

GENETIC BEAUTY LAB

Biological Age & Longevity Report

Prepared exclusively for

CLIENT FULL NAME

Report Date: DD Month YYYY

*THIS REPORT IS STRICTLY CONFIDENTIAL AND PREPARED SOLELY FOR
THE INDIVIDUAL NAMED ABOVE.*

Knowledge is power.
Wellness begins with understanding.

Healthy ageing
begins with
understanding
the body you
have today.



Welcome to Your Personalised Report

Dear Client First Name,

Thank you for choosing Genetic Beauty Lab.

Your body is constantly changing, adapting and ageing — and understanding how those processes are happening at a cellular level can empower you to make more informed choices about your long-term health. At Genetic Beauty Lab, we believe that healthy ageing begins with understanding your biology.

Your Biological Age & Longevity Test provides insight into how your body is ageing by analysing biomarkers associated with DNA integrity, cellular ageing, inflammation and physiological stress.

Unlike your chronological age, biological age may be influenced by lifestyle factors such as nutrition, physical activity, sleep, stress management and environmental exposures. While no test can predict lifespan, these results can help identify opportunities to support healthy ageing and overall wellbeing through evidence-based lifestyle choices.

PLEASE NOTE: THIS REPORT IS FOR INFORMATIONAL AND WELLNESS GUIDANCE PURPOSES. THE GENETIC ANALYSIS IS PROVIDED BY OUR ACCREDITED LABORATORY PARTNER. OUR RECOMMENDATIONS ARE LIFESTYLE AND WELLNESS ADVICE, NOT MEDICAL DIAGNOSES OR TREATMENTS. IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH, WE ALWAYS ENCOURAGE YOU TO SPEAK WITH A QUALIFIED HEALTHCARE PROFESSIONAL.

YOUR
RESULTS
ARE
IN

YOUR RESULTS AT A GLANCE

BIOMARKER	YOUR RESULT	WHAT THIS MEANS
Chronological Age	26 years	Your actual age based on your date of birth. This is fixed and increases by one year each birthday.
Estimated Biological Age	22 years	An estimate of how your body is ageing at a cellular level. A younger biological age suggests more favourable biological ageing compared with your chronological age.
Telomere Length	Excellent (14.09 kbp)	Indicates healthy cellular ageing and strong cellular renewal potential.
DNA Stability	High	Suggests good maintenance of DNA integrity and cellular repair mechanisms.
Age-Related DNA Methylation	Slightly Below Optimal	Indicates mild epigenetic changes associated with ageing that may benefit from lifestyle optimisation.
Inflammatory Methylation	Healthy	Suggests favourable inflammatory ageing patterns.
Allostatic Load	Elevated	Indicates that cumulative physical or psychological stress may be placing additional demands on your body.

YOUR OVERALL SUMMARY

Overall, your results are reassuring and suggest that your body is ageing favourably compared with your chronological age. Your estimated biological age is younger than your actual age, which is generally associated with healthier cellular function and resilience.

Your strongest results are your excellent telomere length, healthy DNA stability and favourable inflammatory methylation profile. Together, these findings suggest that your cells currently demonstrate good DNA maintenance and relatively healthy ageing characteristics.

The main area identified for improvement is your allostatic load, which is higher than the optimal range. Allostatic load reflects the cumulative effects of long-term stress on the body and may be influenced by factors such as poor sleep, psychological stress, illness, excessive training or inadequate recovery.

Although your age-related DNA methylation score is only slightly below the optimal range, maintaining healthy lifestyle habits may help support these markers over time.

Overall, your results indicate a positive biological ageing profile with opportunities to further support long-term health through lifestyle optimisation.

GBL Healthy Ageing Score: /10

Your greatest strength: Telomere length and DNA stability.

Your main opportunity: Reducing long-term physiological stress.

Your Personalised Findings

BIOLOGICAL AGE

Your Result: **22 years**

What this means:

Your biological age estimates how your body is functioning at a cellular level compared with your chronological age. A younger biological age suggests your body's ageing processes currently resemble those of someone younger.

Biological age is influenced by genetics, lifestyle and environmental factors and may change over time.

Consider:

- *****
- *****
- *****

TELOMERE LENGTH

Your Result: **Excellent**

What this means:

Telomeres are protective structures at the ends of chromosomes that naturally shorten as cells divide throughout life. Longer telomeres are generally associated with healthier cellular ageing and greater capacity for cell renewal.

Telomere length is only one aspect of biological ageing and should always be interpreted alongside other biomarkers.

Consider:

- *****
- *****
- *****
- *****

DNA STABILITY

Your Result: **High**

What this means:

DNA stability reflects how effectively your cells maintain and repair genetic material over time. Good DNA stability suggests healthy cellular maintenance and resilience against everyday DNA damage.

Consider:

- *****
- *****
- *****
- *****

AGE-RELATED DNA METHYLATION

Your Result: **Slightly Below Optimal**

What this means:

DNA methylation is one of the most widely researched markers of biological ageing. Your result suggests mild epigenetic changes that may reflect normal ageing processes or lifestyle influences.

Because DNA methylation is influenced by lifestyle, healthy habits may help support these patterns over time.

Consider:

- *****
- *****
- *****

INFLAMMATORY METHYLATION

Your Result: **Healthy**

What this means

Your result suggests favourable DNA methylation patterns associated with inflammation. Persistent low-grade inflammation has been linked with accelerated biological ageing, so maintaining healthy inflammatory balance is an important aspect of healthy ageing.

Consider:

- *****
- *****

ALLOSTATIC LOAD

Your Result: **Elevated**

What this means:

Allostatic load refers to the cumulative effects of long-term physical and psychological stress on the body's systems. Higher allostatic load may be associated with increased physiological strain and can be influenced by poor sleep, chronic stress, illness, excessive exercise without adequate recovery and other lifestyle factors.

This does not identify the cause of stress but highlights an area that may benefit from further attention.

Consider:

- *****
- *****
- *****
- *****

Your Biggest Opportunities to Support Healthy Ageing

Based on your results, these are the areas most likely to support healthy ageing and positively influence the biomarkers measured in this report over time.

PRIORITY 1 – REDUCE LONG-TERM STRESS & IMPROVE RECOVERY

Why?

Your allostatic load is the main biomarker identified for improvement. Supporting recovery and reducing chronic stress is likely to help promote healthier ageing.

Focus on

PRIORITY 2 – SUPPORT HEALTHY EPIGENETIC AGEING

Why?

Your DNA methylation result is only slightly below the optimal range and may benefit from continued healthy lifestyle habits.

Focus on

PRIORITY 3 – MAINTAIN YOUR CURRENT STRENGTHS

Your excellent telomere length, DNA stability and inflammatory profile suggest many of your current habits are supporting healthy ageing.

Continue maintaining:

- *****
- *****
- *****

Your Personalised Longevity Action Plan

Nutrition

Exercise

Sleep

Stress Management

Healthy Lifestyle

Evidence-Based Supplements Best for You

Supplements should complement—not replace—a healthy lifestyle.

Depending on your individual circumstances and after discussion with an appropriate healthcare professional, the following may be considered:

-
-
-

At present, no supplement has been conclusively proven to stop or reverse biological ageing. However, some supplements may support healthy ageing by helping to optimise nutrition, maintain muscle and bone health, reduce the risk of nutrient deficiencies, or support normal cellular function when appropriate.

Frequently Asked Questions

Can my biological age improve?

Some biological ageing biomarkers may change over time, particularly following sustained improvements in lifestyle habits. Individual responses vary, and no specific intervention can guarantee a reduction in biological age.

Does this tell me how long I will live?

No. Biological age provides an estimate of aspects of cellular ageing but cannot predict lifespan or diagnose future disease.

Should I repeat the test?

Many people choose to repeat biological age testing after 6–12 months to monitor changes following lifestyle modifications.

Our Recommended Next Steps

To support your results and take your plan further, we recommend exploring additional tools designed to optimise your outcomes.

Our digital guides are designed to **educate and empower you**, offering step-by-step support tailored to your lifestyle. Our hormone blood testing provides deeper insight into internal factors that may influence your skin, hair, and overall wellbeing.

Based on your results, we recommend:

- **1:1 Personalised Consultation**
-

YOUR CONSULTATION

Our **1:1 virtual consultation** is available as an optional add-on to your Genetic Beauty Lab experience.

This session provides an opportunity to explore your Biological Age & Longevity Report in greater detail, ask questions, and receive personalised guidance from a member of our team.

Whether you would like help understanding your biological age, interpreting your biomarkers, or identifying practical ways to support healthy ageing, your consultation is designed to provide additional clarity and evidence-based lifestyle guidance tailored to you.

If you would like to book a consultation, please contact us via email or Instagram and we will arrange a suitable time for your session.

WHAT TO EXPECT

- A personalised walkthrough of your Biological Age & Longevity Report
- An explanation of your biological age and how it compares with your chronological age
- A detailed discussion of your key biomarkers, including telomere length, DNA stability, DNA methylation, inflammatory methylation and allostatic load
- Personalised lifestyle recommendations to support healthy ageing based on your results
- Evidence-based guidance on nutrition, exercise, sleep, stress management and supplementation where appropriate
- Dedicated time to ask questions and gain a deeper understanding of your results

HOW TO PREPARE

- Read through your report before your consultation.
- Make a note of any questions or areas you would like to discuss.
- Be prepared to talk about your current lifestyle, including your diet, exercise routine, sleep habits and stress levels, if you are comfortable doing so.
- Have details of any supplements or medications you currently take available if you would like to discuss how these may relate to the general recommendations within your report.*
- Choose a quiet, comfortable space where you can fully engage with your consultation.

BOOK YOUR CONSULTATION

Email: geneticbeautylab@gmail.com

Instagram: [@geneticbeautylab](https://www.instagram.com/geneticbeautylab)

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