



Genetics for people

My Ageing



GENETICS IS KEY TO HEALTHY AGEING!

What does it consist of?

The Healthy Ageing genetic test analyses key markers involved in ageing processes, enabling the identification of genetic predisposition to various risk factors. This test provides an effective tool to personalise preventive and therapeutic interventions, improving people's quality of life and well-being.

What does the test analyse?

- **Metabolic Syndrome:** Identification of the risk of metabolic disorders such as hypertension, type 2 diabetes and dyslipidaemia.
- **Visceral Fat:** Predisposition to the accumulation of abdominal fat.
- **Hepatic Detoxification:** Ability to eliminate toxins.
- **Oxidative Stress:** Assessment of the risk of cell damage.
- **Antioxidant Capacity:** Identification of antioxidant potential.
- **Neurotransmitters:** Genes that influence emotional regulation and psychological well-being.
- **Inflammation:** Predisposition to chronic inflammatory responses.
- **Telomeric shortening:** Assessment of telomeric attrition, a direct marker of cellular ageing.
- **Neoplasms:** Risk of uncontrolled cell growth.

Who is it aimed at?

This test is aimed at healthcare professionals who wish to provide a preventive and personalised approach to their patients, optimising their quality of life as they age. Ideal for general practitioners, geriatricians, nutritionists, endocrinologists and other specialists interested in genetics-based interventions.

What is it for?

The Healthy Ageing test enables healthcare professionals to:

- Develop personalised prevention plans for their patients, tailored to their genetic profile.
- Detect early risks and guide appropriate intervention strategies to mitigate age-related conditions.
- Offer specific recommendations in areas such as nutrition, supplementation and lifestyle.
- Support the management of patients at advanced ages or with a genetic predisposition to age-related chronic diseases.

**OPTIMISING WELL-BEING
THROUGH GENETICS**

Introducing MyAgeing:

- MyAgeing is a non-invasive test. The DNA is obtained from a saliva sample, is completely painless and is suitable for any person of any age.
- MyAgeing is done once in a lifetime, your genetics do not change.
- MyAgeing analyses the genetic predisposition to various risk factors, allowing the development of techniques and actions to age in a healthy way.
- Innovative technology that offers greater precision and depth in the results.
- Once the sample has been received in the laboratory, you will receive your results within a maximum of 20 days.