultant supports onboarding, workflow integration, staff training, patient education, and retesting implementation.

The Science Sets Us Apart

TruDiagnostic™ The Epigenetic Company

TruDiagnostic is an independently validated, peer-reviewed epigenetic testing platform built on published algorithms and ongoing scientific discovery.

DATABASE	PUBLISHED RESEARCH	VALIDATED ON	CLINICAL STANDARDS
100,000+ Participants	**50+ Published Studies**	**1M+ CpG Sites**	**CLIA-Certified Lab**

Clinical and Scientific Differentiators

WHAT MATTERS CLINICALLY	OTHER BIOLOGICAL AGE TESTS	STANDARD LAB PANELS	TRUDIAGNOSTIC
Published algorithms and peer-reviewed evidence	Often proprietary or limited in public methodological detail	Validated at the analyte and assay level	✓ **Published algorithms and peer-reviewed evidence supporting key outputs**
Biological aging model sophistication	Often based on earlier-generation biological age clocks	Not designed to assess biological age	✓ **Includes advanced biological age and pace-of-aging models**
Organ system aging	May be less sensitive to short-interval change depending on the clock used	Interpretation depends on marker and clinical context	✓ **11 organ system aging estimates through SYMPHONYAge**
Longitudinal change monitoring	Limited sensitivity	Variable, marker dependent	✓ **DunedinPACE is designed to assess speed of aging[1] and support monitoring over 3–6 month intervals**
Retest reliability (ICC)	Reliability data may be limited or not consistently published	Assay reliability varies by analyte and methodology	✓ **Average ICC > 0.98 in independent validation, supporting high retest reliability[1]**
Multi-system health insights	Often focused primarily on biological age	May require multiple panels or specialty orders	✓ **TruHealth includes 80+ methylation-based biomarkers across 19 biological systems**

What Clinicians Are Saying

*"I've evaluated every biological age test on the market. TruDiagnostic leads the field — the science is transparent, the algorithms are backed by Harvard, Yale, and Duke, and the company continues to push what's possible."**



Dr. Darshan Shah
Founder & CEO, Next Health - TruDiagnostic at all Next Health Locations

*"The data isn't just interesting, it's actionable. TruAge tells me how fast a patient is aging and TruHealth shows me which systems are under strain. I really love using the OMICmAge and the inflammatory markers to validate therapies in ways standard labs simply can't."**



Dr. Edwin Lee
Leader in Hormone Optimization & Functional Medicine

*The statements above reflect the respective doctor's personal experience and independent professional judgment in their own practice. It does not reflect the intended use of TruDiagnostic tests, which are wellness tests not intended to diagnose, treat, cure, mitigate, or prevent any disease. Healthcare providers exercise their own clinical judgment when working with patients; TruDiagnostic tests are designed to provide epigenetic and biological-aging insights to support wellness-focused care. Individual experiences may vary.

DISCLAIMER: Any statements in marketing, educational, or sales materials are for informational purposes only and do not constitute medical advice. Product descriptions describe general product capabilities and are not representations of specific patient outcomes. They are not intended to replace independent clinical judgment or the full test report, including limitations and interpretive context.

TruDiagnostic offers wellness tests designed to provide epigenetic and biological-aging insights that support healthcare-provider-guided wellness planning, patient education, lifestyle-focused care, and longitudinal monitoring. TruDiagnostic tests are offered for wellness purposes and are not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

1 OMICmAge: Chen Q et al. Nature Aging 2026;6(3):722–737. doi:10.1038/s43587-026-01073-7; Systems Age: Sehgal et al. Nature Aging 2025 (PubMed); DunedinPACE: Belsky DW et al. eLife 2022 (PMID: 35029144)