

CENVIK

CHANGE THE COURSE OF YOUR HEALTH

Epigenetic Analysis.

Gain even deeper insights and visualize changes before they become clinically apparent.





The epigenetic analysis is available as an add-on to the **Cenvik program**. It deepens the picture your physician already has, and turns biology into something you can actively shape.

DEEPER INSIGHTS WITH EPIGENETICS

Making the invisible visible.

As an add-on to the Cenvik program, the epigenetic analysis decodes what is happening inside your body at the biological level, and **reveals early signals long before they would surface in standard tests.**

Your DNA is the blueprint. Epigenetics shows how it is being regulated.

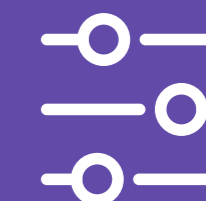
Epigenetic analysis identifies early biological risk patterns, supports your physician in prioritizing preventive actions, and monitors whether your interventions are actually improving biological regulation.



DNA · THE BLUEPRINT

Fixed. Inherited.

Your DNA is the static instruction set you were born with. It defines what is biologically possible, but not what is actually happening in your body right now.



EPIGENETICS · THE REGULATION

Dynamic. Modifiable.

Lifestyle, environment, and biological stress leave measurable marks on how your DNA is being read. These marks change over time, and they can be influenced.

WHAT CENVIK ANALYZES

Beyond simple epigenetic clocks.

Cenvik analyzes biological processes that influence aging and disease risk — going beyond simple epigenetic clocks. This includes drivers with evidence-proven impact on common chronic diseases of the 2nd half of life:

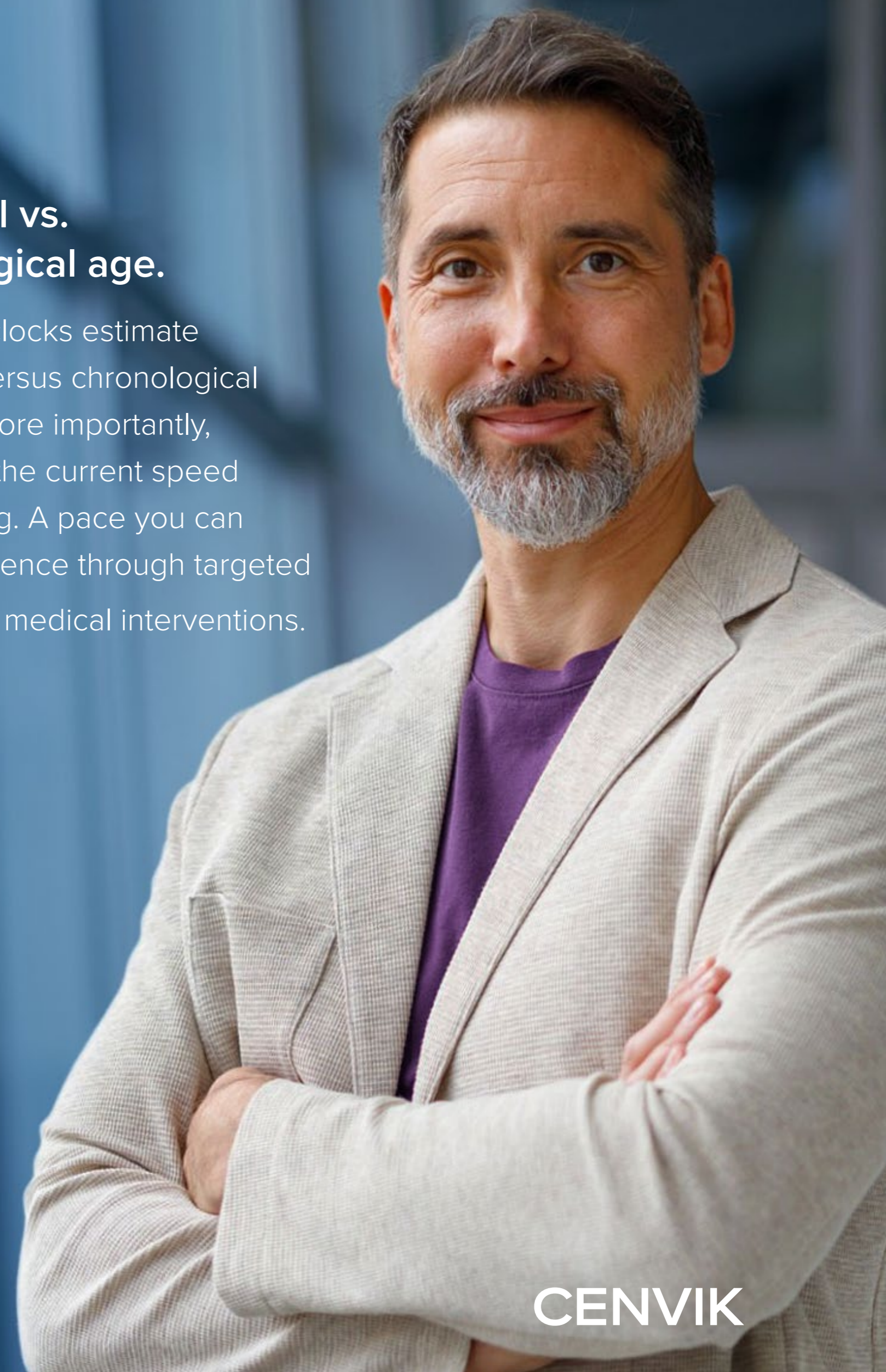
- **Metabolic regulation & insulin resistance**
- **Chronic inflammation**
- **Oxidative stress**
- **Mitochondrial dysfunction**
- **Lipid overload**

One integrated picture. Combined with clinical examination, laboratory markers, and physiological monitoring, your epigenetic profile shapes a continuously updated view of your health and future risk.

Your highly personalized prevention program.

Biological vs. chronological age.

Epigenetic clocks estimate biological versus chronological DNA age. More importantly, they reveal the current speed of your aging. A pace you can actively influence through targeted lifestyle and medical interventions.

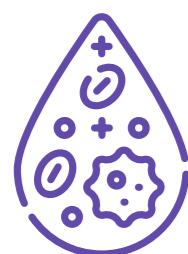


CENVIK

WHAT MAKES IT UNIQUE

Three things set Cenvik apart.

Cenvik's epigenetic test gives you a precise, dynamic, and durable view of your biology.



CELL-SORTED PRECISION

We isolate the cells that matter.

Most epigenetic tests analyze whole blood and mix signals from many cell types. Cenvik isolates **specific blood cells** from the myeloid lineage that are particularly sensitive to biological stress and immune aging. The result reveals changes that standard tests miss.



LONGITUDINAL & DYNAMIC

We measure whether it actually works.

Epigenetic regulation is malleable. Samples are taken at the start of the program and again after **nine to twelve months**. This shows whether changes in nutrition, activity, metabolic control, and stress management are reflected in real biological change.



FUTURE-PROOF DATA

Your data keeps gaining value.

Epigenetic data remains valuable long after the initial analysis. As new evaluation models and scientific findings emerge, **your data can be reinterpreted**. This keeps you at the forefront of medical development.

REAL RESULTS

Daniel, Age 54.

Daniel's routine blood tests showed only moderate abnormalities in glucose handling. Cenvik's cell-sorted epigenetic analysis revealed a much deeper picture, and tracked meaningful change after nine months on a personalized plan.



6

BASELINE

What was decoded.

- Biological DNA age 51, with elevated **speed of aging (1.2)**
- Metabolic stress: insulin resistance and glucose dysregulation
- Chronic inflammation with potential vascular impact
- High mitochondrial stress patterns
- Early kidney-related stress signals

Key biological disease drivers were already activated, supporting earlier and more precise physician intervention.

AFTER 9 MONTHS

Measurable improvements.

- **Speed of aging normalized (0.9)**, back below biological age
- Improvements in metabolic and mitochondrial stress patterns
- Interventions: targeted medication, guided nutrition, activity
- Inflammation and kidney signals not yet impacted, plan adapted

Daniel's personalized plan showed clear progress. Future epigenetic assessments will guide further adaptation.

WANT TO ADD EPIGENETICS TO YOUR PROGRAM?

Get in touch with us:

info@cenvik.com

cenvik.com