



Epigenetic Test for Biological Age

SystemAge Report

of 19 Body Systems

Live longer healthier

Welcome to the
New Golden Standard
quantifying biological age

SystemAge Report (Sample)

Step 1: View Report



Understand Your Top Aging Factors and Breakdowns

Step 2: See A Doctor



Meet with a Doctor for Personalized Action Plan

Step 3: Take Actions

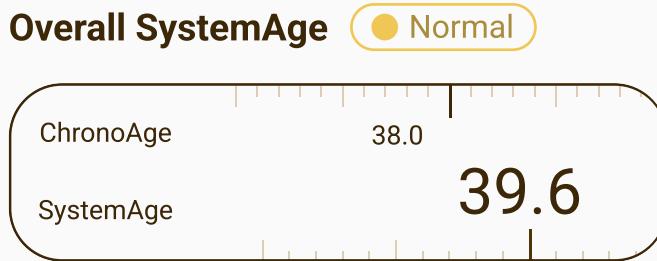


Take Actions and Re-test to See the Efficacy

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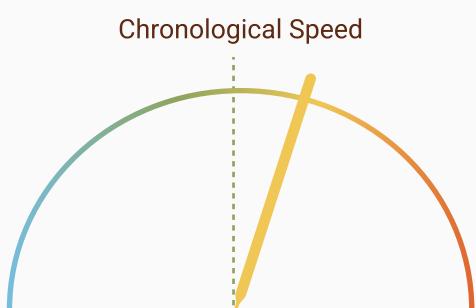
SystemAge Overview



Your overall SystemAge* is 39.6 years old, **1.6** years older than your chronological age in normal range.

*SystemAge test analyzes changes in DNA methylation patterns that are associated with aging using CpG sites causal to aging-related mortality. Your SystemAge provides an estimate of the change in your biological age due to the accumulation of biological noise.

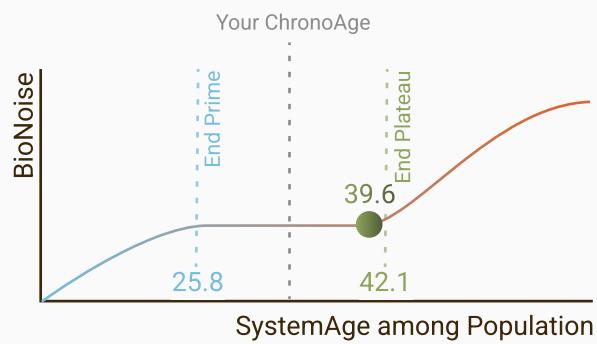
Overall Aging Speed



You are aging **1.04x** of chronological time

The aging speed ratio indicates how your body has aged compared to calendar years. Overall, your body is currently aging **normal range** as expected. Still, you have plenty of potentials to optimize your aging process.

Overall Aging Entropy Curve Plateau



● Your SystemAge
Current Aging Stage: Plateau

Understand Your Aging Stage

Based on your test results, your overall health currently falls into the **Plateau** stage. This phase is characterized by a stable and consistent level of overall health, following early adulthood's peak performance and preceding the eventual decline associated with accelerated aging. During this plateau phase, your body is generally maintaining its health and effectiveness.

Aging is a complex, non-linear process that can be broadly categorized into three stages: Prime, Plateau, and Accelerated.

The Plateau stage can occur at various points in life, when biological changes slow down and BioNoise levels stabilize. In general, a lower BioNoise level indicates a healthier status. Therefore, variations in SystemAge within the plateau stage generally do not reflect significant biological differences.

SystemAge Breakdown

● Need attention ● Normal ● Good ● Excellent

Auditory System



SystemAge **37.2 ↓** Aging Speed **0.98x ↓**

Blood Sugar & Insulin Control



SystemAge **39.2 ↓** Aging Speed **1.03x ↓**

Skeletal System



(Bone)
SystemAge **44.8 -** Aging Speed **1.18x -**

Cardiac System



(Heart)
SystemAge **35.2 ↑** Aging Speed **0.93x ↑**

Digestive System



SystemAge **46.0 ↑** Aging Speed **1.21x ↑**

Hepatic System



(Liver)
SystemAge **40.7 ↓** Aging Speed **1.07x ↓**

Immune System



SystemAge **32.4 ↑** Aging Speed **0.85x ↑**

Oncogenesis

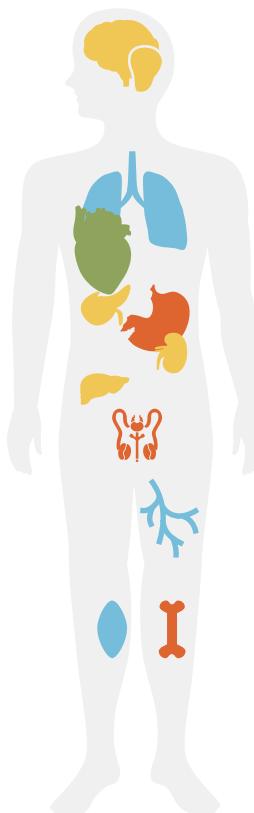


(Cell mutation)
SystemAge **44.9 ↑** Aging Speed **1.18x ↑**

Brain Health and Cognition



SystemAge **28.6 ↑** Aging Speed **0.75x ↑**



Muscular System



SystemAge **28 ↑** Aging Speed **0.74x ↑**

Neurodegeneration



(Nerve cells)
SystemAge **39.1 ↓** Aging Speed **1.02x ↓**

Reproductive System



(Ovaries and uterus)
SystemAge **47.8 ↑** Aging Speed **1.26x ↑**

Respiratory System



(Lung)
SystemAge **30.5 ↑** Aging Speed **0.80x ↑**

Urinary System



SystemAge **43.0 ↑** Aging Speed **1.13x ↑**

Blood and Vascular System



SystemAge **28.2 ↑** Aging Speed **0.74x ↑**

Tissue Regeneration



SystemAge **34.0 -** Aging Speed **0.89x -**

Inflammatory Regulation

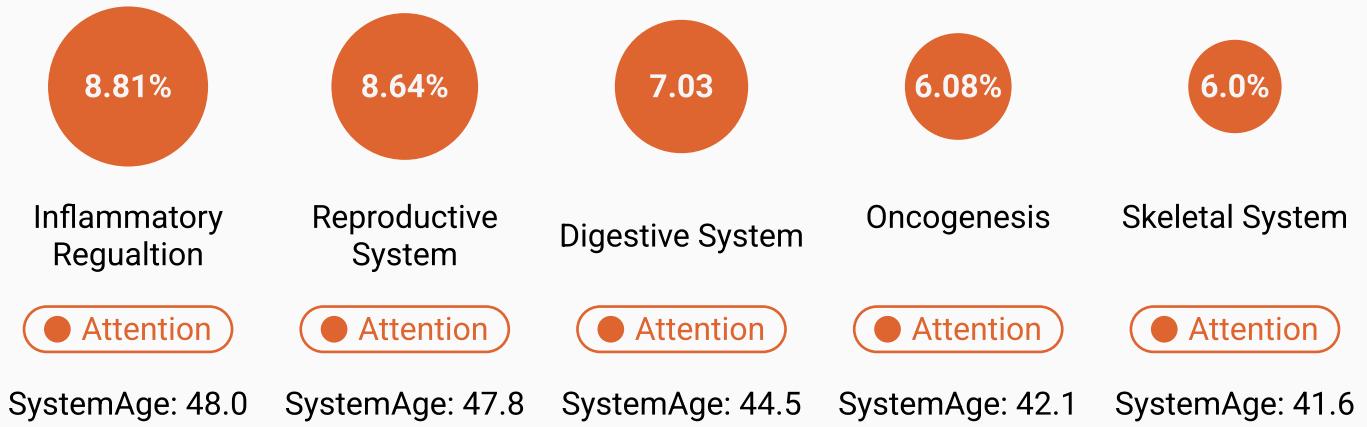


SystemAge **48.0 ↑** Aging Speed **1.26x ↑**

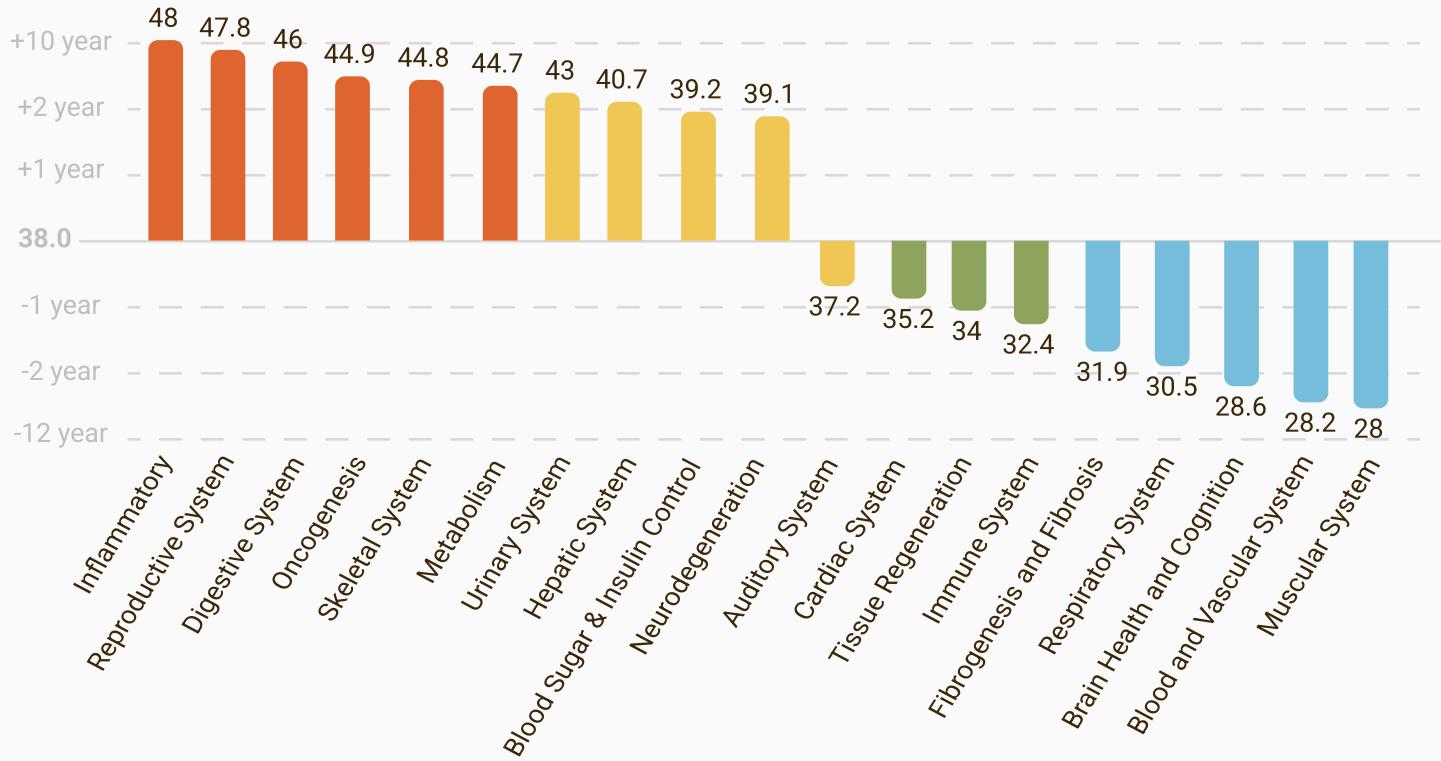
19 Systems in Comparison

⚠️ Top Aging Factors

This section highlights the body systems that are contributing the most to your overall aging process. Focusing on these key areas can help you take targeted actions for healthier aging.



SystemAge in Comparison



Clinician-reviewed Intervention Recommendations

*Here are your personalized recommendations based on your test results. These recommendations are for reference only.

Nutrition & Supplement Recommendations

Quercetin

Quercetin is a natural plant compound found in many fruits, vegetables, and grains. It acts as an antioxidant, helping to neutralize harmful free radicals in the body. Quercetin is linked to several health benefits, including reduced inflammation, improved cardiovascular health, and potential anti-cancer effects.



Suggestions:

- Parsley
- Citrus fruits
- Apples



Reproductive System

Your reproductive system is biologically 47.8 years old, 9.8 years older than your chronological age. The antioxidant properties of Quercetin play a pivotal role in supporting reproductive health by safeguarding sperm and egg cells from oxidative damage. This protection enhances fertility by ensuring healthier reproductive cells. Its anti-inflammatory effects also contribute to a more stable and healthier reproductive environment.

Inflammatory Regulation

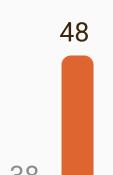
Your inflammatory regulation is biologically 48.0 years old, 10.0 years older than your chronological age. Quercetin's anti-inflammatory effects are due to its ability to interfere with the production of inflammation-causing agents. It suppresses the release of histamines and other proinflammatory chemicals, thereby reducing the severity of inflammation. This can provide therapeutic benefits for those dealing with chronic inflammatory issues.

Metabolism

Your metabolism is biologically 44.7 years old, 6.7 years older than your chronological age. By activating key metabolic pathways, quercetin aids in better regulation of blood sugar and fat processing in the body. This helps maintain stable energy levels and supports weight management. Additionally, its anti-inflammatory properties help mitigate metabolic stress.

Resveratrol

Resveratrol is believed to help activate genes that protect against aging-related diseases. It is often researched for its potential to improve heart health and increase insulin sensitivity, making it a popular supplement in longevity circles.



Inflammatory Regulation

Your inflammatory regulation is biologically 48.0 years old, 10.0 years older than your chronological age. Resveratrol's influence on inflammation is largely due to its ability to inhibit certain enzymes and molecules that promote inflammation. This regulation helps in minimizing the adverse effects associated with long-term inflammatory conditions.

Metabolism

Your metabolism is biologically 44.7 years old, 6.7 years older than your chronological age. The antioxidant properties of resveratrol help reduce oxidative stress in cells, which is beneficial for metabolic health. Lower oxidative stress can enhance cellular functions and energy production, supporting a more efficient metabolism.

Digestive System

Your digestive system is biologically 46.0 years old, 8.0 years older than your chronological age. Resveratrol has antioxidant properties that protect the digestive system from oxidative stress. This protection helps maintain the integrity of digestive organs, ensuring they function properly and efficiently.

Suggestions:

- Red Grapes
- Blueberries
- Mulberries



Fitness Recommendation

Yoga

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation or relaxation techniques. It is designed to improve flexibility, strength, and overall well-being. Regular practice can help reduce stress, enhance mental clarity, and promote physical health.

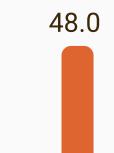


Inflammatory Regulation

Your inflammatory regulation is biologically 48.0 years old, 10.0 years older than your chronological age. Yoga's emphasis on mindful breathing and relaxation can significantly impact inflammatory regulation by reducing stress-induced inflammation. This practice helps lower cortisol levels, which are directly linked to the body's inflammatory response, thus supporting better management of inflammatory conditions.

Metabolism

Your metabolism is biologically 44.7 years old, 6.7 years older than your chronological age. Yoga helps to regulate metabolism by reducing stress, which influences hormone balance and supports proper metabolic function. Lower stress levels can decrease the production of cortisol, a hormone that, when elevated, can slow the metabolism. Additionally, the physical activity in yoga sessions aids in burning calories and improving overall metabolic rate.



Digestive System

Your digestive system is biologically 46.0 years old, 8.0 years older than your chronological age. Yoga helps improve digestion by promoting relaxation and reducing stress, which can positively impact gut motility and enzyme secretion, ultimately aiding in smoother digestion.



Therapy Recommendation

Therapeutic Plasma Exchange (TPE)

Therapeutic Plasma Exchange (TPE) is a medical procedure that removes and replaces a person's plasma—the liquid part of the blood—to eliminate harmful substances like autoantibodies, toxins, or abnormal proteins. It's often used to treat autoimmune and neurological disorders, helping to reset the immune system and reduce inflammation.



Inflammatory Regulation

Therapeutic plasma exchange (TPE) can be used to improve or rejuvenate inflammatory regulation by directly removing pro-inflammatory cytokines, autoantibodies, and other pathogenic substances from the plasma, thereby reducing systemic inflammation and modulating immune responses. This process can help restore homeostasis and improve clinical outcomes in patients with various inflammatory and autoimmune conditions.



Metabolism

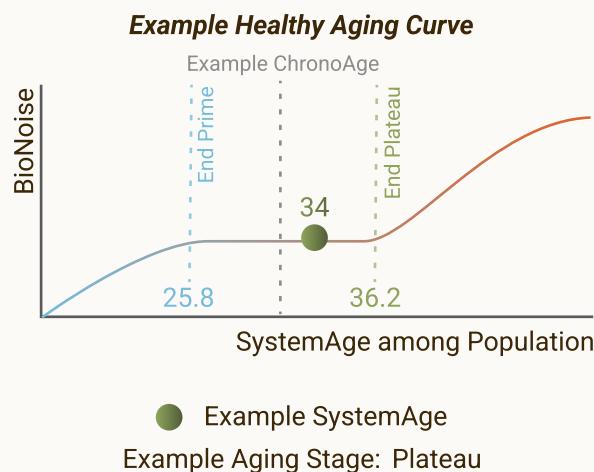
Your metabolism is biologically 44.7 years old, 6.7 years older than your chronological age. TPE might improve metabolic health by reducing systemic inflammation, removing pro-aging factors, and promoting better cellular function. By clearing out harmful proteins and inflammatory markers from the blood, TPE could indirectly support healthier metabolic processes—but more clinical evidence is needed to fully understand and confirm its metabolic benefits.

19 Systems Aging Entropy Curves

What is Aging Entropy Curve?

Aging Entropy Curve illustrates changes in a body system over a lifetime in population. The curve is unique for each body system as each system could exhibit distinctive aging characteristics; the curve may also change slightly overtime as new data and research further defines the trend.

“**BioNoise**” is the variability in gene expression and molecular changes in the body. It increases with age and can signal early stages of aging and diseases. Measuring BioNoise helps identify aging and disease progression, indicating whether a person is becoming unhealthy, stable, or improving.



What are the Aging Stages?

Aging Stage refers to the concept that aging is not a linear process but is instead marked by distinct stages, each with its own characteristics.

Overall, there are three primary stages:

1. **Prime:** This stage represents early adulthood, where the body's systems are performing at their healthiest.
2. **Plateau:** In this stage, the system remains relatively stable over time, with minimal increases in BioNoise levels. From a SystemAge perspective, individuals in this stage tend to have similar BioNoise levels, indicating stable health.
3. **Acceleration:** In this stage, the system shows a rapid increase in biological noise, indicating an accelerated aging.

Note that the Aging Stage threshold cutoff may vary for each body system, as different systems age at different rates and exhibit unique aging characteristics.

For a holistic understanding, please view the Aging Entropy Curve & Aging Stage alongside the SystemAge. BioNoise Level variation for older population is generally higher than the younger population. That means for the older population, SystemAge may seem alarming though still within the expected normal range.

Inflammatory Regulation

Inflammatory Regulation is the body's way of dealing with challenges while keeping everything in check. It plays a vital role in orchestrating the body's response to challenges, ensuring a balanced immune reaction without causing harm. It involves intricate mechanisms to manage inflammation for overall health.

SystemAge ● Attention



Aging **1.26x** of chronological speed

Associated Pathways

- NLRP3 inflammasome pathway
- TNF signaling pathway
- MAPK signaling pathway

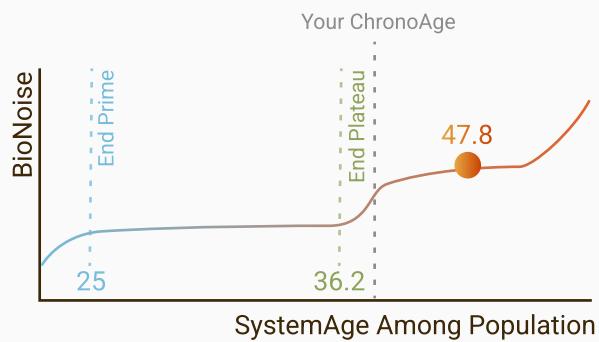
Aging Insights

Your test results indicate that the biological age of your inflammatory regulation function is higher than your chronological age. This suggests that this function is aging faster than expected, which may impact your overall immune response and recovery from illnesses and injuries. Interventions such as improving diet, increasing physical activity, and managing stress levels may help improve the health of your inflammatory regulation function.

Associated Diseases

- Multiple sclerosis
- Gout
- Asthma

Aging Entropy Curve Accelerated



● Your SystemAge

Current Aging Stage: Accelerated

Understand Your Aging Stage

In the context of inflammatory regulation, you have entered the **accelerated** aging stage. This stage is characterized by a more rapid decline in the body's ability to control inflammation, which is a natural part of the aging process. During this period, the body's inflammatory response may become less efficient, potentially leading to increased susceptibility to chronic inflammatory conditions. It is important to be aware of this change, as it signifies a shift in your body's physiological regulation, but it is a common and expected occurrence later in life.

Elevate your health
**Personalized
Recommendations**
with clinical evidences

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