



THE TELOTEST FORMULA™

Patient report



Name —●— **Joe NotSoHealthy**
Date of birth —●— **08-15-1977**
Customer code —●— **TELO4105AA**
Doctor's name —●— **Doctor GX**
Collection date —●— **02-16-2022**
Reception date —●— **02-16-2022**
Date of the
results —●— **11-17-2022**



PATIENT DATA

Demographic data on the patient

Gender —●— Male

Age —●— 45 years

Height —●— 5 ft 10 ins

Weight —●— 275 lbs

STRESS —●— Chronic(+5 years)

Throughout the day you have a physical activity —●— 10-20 min, low intensity, 1-2 days a week



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



Average telomer length	1.43 kb
Real age	45 years
Estimated Biological age*	48 ± 1 years
Aging	3



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.

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
· Cycloastragenol	· Turmeric dry extract	· Coenzyme Q10
· Testosterone	· Silimarin	· Oral Coenzyme Q10
· Metformin	· Pycnogenol (Pinus pinaster)	· Resveratrol
	· Miodesin	· Omega 3
	· Piperin	· Astaxanthin
	· Oral Green Tea (GreenSelect)	
		Aminoacid
		· Acetylcystein (N-Acetyl L-Cystein)
Vitamine		
· Vitamin C		
· Vitamin E		
· Colecalciferol (Vit. D3)		
· Oral Vitamin C		

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.

