

XHEALTHTA[®] ✓

RESULTS REPORT



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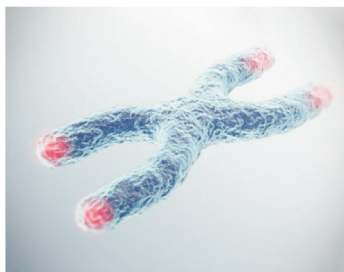
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Why are telomeres important?



Telomeres are found at the ends of chromosomes and function as a protective caps to prevent the degradation of the genetic material.

Telomeres shorten after each cell division to preserve the remaining DNA containing genes. This occurs until the telomere length reaches a critical shortening point after which cell division can no longer take place, thereby causing the cell to enter into a state of senescence and/or cell death.

Thus, the length of not all telomeres, only the shortest ones (20% of the shortest ones), is critical.

► Results: your telomeres

After the analysis of your sample, the following results were obtained:

Median telomere length (MTL)	Average telomere length (ATL)	Short telomeres (20 th percentile)
11.5 Kb	12.9 Kb	7.2 Kb

You will find your results in the sections below along with an in-depth explanation of all the measured parameters.

1 Your short telomeres status

What is the 20th percentile and why is it important?

The 20th percentile indicates the telomere length corresponding to the shortest 20% of the telomeres analysed. This variable is highly relevant because scientific evidence indicates that **the shortest telomeres are the ones that influence the development of diseases of aging such as osteoporosis, cardiovascular or neurodegenerative diseases, many types of cancer, and diabetes, among others.**

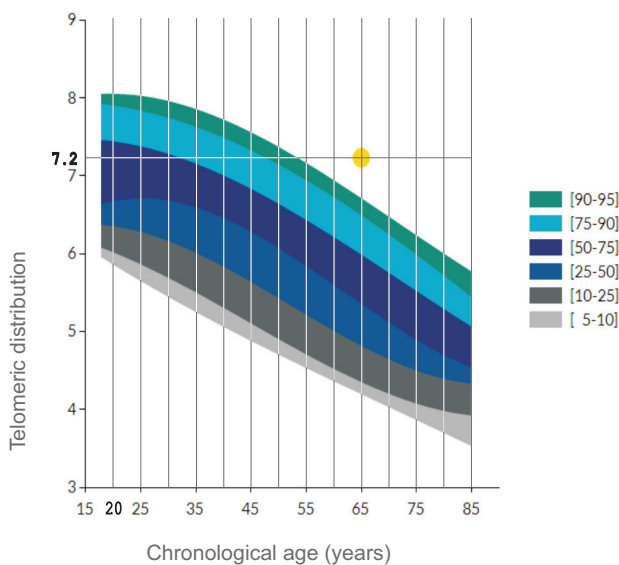
Therefore, it is sufficient to analyse mostly this indicator.

**Short telomeres*
(20th percentile)**

7.2 Kb

* 20th percentile median

Comparison by age band and percentiles



This graph shows your 20th percentile value compared with Life Length's database.

Your sample is at the 99 percentile, which means that 99% of people from your age group have shorter telomeres and, consequently, a higher degree of cellular aging.

Even compared to 20-year-olds, your sample is at the 70 percentile, which means that 70% of 20-year-olds have shorter telomeres and, consequently, a higher degree of cellular aging than you.

In summary: The degree of your body cellular aging more than 45 years younger, than your chronological age!