

THE TELOTEST FORMULA ™

Genetic test of telomeric length



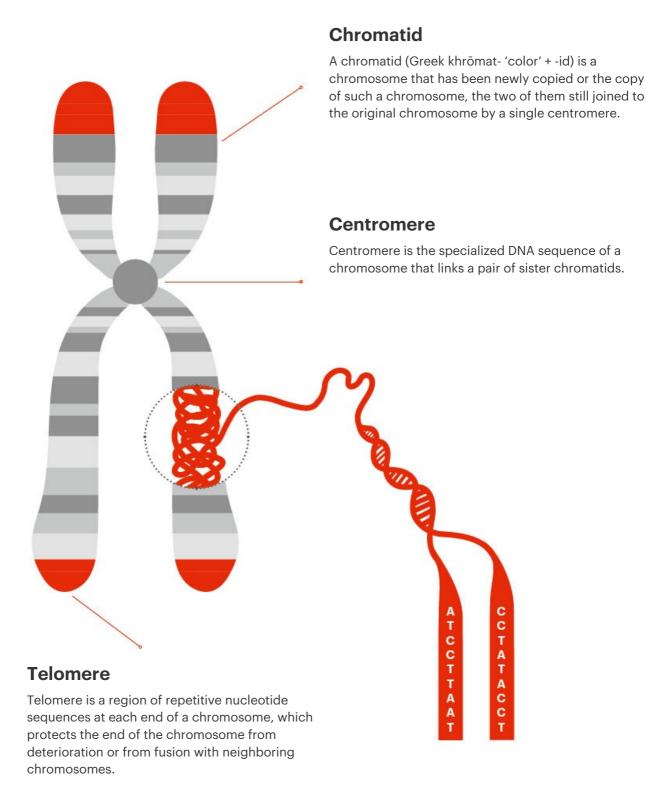
Name — Patient (EL) Demo
Date of birth — 01-01-1990

Customer code TEL03068AA

Doctor's name Demo Doctor (EL)

Reception date 10-07-2020

Date of the results 10-07-2020





TELOTEST™ INFORMATION

I. TELOTEST™ INFORMATION

TeloTest™ 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

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- (*) 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.



Demographic data on the patient

Gender ___ Male

> ___ 32 years Age

Height ___ 180 cm

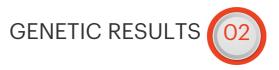
Weight 80 Kg

STRESS Nothing

Throughout the day you have a physical —— 20-30 min, moderate intensity, 3-5 days a

activity week





Below you will find the laboratory results of the TeloTest™.



Average telomer length	1,57 kb
Real age	32 years
Estimated Biological age*	49 ± 1 years
Aging	17



INTERPRETATION

Its biological age shows an aging with respect to its chronological age. Its cells have a telomeric length less than expected.

You are advised to follow a healthy life. Reduce the intake of protein and calories and increase the intake of vitamins B, C, D and E as well as food with anti-inflammatory and antioxidant properties.

You should follow some adjuvant treatment to rejuvenate at the cellular level.

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.



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.

PI	Phytochemical	Antioxidant
Metformin	· Turmeric dry extract	· Coenzyme Q10
		· Oral Coenzyme Q10
		· Resveratrol
		· Oral Astaxanthin
		· Astaxanthin
Aminoacid		
· Acetilcystein (N-Acetyl L-Cystein)		
Vitamine	Mineral	
· Vitamin C	· SiliciuMax TM	
· Vitamin E		
· Colecalciferol (Vit. D3)		

ABOUT

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

Pentravan



Formula amount

Pentravan c.s.p 1 g



Prescription

Ingredients	Quantity
Metformin	88 mg
Astaxanthin	17 mg
Colecalciferol (Vit. D3)	8750 UI

Dosage

Apply once per day in transdermia areas

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
Turmeric dry extract	200 mg
Oral Coenzyme Q10	45 mg
Acetilcystein (N-Acetyl L-Cystein)	138 mg
Vitamin E	26 mg

Dosage

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



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 agerelated 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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Pentravan



Formula amount

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Prescription

Ingredients	Quantity
Metformin	88 mg
Astaxanthin	17 mg
Colecalciferol (Vit. D3)	8750 UI

Dosage

Apply once per day in transdermia areas

Signature of the prescribing physician

Dr:		
Physician		
Registration No		

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Signature of the prescribing physician

Dr:		
Physician		
Registration No.		

Together

we create the future of personalized medicine.



















