

# INTRODUCING TELOYEARS™



TeloYears is a new genetic test that measures your telomere length to reveal the cellular age encoded in your DNA so you can know how well you're aging.



Whether tracking steps or ancestry, public appreciation of genetic testing and quantified information about health and wellness is on the rise.



Now, understanding how well you are aging can mean more than counting how many birthdays have passed.

## YOUR AGE IN TELOYEARS™

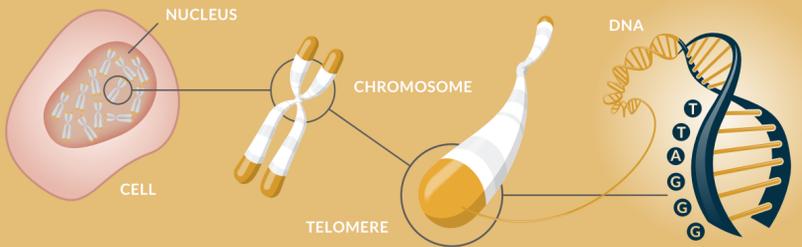


### Cellular vs. Actual Age

TeloYears provides a simple yet comprehensive indicator of **overall wellness** by revealing if your cellular age is **older** or **younger** than your actual age based on your telomere length.

### What Are Telomeres?

In the nucleus of each cell, there are tiny bundles of DNA strands called chromosomes. Telomeres are the caps on the ends of your chromosomes that **protect your DNA**.



### DID YOU KNOW?

One of the founders of Telomere Diagnostics earned the **2009 Nobel Prize in Medicine** for the award-winning discovery of how chromosomes are protected by telomeres and the enzyme telomerase.



### Why Telomeres Are Important

For our bodies to heal and function properly, cells must divide to replace old, worn out ones. Telomeres prevent genomic instability during this division, but **shorten and fray with age**.



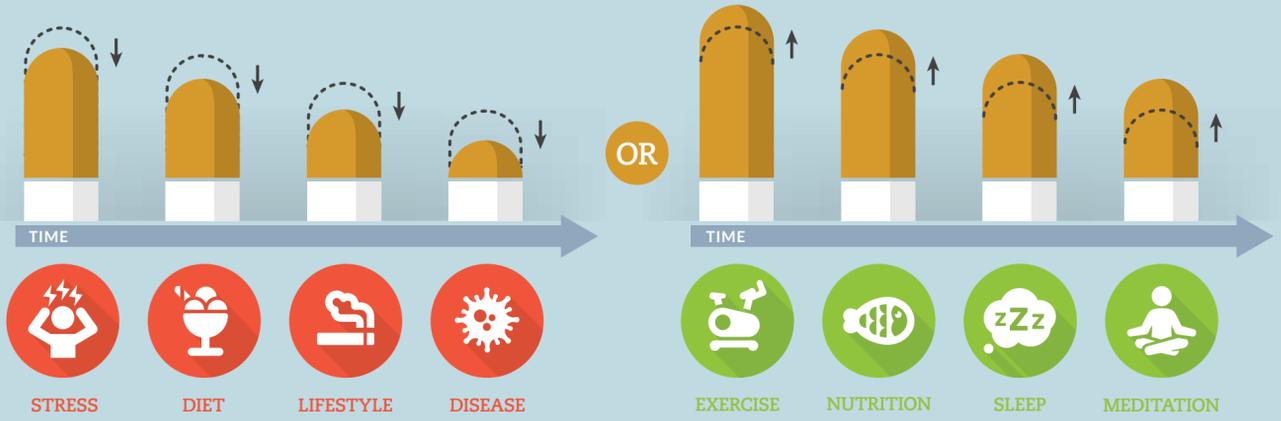
### But That's Not the Whole Story...

The rate of change of your telomere length is very individual and can be affected, **both positively and negatively**, by many contributing factors. And because telomere length changes over time, knowing your age in TeloYears reveals actionable and inspiring knowledge about how well you're aging **at the level of your DNA**.



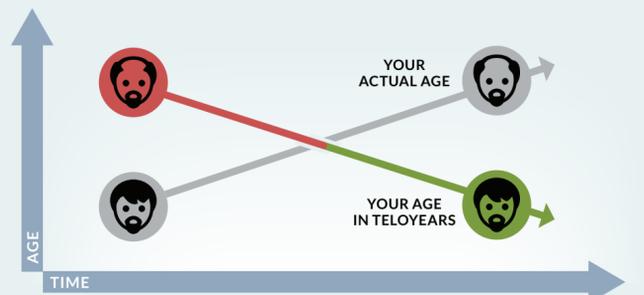
### DID YOU KNOW?

Identical twin brothers, astronauts Captains Mark and Scott Kelly, are part of a NASA experiment. NASA researchers hypothesize that **accelerated telomere shortening** will be associated with Scott, who spent nearly a year on the International Space Station (ISS), as compared to his twin Mark, who stayed on Earth to serve as the ground-based control.<sup>1</sup>



### The Good News...

What's great is that you can use your TeloYears results to set a baseline, make adjustments to your lifestyle and track your progress through retesting.



### How Do I Get TeloYears?

Let TeloYears reveal your cellular age so you can know how well you're aging. Easy, affordable and actionable. Learn more and get started at:

[teloyears.com](http://teloyears.com)

for only **\$89**



The TeloYears test is not intended for screening, diagnosing, treating or preventing diseases or medical conditions. The test is available for individuals between the ages of 20 to 80 within the United States, except for the state of New York.

The information provided by the TeloYears test should not be used to replace medically appropriate screening tests recommended based upon actual age or other risk factors, nor should the information be used to make decisions about diagnosis or treatment of diseases or medical conditions. The Telomere Diagnostics lab is regulated under the

Clinical Laboratory Improvement Amendments of 1988 (CLIA) as qualified to perform high complexity clinical testing. The performance characteristics of this test were determined by Telomere Diagnostics. It has not been cleared or approved by the U.S. Food and Drug Administration.

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#### REFERENCES

1. Bailey S, George K. "Differential effects on telomeres and telomerase in twin astronauts associated with spaceflight." January 2015; <https://www.nasa.gov/sites/default/files/files/telomeres.pdf>