

Zorrie's case study

What a GlycanAge journey looks like?

More than just measuring your biological age, GlycanAge supports you in **personalizing your lifestyle** and **preventing or managing diseases**.

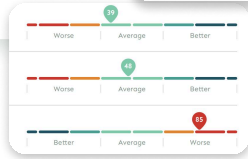


Meet Zorrie: A busy professional and a mom of two whose GlycanAge journey began five years ago.

01

Zorrie started her journey by measuring her baseline GlycanAge results

After doing her first GlycanAge test, she received a detailed **report**, including her biological age, inflammatory profile, potential health risks, recommendations on how to improve, and more.



"At 35, I was shocked to learn my biological age was 43 due to chronic inflammation - despite living what I thought was a healthy lifestyle. Behind the scenes, my body was aging faster and heading toward an autoimmune condition."

02

To understand her results better, she booked her 40-min Result Interpretation call

Our **specialists** thoroughly assessed her results and potential health risks, recommending follow-up tests and creating a personalised action plan to support informed lifestyle changes.

03

Zorrie was committed to applying the insights she learned from the specialist & see real health changes

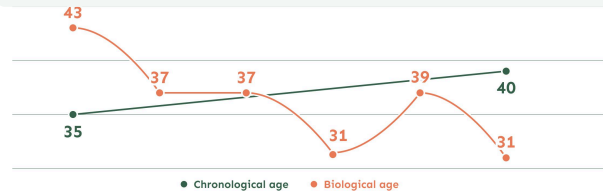
After each Results Interpretation call, the specialists make sure you receive your action plan, and **commit to following it** to optimizing your health.

With our specialist's guidance, Zorrie underwent further testing and discovered:

- ☀️ low vitamin D levels
- 🍷 gluten intolerance
- 🦋 an underactive thyroid and was diagnosed with Hashimoto's



She was also systemically under-eating and overtraining. But after committing to the right changes and following our specialists' advice, she lowered her biological age by 7 years in just 4 months.



04

After seeing the positive effect of tracking her GlycanAge, Zorrie decided to keep on improving and test regularly over time

Through **regular testing**, Zorrie was able to see how her lifestyle changes influenced her inflammatory profile, helping her finetune her routine and stay on the path to better long-term health.

Zorrie tested her GlycanAge every 6 months in the past 5 years, which helped her track the different lifestyle changes she was introducing and discovered what worked for her and what didn't.

GlycanAge

The new standard in biological age testing based on **glycans** and backed by **science**



Forbes **BBC** LONDON EveningStandard. The Telegraph
Daily Mail THE TIMES THE WALL STREET JOURNAL

What is GlycanAge

GlycanAge is a **biological age test** designed to assess your long-term health by measuring the levels of **chronic inflammation** in your body driven by the immune system as it ages.

Chronic inflammation can appear years before the occurrence of any disease symptoms.

GlycanAge provides a complete, 360° view of your health, guiding you from testing and identifying potential health risks, to a personalized action plan and continued support to **add more healthy years to your life.**

What's included in your GlycanAge testing package?



At-home finger-prick biological age test kit

Comprehensive report covering further health insights



Result interpretation call and actionable plan with next steps

How it works

Getting insights into your biological age is straightforward and convenient. Here's how we will support you step by step:

- 1. Order a test kit**

We ship to 65+ countries. All shipments in the US and UK come with already pre-paid return labels.
- 2. Collect your sample & ship it to our labs**

Both our US and European labs ensure fast turnaround times for your results.
- 3. Receive your personalized results**

Lab analysis usually takes between 2-3 weeks. Afterwards, you will receive your results in your personal dashboard.
- 4. Book a 1:1 Result Interpretation call**

Once your results are ready, you can book a 1:1 call with a longevity specialist to better understand them and receive a personalized health optimization plan.
- 5. Implement your health optimization plan**

After the 1:1 call with our specialists, you will feel fully equipped to take further steps and progress through your health optimization journey.
- 6. Commit to monitoring your health regularly**

With regular GlycanAge testing, you can track how your lifestyle changes affect your biology over time and stay aligned with your health goals.

Why GlycanAge is the most reliable measure of aging?

Based on a cutting-edge biomarker

- GlycanAge is the most accurate measure of chronic inflammation - **the most impactful hallmark of aging**
- GlycanAge is the aging clock most responsive to lifestyle and medical interventions allowing you to **track changes through time**
- At the same time, GlycanAge is the most reliable and stable aging biomarker giving you an **overview of true biological changes and not analytical noise**
- GlycanAge **shows changes years before disease onset**, empowering you to act and change disease trajectory

Interested to see what you can expect from our report?



Have a glimpse at a **sample report**

85%

Of our users highly recommend GlycanAge to friends & family

96%

Of our users are extremely satisfied with their result interpretation calls

6 years

Average biological age reduction from repeat testing, as a result of our guidance

30+

Years of scientific research

350+

Scientific papers published

300,000+

Glycan samples analyzed up to date

ScienceAdvances nature communications Gastroenterology Circulation International Journal of Obesity
UNIVERSITY OF CAMBRIDGE HARVARD MEDICAL SCHOOL HARVARD UNIVERSITY JOHN HOPKINS UNIVERSITY YALE UNIVERSITY UNIVERSITY OF OXFORD KINGS COLLEGE LONDON