biohax

BIOLOGICAL AGE REPORT

Your Epigenome. Decoded.

A comprehensive assessment of how your body is aging beneath the surface, powered by advanced biomarker analysis and personalized Epigenetic Enhancement Therapy™ recommendations.

Jane Smith

Chronological Age · 31.0 Sex · Female Collected · Aug 28, 2025 Sample ID · HCBUNK2

EPIGENETIC ENHANCEMENT THERAPY™

BIOHAX.COM

Your Biological Age

Powered by the OMICm Age algorithm, which reads roughly one million points of DNA methylation on your genome to estimate the age your body is actually performing at — separate from how many birthdays you've had.

BIOLOGICAL AGE

23.5

years

CHRONOLOGICAL AGE

31.0

years

Your **biological age** reflects how your cells, organs, and metabolism are functioning — shaped by your lifestyle, environment, and genetics over time. Your **chronological age** is just the calendar. The gap between them is the most actionable number in this report.

−7.5

Your biological age is **lower than your chronological age by 7.5 years.** That's a meaningful gap in your favor.

40.8%

You're aging more slowly than **59.2% of women your age.** Top 40% performance for your cohort.

Aging by Organ System

Different parts of your body age at different rates. Using the SYMPHONYAge framework developed at Yale, we measure the biological age of 11 individual organ systems — so we can target interventions where they matter most.

11 ORGAN SYSTEMS · BIOLOGICAL AGE

BLOOD 28.8 AGING SLOWLY	**BRAIN** 27.6 AGING SLOWLY	**INFLAMMATION** 25.7 AGING SLOWLY
HEART 28.5 AGING SLOWLY	**HORMONE** 31.1 AGING FASTER	**IMMUNE** 26.3 AGING SLOWLY
KIDNEY 25.7 AGING SLOWLY	**LIVER** 29.6 AGING SLOWLY	**METABOLIC** 26.8 AGING SLOWLY
LUNG 29.7 AGING SLOWLY	**MUSCULOSKELETAL** 24.7 AGING SLOWLY	

*10 of your 11 organ systems are aging more slowly than your calendar age. Your **hormone system** is the one outlier — that's where your Biohax protocol focuses.*

Your Pace of Aging

Biological age tells you where you are. *Pace of aging* tells you which direction you're heading — and how fast. Measured using the DunedinPace algorithm, developed from a multi-decade longitudinal study tracking participants since birth.

YOUR PACE SCORE

You're aging slowly.

Each calendar year that passes, your body biologically ages only 0.80 years. You're effectively buying yourself extra time.

0.80

Your score < 1.0

What this means. A pace score of 1.0 means you're aging at exactly the rate of one biological year per calendar year — average. Below 1.0 means you're aging slower than average. Above 1.0 means faster.

Pace of aging is highly responsive to lifestyle changes, which makes it a powerful feedback signal. It's the single best metric to retest after starting a new protocol.

> A pace **greater than 1** has been linked to a **56% increased risk of death** and a **54% increased risk of chronic disease** over a 7-year horizon.
>
> Belsky et al, 2020

Your Biohax Protocol

Your results point to specific interventions that can slow aging further — and address the one organ system (hormone) where you're trending above your chronological age. Here's what we're building your stack around.

How we build your stack: Biohax formulates a personalized monthly supplement pack built around your aging biomarkers. Each ingredient is selected to target the pathways most active in your biology, dosed for your age and sex, and adjusted every quarter when you retest.

CELLULAR REPAIR

Autophagy & Longevity

Activates your body's recycling pathways for damaged proteins. Foundational for healthy aging.

Spermidine | Quercetin

MITOCHONDRIAL ENERGY

NAD+ Support

Restores cellular energy production and DNA repair capacity. NAD+ declines steeply with age.

NMN | Nicotinamide Riboside

HORMONE SYSTEM

Endocrine Support

Targeted for your one accelerated organ system. Supports thyroid, adrenal, and reproductive hormone balance.

Ashwagandha | Vitamin D3 + K2

SENOLYTIC DEFENSE

Clear Aging Cells

Helps clear senescent ("zombie") cells that drive systemic inflammation and accelerate aging.

Quercetin | Fisetin

ANTI-INFLAMMATORY

Polyphenol Stack

Reduces oxidative stress and chronic inflammation — two of the primary drivers of biological aging.

Resveratrol | Curcumin

BONE & IMMUNE

Structural Support

Supports immune function, bone density, and gene expression patterns associated with healthy aging.

Vitamin D3 | Vitamin K2

Lifestyle Recommendations

Supplements move the needle, but lifestyle is the foundation. These seven levers consistently show up in longevity research as the highest-impact interventions you can stack with your protocol.

GOAL SETTING

Set realistic, measurable goals around diet, exercise, sleep, and stress. Pick two to start — not seven.

JOURNALING

Track progress over time. What gets measured gets managed — and what gets reflected on gets improved.

DIETARY MODIFICATIONS

A Green Mediterranean pattern — polyphenol-rich foods, cruciferous vegetables, fatty fish, fermented foods — has the strongest longevity evidence.

REGULAR EXERCISE

150 minutes moderate aerobic per week, plus 2–3 strength sessions. HIIT 1–2x weekly boosts mitochondrial function.

SLEEP HYGIENE

7–9 hours nightly, consistent schedule, dark and cool environment. Sleep is when epigenetic repair happens.

AVOID HARMFUL HABITS

Smoking and excess alcohol are among the largest accelerators of biological aging. The data here is unambiguous.

STRESS MANAGEMENT

Mindfulness, meditation, yoga, breathwork — chronic stress shows up directly in your methylation patterns.

RETEST IN 3 MONTHS

Pace of aging is highly responsive to interventions. Retesting gives you objective feedback on what's actually working.

The Science

Your report is built on three of the most rigorously validated epigenetic algorithms in longevity research today. Each measures a different dimension of aging.

OMICm Age

A multi-omic biological age clock that reads roughly one million points of DNA methylation across your genome. Developed in partnership with Harvard researchers using a biobank of samples linked to proteomics, metabolomics, and clinical data. OMICm Age has demonstrated superior predictive power for health outcomes compared to earlier methylation-based clocks because it integrates the full spectrum of biological signals — not just DNA.

SYMPHONYAge

Developed at Yale, SYMPHONYAge measures the biological age of 11 individual organ systems from a single blood draw. Built by analyzing biomarkers from 5,000 individuals, integrating whole exome sequencing and plasma metabolomics. The clinical value: when one organ system is aging faster than the rest, you can target that system specifically — instead of guessing.

DunedinPace

Built from the Dunedin Longitudinal Study — over a thousand individuals tracked from birth in 1972 onward. DunedinPace measures the *rate* at which you're aging, not just your current biological age. It's the most responsive marker to lifestyle change in epigenetic research, which makes it the best metric to retest after starting a new protocol.

WHAT'S INCLUDED WITH YOUR EET GUIDED PODS

This is a preview of what your report looks like. Biohax customers who purchase the **EET Guided Pods** receive the complete report package, including:

- **Results Over Time** — longitudinal tracking of your biological age and pace of aging across every retest, so you can see exactly what your protocol is doing.
- **Multi-Omics Deep Dive** — detailed breakdowns of the science behind each algorithm, the underlying biomarkers driving your results, and the methylation patterns interpreted from your sample.