What Makes This Test Different?

Your annual lab work tells us important information about your health today.

Epigenetic testing helps us understand how your body is aging and functioning over time.

FOR EXAMPLE

If you ate a lot of cereal this morning, your blood glucose may look high on a standard lab. An epigenetic test reveals your blood glucose's average reading over the past several months.

Traditional labs

Today's measurements

TruAge + TruHealth:

Long-term biological patterns

A more complete understanding

Together, these complementary perspectives help us make more informed decisions about prevention, lifestyle, and long-term health.

Your Results are Just the Beginning

Together, we'll review your results, discuss what they mean for your health today, and develop a personalized plan designed around your goals.

Over time, repeat testing allows us to monitor progress and see how your biology responds to changes in lifestyle or treatment.

"I'm 67 but feel much younger, and my test results indicate I'm moving in the right direction. All my markers except Speed of Aging [at 1.04], which has improved since the previous test, all indicate that what I'm doing is helping. If you don't measure it, you can't manage it!"

S. Matheson (real patient)

LEARN MORE

Scan to explore epigenetic testing and what your results can reveal.

www.trudiagnostic.com

TruDiagnostic™
The Epigenetic Company

TruDiagnostic™
The Epigenetic Company

A More Complete Picture of Your Health

Traditional labs are essential, but they capture a moment in time.

The TruAge + TruHealth Combination Kit™ adds another layer by measuring biological aging and whole-body function through epigenetics, helping us better understand what's happening beneath the surface and personalize your care.



Powered by research from leading academic institutions.

HARVARD UNIVERSITY · Duke UNIVERSITY · JOHNS HOPKINS UNIVERSITY · Stanford · UNIVERSITY OF OXFORD · Yale · Cornell · UNIVERSITY OF MICHIGAN · Smithsonian

One Blood Draw. Two Powerful Perspectives.

Instead of looking at one number, the TruAge + TruHealth Combination Kit helps us understand how your body is aging and how your major biological systems are functioning. These can then be monitored throughout the year to see how lifestyle or treatment adjustments can affect aging and function over time.

TruAge

Understand how your body is aging.

BIOLOGICAL AGE
ORGAN-SPECIFIC AGING
SPEED OF AGING

TruHealth

Understand how your body is functioning.

INFLAMMATION
METABOLISM
IMMUNE HEALTH
NUTRITION
MULTIPLE BIOLOGICAL SYSTEMS



Together, these insights provide a more complete picture to help personalize your care.

What We'll Learn About Your Health



Biological Age
How your body is aging compared to your chronological age.

System Health
How key biological systems are functioning.

Speed of Aging
Whether your body appears to be aging faster or slower than expected.

Lifestyle Response
How nutrition, sleep, exercise, and stress may be influencing your biology.

Personalized Opportunities
Areas where targeted lifestyle or clinical interventions may help.

These insights help us build a personalized plan based on your biology, not averages.

Built on Leading Epigenetic Science

The science behind TruDiagnostic is based on DNA methylation, the most extensively studied biomarker of biological aging.

TruDiagnostic's testing incorporates leading epigenetic research and validated aging algorithms developed through years of scientific investigation.

- ✓ Research informed by leading academic institutions
- ✓ Published epigenetic aging science
- ✓ Used by physicians, researchers, and longevity clinics
- ✓ Designed for longitudinal health tracking, with check-ins every 3-6 months

Because confidence in your care starts with confidence in the science.

HARVARD UNIVERSITY
Cornell
Duke UNIVERSITY
JOHNS HOPKINS UNIVERSITY
Stanford
UNIVERSITY OF OXFORD
Yale
UNIVERSITY OF MICHIGAN