ANTI-AGING Solutions

Smart DNA - Age Well Package

Doctor report

Legal disclaimer

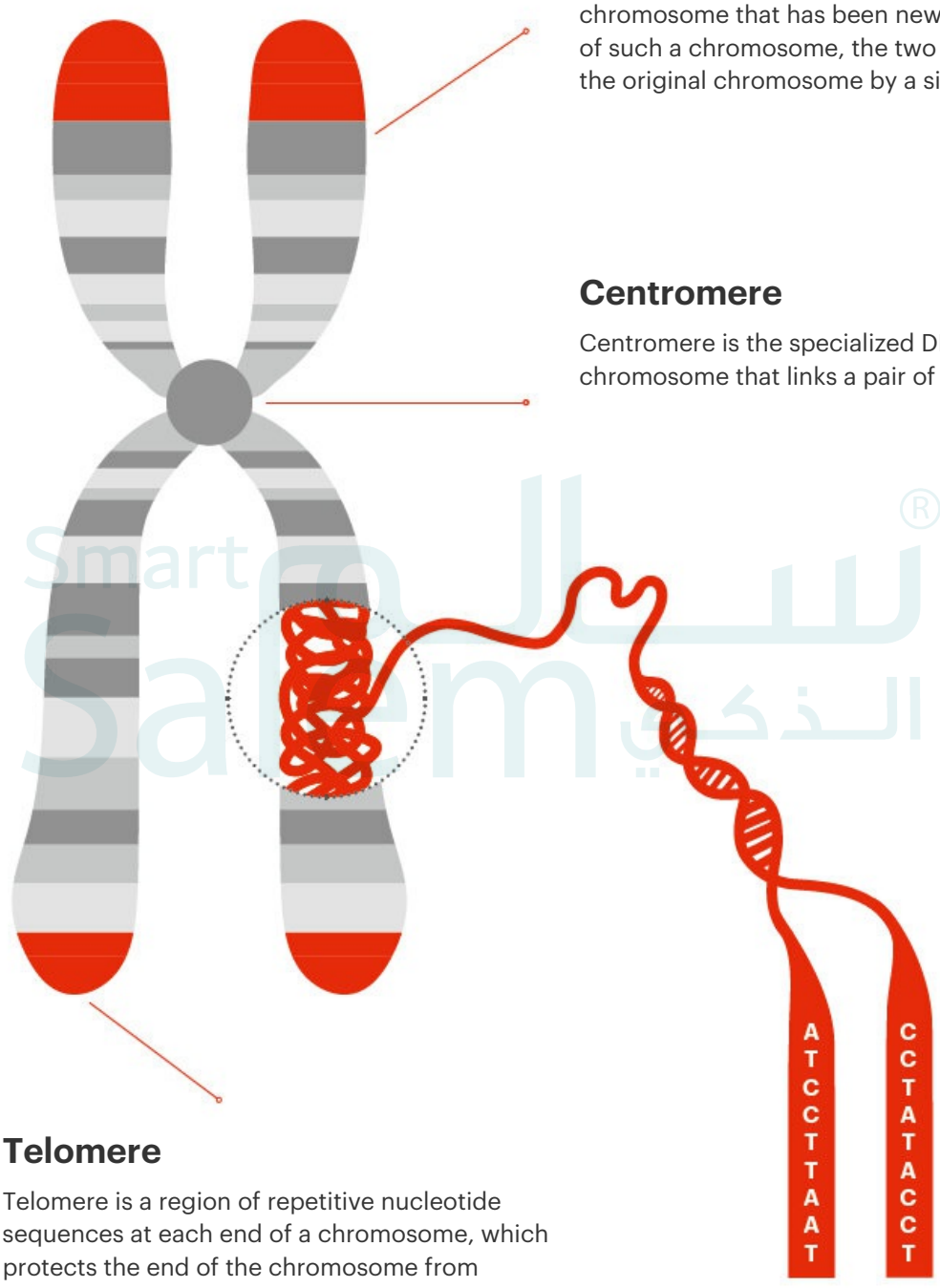
LEGAL DISCLAIMER: Fagron Genomics, S.L.U carries out genetic tests upon request by healthcare professionals, in relation to biological samples from patients obtained by the healthcare professional. Our tests do not replace a medical consultation, nor do they make up a diagnostic or treatment, nor should they be interpreted this way. Only healthcare professionals can interpret the results of said tests, based on their knowledge of the clinical records of the patients and other relevant factors and, under their responsibility, give a diagnostic or prescribe treatment to the patient. We decline all responsibility derived from the use and interpretation of the results of our tests by the solicitant healthcare professional. Fagron Genomics, S.L.U expressly reserves any legal actions in case of an innapropiate, negligent or incorrect use or interpretation of the results of our tests. It is the responsibility of the healthcare professional who requests a test to guarantee to the patient the appropriate genetic advice as foreseen by Law 14/2007, of 3rd July, of biomedical research. As Fagron Genomics, S.L.U does not have access to the personal identifiable information about the patient from whom the sample comes, it is the responsibility of the requesting healthcare professional to comply with the applicable data protection Laws and regulations. (*)

Chromatid

A chromatid (Greek khrōmat- ‘color’ + -id) is a chromosome that has been newly copied or the copy of such a chromosome, the two of them still joined to the original chromosome by a single centromere.

Centromere

Centromere is the specialized DNA sequence of a chromosome that links a pair of sister chromatids.



Telomere

Telomere is a region of repetitive nucleotide sequences at each end of a chromosome, which protects the end of the chromosome from deterioration or from fusion with neighboring chromosomes.

SMART DNA - AGE WELL PACKAGE INFORMATION

I. SMART DNA - AGE WELL PACKAGE INFORMATION

The test is a genetic analysis that determines the telomer length and estimates the biological age of the patient's cells

Telomeres are found at the end of chromosomes. These structures protect against the chromosomal degradation, loss of genetic information and even protect us from the occurrence of diseases and infections

The human telomeres shorten during the aging process, but the speed of this process varies for each person. Knowing the situation of the telomeres and being able to track their shortening, provides very valuable information for improve and customize anti-aging therapies.

There are many scientific studies that associate some behaviors and conditions of our environment with a shorter length of telomeres (for example: stress, overweight, depressed mood, living in environments with high levels of pollution, etc.) Our own genetics also determines the length and ability of our telomeres to remain protected.

II. METHODOLOGY

Telomere length has been analyzed using DNA isolated from cells of the oral mucosa sample provided*.

DNA has been evaluated using the quantitative PCR technique ** (Absolute Human TelomerLength Quantification qPCR Assay Kit (AHTLQ); ScienceCell # 8918). Repeatability and reproducibility studies demonstrate validity greater than 99%.

The results indicate the average length of telomeres of all chromosomes from a comparison with a control sample with a known telomere length (reference sample).

The approximate biological age is estimated following statistical models endorsed by scientific publications, as well as by internal validations.

(*) The inner lining of the cheeks

(**) Polymerase chain reaction (PCR) is a method widely used in molecular biology to make copies of a specific segment of DNA.

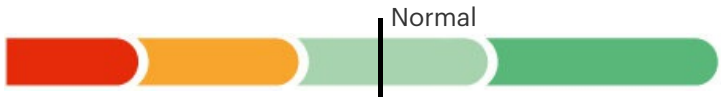
01 PATIENT DATA

Demographic data on the patient

Gender	Male
Age	51 years
Height	170 cm
Weight	50 Kg
STRESS	Chronic(+5 years)
Throughout the day you have a physical activity	20-30 min, moderate intensity, 3-5 days a week

Below you will find the laboratory results.

Average telomer length	1,78 kb
Real age	51 years
Estimated Biological age*	52 ± 1 years
Aging	1



INTERPRETATION

Its biological age coincides with its chronological age. Your cells show adequate aging at their age.
If you want to rejuvenate at the cellular level, it is recommended to follow a healthy life. Increase the intake of vitamins B, C, D and E as well as food with anti-inflammatory and antioxidant properties.

You will find your ideal treatment in the following sections.

(*) The results should be taken as an approximation of the patient's aging status. This test should not be considered a pathological diagnosis and should be interpreted by a healthcare professional. The statistical models used to perform this test may be modified. over time, incorporating new scientific knowledge. It is for this reason that, although making every effort to incorporate all available knowledge, there may be publications that have not been reviewed or incorporated.

03 THERAPEUTIC RESULTS

Here is a list of the active ingredients and/or compounds that are the most beneficial for reducing the aging rate, depending on the length detected in the telomeres.

In addition, we also provide recommended formulas in order to provide an estimate of the best customized treatment.

Phytochemical	Antioxidant	Aminoacid
· Oral Ginkgo Biloba	· Oral Coenzyme Q10	· Acetilcystein (N-Acetyl L-Cystein)
· Turmeric dry extract	· Omega 3	
· Silimarin	· Oral Astaxanthin	
· Piperin	· Coenzyme Q10	
	· Astaxanthin	

Vitamine
· Oral Vitamin C
· Cianocobalamin (Vitamin B12)
· Folic Acid (Vitamin B9)
· Colecalciferol (Vit. D3)

ABOUT

In addition, we also provide recommended formulas in order to provide an estimate of the best customized treatment.

Oral capsule

Formula amount

For a number 100 capsule

Prescription

Ingredients	Quantity
Piperin	6 mg
Oral Ginkgo Biloba	200 mg
Oral Astaxanthin	10 mg
Omega 3	200 mg
Oral Coenzyme Q10	40 mg
Cianocobalamin (Vitamin B12)	1 mg
Folic Acid (Vitamin B9)	1 mg

Dosage

One capsule daily in the morning. (recommended Hygrocaps capsules)

Signature of the prescribing physician

Dr: _____

Physician Registration No. _____

04 GENERAL RECOMMENDATIONS

ABOUT

Below you will find some general recommendations that can support the therapy to stop the reduction of telomeres.

Nutrition

- Eat more fruits (apples, pears ...), oatmeal, whole wheat and rice
- Incorporate anti-inflammatory foods (such as turmeric or dark chocolate) and nourishing antioxidants (such as garlic, broccoli or green tea) into your daily eating pattern.
- Increase the consumption of foods rich in omega-3s such as salmon, sole, cauliflower, etc.
- Reduce the amount of sodium (particularly present in cooking salt) because it inhibits the levels of adiponectin, a natural inflammation inhibitor.
- Reduce the amount of protein and excessive calorie intake to prevent premature aging.
- Take the recommended daily amount of vitamins B6, B12, folate, C and E. Low levels of B vitamins are closely associated with premature shortening of telomeres and an increased risk of developing age-related diseases;vitamins C and E are powerful antioxidants that preserve telomere length.

Lifestyle

- Get enough rest to prevent inflammatory processes.
- If you smoke or are a former smoker, it is important that you take supplements with resveratrol to protect against oxidative damage caused by tobacco smoke.
- Do moderate exercises every day to improve your respiratory capacity and increase your metabolism. This will have a positive effect on your health and a protective effect on the shortening of telomeres.

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