



THE TELOTEST FORMULA™

Patient report



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

Customer code — TELO3068AA
Doctor's name — Demo Doctor (EL)
Reception date — 10-07-2020
Date of the results — 10-07-2020

Demographic data on the patient

Gender —●— Male

Age —●— 32 years

Height —●— 180 cm

Weight —●— 80 Kg

STRESS —●— Nothing

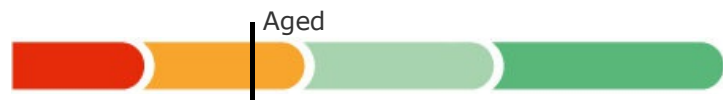
Throughout the day you have a physical activity —●— 20-30 min, moderate intensity, 3-5 days a week



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



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



INTERPRETATION

The biological age shows aging with respect to chronological age. The cells have a telomeric length shorter than the average length for this age, but are still in the expected range.

Instruct customer manners to follow a lifestyle. A reduction in the caloric intake of the diet is desired.

It would be recommended to increase the intake of foods with anti-inflammatory and antioxidant properties.

Increase the intake of vitamins B, C, D and E as well as food with anti-inflammatory and antioxidant properties.

(*) 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.

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

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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Together

we create the future of personalized medicine.

