

JUST HOW OLD ARE YOU ?

When asked this question and if being honest people answer by giving their age based on their date of birth... their chronological age.

But there is another age called the Biological Age that is much more important. Your biologic age is the age of your body...basically all the cells that make up your body. This age may be different than your chronological age ...if the number is lower than your chronological age then you are aging slower, if higher then you are aging faster. This biological age is sometimes referred to the 'Biological clock' of aging.

Find out your biological age and find out how to optimize how well you are aging.

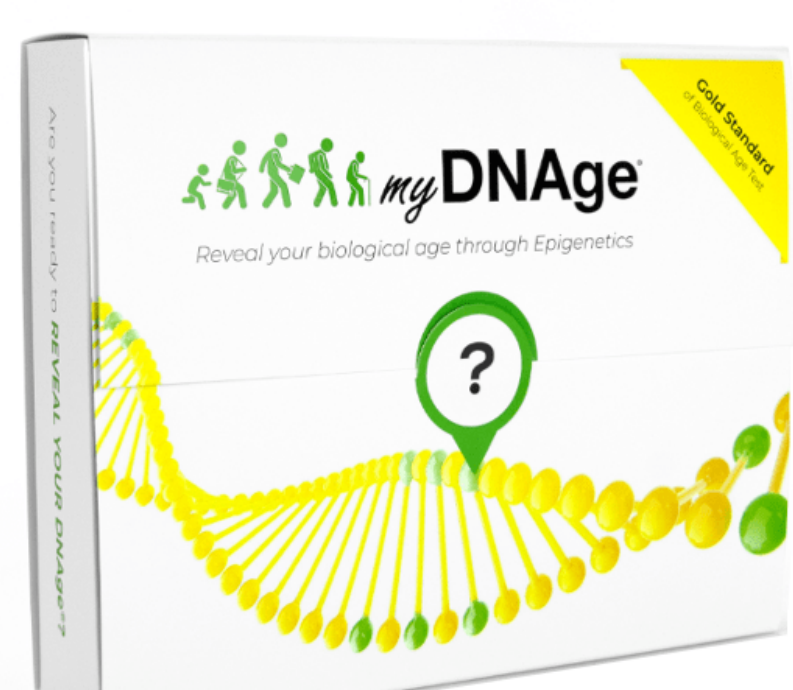
Reveal your biological age through epigenetics

my DNAge® test, the most accurate biological age test, is based on the Dr. Horvath's epigenetic age clock.

Reveal your DNAge

"You can't change your genes, but you can change how your genes behave through epigenetics"

BIOLOGICAL AGE TEST KITS



URINE Test

Our At-Home Urine Collection Kit allows the simple collection of urine. it is easy and simple with step-by-step instructions included with your kit.

\$270*

BLOOD Test

Our At-Home Blood Collection Kit is a lancet-based kit that will only need to collect 2-3 drops of blood. This test can be done from the comfort of your own home.

\$270*

*save \$30 off retail

myDNAge® Blood or Urine test ?

We offer two sample collection kits so that you can choose based on your preference. Our biological age test is optimized based on sample type. Based on our population studies, the performance of blood and urine DNAge® tests are very similar. However, it is important to note that not every test subject has the same DNAge® prediction for blood and urine. This is because some individuals have different aging rate in different part of the body. For the blood biological age test, majority of the DNA is extracted from the white blood cells, meaning it measures the overall immunity of the body. On the other hand, the urine biological age test measures the overall urinary tract health since the DNA extracted from the urine sample comes from the organs encompassing the urinary system.



What is the myDNAge® test?

The myDNAge® test is a DNA age test using epigenetics. The myDNAge® test is based on Dr. Horvath's epigenetic aging clock and utilizes our proprietary SWARM® (Simplified Whole-panel Amplification Reaction Method) technology to analyze DNA methylation patterns of over 2,000 loci on the human genome and generate epigenetic age predictions in a high throughput manner.



Simply submit your blood or urine sample, and we can determine your DNAge® by analyzing the epigenetic modifications on your DNA.

Learn about myDNAge®

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What is Epigenetics?

Epigenetics refers to the modification on our DNA, RNA, or protein, which can change/regulate these molecules without altering the primary sequence. Our genetics, lifestyle, the food we eat, and the environment we live in, affects these modifications, and therefore affects how our genes behave.

Why is this important? Epigenetic mechanisms play a crucial role in regulating biological processes as diverse as development, learning, metabolism, and in the progression of diseases such as cancer.

DNA methylation, the most abundant and best-studied epigenetic modification, is now recognized as a reliable indicator of biological age. The myDNAge® Epigenetic Aging Clock service is based on Dr. Steve Horvath's aging clock, the gold standard of epigenetic age calculator built using DNA methylation data.

Epigenetics and You

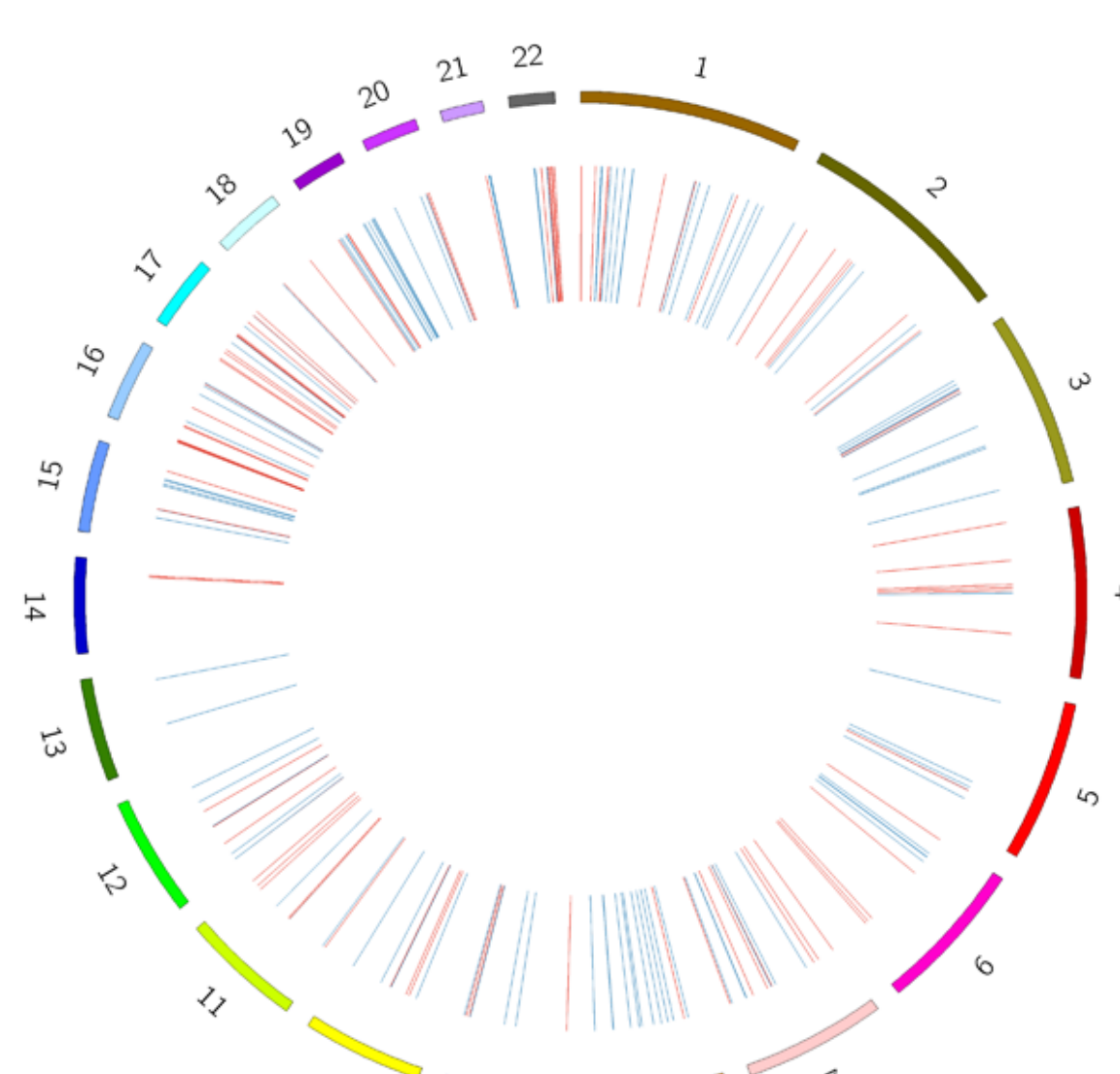
Some food keep us healthy while others cause us harm. Acute or chronic stress could impact our long-term health. When we get older, age-related disease will come and haunt us.

DNA is our blueprint that makes us who we are. However, it cannot be denied that our life choices can also influence how we grow and develop. The field of epigenetics is growing rapidly and learning how our diet, lifestyle, and environment could affect our growth and development would revolutionize how we select our life choices.

Epigenetics can explain how these external factors cause the modifications on our DNA and its structures, which results in gene regulation.

What is the Epigenetic Aging Clock?

Epigenetic modifications refer to heritable changes in the genome that occur independently of changes to the primary DNA sequence. Epigenetics plays crucial biological roles in processes as diverse as development, learning, metabolism, and in the progression of diseases such as cancer. DNA methylation, the most abundant and best studied epigenetic modification, is now recognized as a reliable indicator of biological age¹⁻⁵. Dr. Steve Horvath's epigenetic aging clock, the gold standard of DNA Age Test or Biological Age Test, was built using data generated from thousands of samples. His analytical method has been cited in over 600 peer reviewed scientific publications. The myDNAge® Epigenetic Aging Clock service is based on Steve Horvath's aging clock and utilizes SWARM™ (Simplified Whole-panel Amplification Reaction Method) technology to analyze DNA methylation patterns of >2000 genetic loci and provide epigenetic age predictions in a high throughput manner.



[1] Horvath S. DNA methylation age of human tissues and cell types. *Genome Biology*. 2013;14(10): R115. doi:10.1186/gb-2013-14-10-115.
 [2] Jones MJ, Goodman SJ, Kobor MS. DNA methylation and healthy human aging. *Aging Cell*. 2015;14(6):924-932. doi:10.1111/acel.12349.
 [3] Horvath S, Langfelder P, Kwak S, et al. Huntington's disease accelerates epigenetic aging of human brain and disrupts DNA methylation levels. *Aging (Albany NY)*. 2016;8(7):1485-1504. doi:10.18632/aging.101005.
 [4] Horvath S, Garagnani P, Bacalini MG, et al. Accelerated epigenetic aging in Down syndrome. *Aging Cell*. 2015;14(3):491-495. doi:10.1111/acel.12325.
 [5] Horvath S, Levine AJ. HIV-1 Infection Accelerates Age According to the Epigenetic Clock. *The Journal of Infectious Diseases*. 2015;212(10):1563-1573. doi:10.1093/infdis/jiv277.

Figure 1. Genome-wide DNA methylation analysis overview plot demonstrating chromosomal coordinates of genes that are highly informative for age-related assessment.

Learn about *myDNAge*®

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