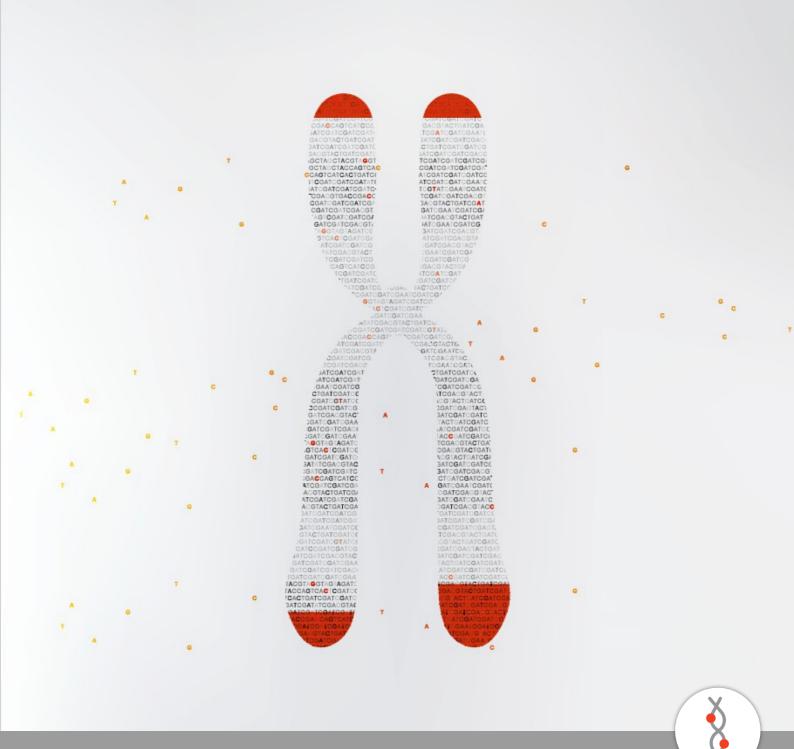
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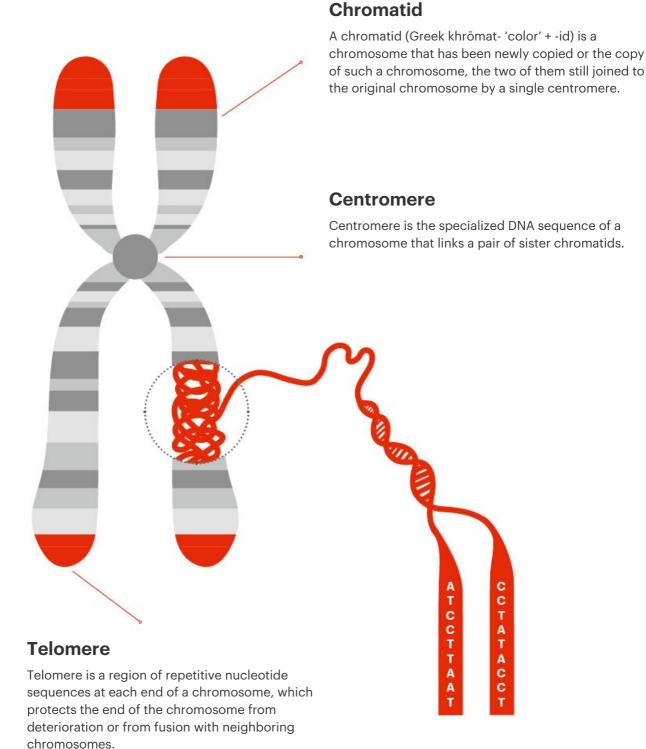
## Patient report

# THE TELOTEST FORMULA ™



Name — Robert SmartChoices Date of birth — 10-15-1966 Customer code — TELO4106AA Doctor's name — Doctor GX Reception date — 02-16-2022 Date of the results — 02-16-2022

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# **TELOTEST™ INFORMATION**

#### I. TELOTEST<sup>™</sup> INFORMATION

TeloTest<sup>™</sup> 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\*\*.

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
Age	 55 years
Height	 5 ft 10 ins
Weight	 175 lbs
STRESS	 Nothing
Throughout the day you have a physical activity	60 min, high intensity, almost every day

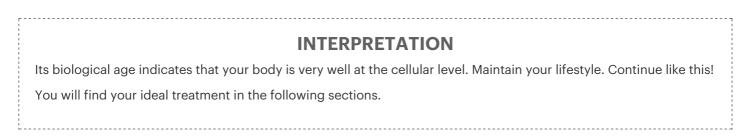




Below you will find the laboratory results of the TeloTest<sup>™</sup>.



Average telomer length	2,70 kb
Real age	55 years
Estimated Biological age*	48 ± 1 years
Aging	-7
	Very young



(\*) 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	· Oral Pomage	· Oral Coenzyme Q10
	·Silimarin	$\cdot$ Oral Astaxanthin
	· Pomage	· Astaxanthin
	· Oral Green Tea (GreenSelect)	Automati
	· Pycnogenol (Pinus pinaster)	Aminoacid • Acetilcystein (N-Acetyl L-Cystein)
	· Miodesin	
	· Oral Ginkgo Biloba	
	· Pinetonin	
Vitamine	Mineral	
$\cdot$ Colecalciferol (Vit. D3)	· SiliciuMax TM	
· Vitamin E		
· Vitamin C		
· Oral Vitamin C		
· Cianocobalamin (Vitamin B12)		
· Folic Acid (Vitamin B9)		



#### 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.

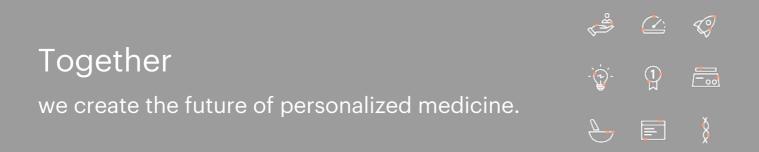


- Get enough rest to prevent inflammatory processes.
- If you smoke or are a former smoker, it is important that you take supplements with resveratrol to protect against oxidative damage caused by tobacco smoke.
- Do moderate exercises every day to improve your respiratory capacity and increase your metabolism. This will have a positive effect on your health and a protective effect on the shortening of telomeres.



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