
MILEAGE™ Biological Age**TEST REPORT (Generated):****Date:** 29th Apr 2025**TEST BELONGS TO****Name:** Nikhil Rathi**AGE:** 45**Sex:** M**Sample Collected on:** 15/04/2025**Health provider:** Dr.Mitra Basu

ABOUT THIS TEST:

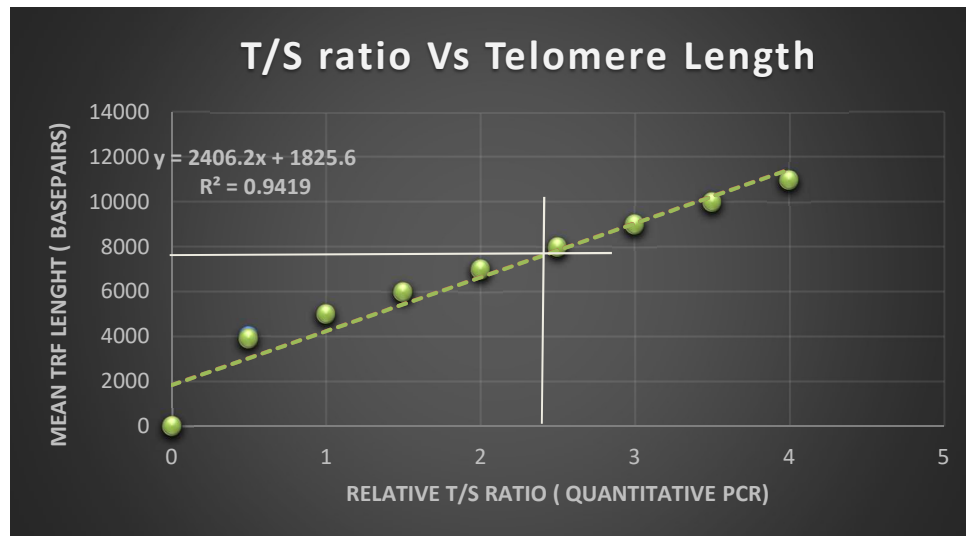
Mileage™ is a genetic test that measures the length of your telomeres, that tend to shorten or degrade with age. This test provides your “Biological” age that is encoded in your DNA. This biological age is derived from your Average Telomere Length (ATL), and is the actual age of a typical man or woman whose telomere length is similar to yours.

In young humans, telomeres are about 9,000-15,000 nucleotides long. Your DNA strands become slightly shorter each time a chromosome replicates itself or when the cells divide. Cells can usually divide only about 50 to 70 times, with telomeres getting progressively shorter until less than 2000 nucleotides, when they become senescent.

Telomeres help prevent genes from being lost in this process of cell multiplication. The rate of telomere shortening may indicate the pace of aging in your cells or body. Lifestyle factors such as smoking, lack of physical activity, obesity, stress, exposure to pollution, chronic diseases like diabetes etc., can potentially increase the rate of telomere shortening or increases aging.

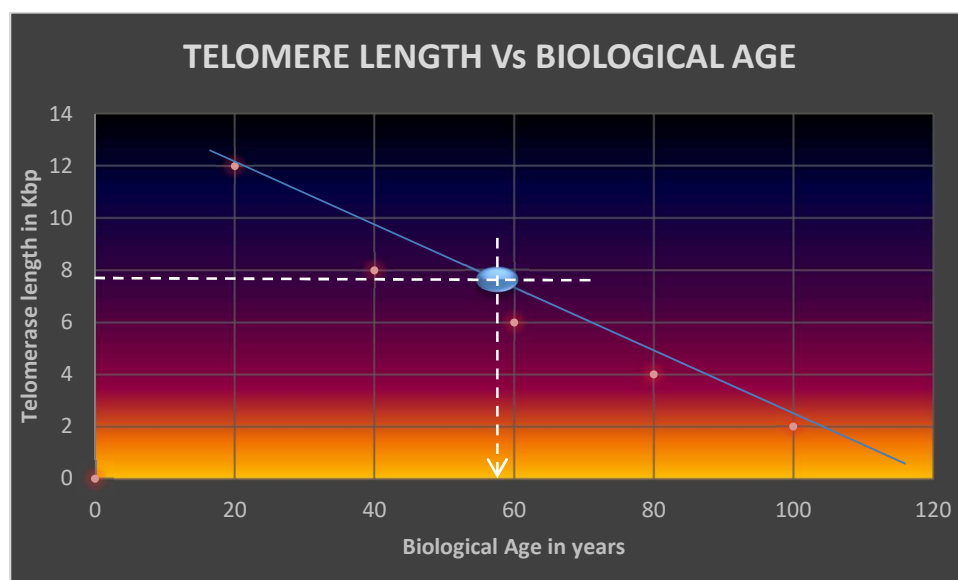
YOUR MILEAGE™ TEST :

In this test we carry out a validated qPCR based protocol to determine your T/S ratio value, from your DNA sample obtained from your Blood. This T/S ratio value is further used to calculate your Average Telomere Lengths. The Average telomere length value derived is then used to determine your Biological Age. The standard curves are given below.



Correlation of T/S ratio with Telomere Length:

Represents the value of Relative T/S ratio values using MILEAGE Test quantitative PCR (qPCR) vs Telomere length in base pairs, The graph shows the relationship of T/S ratio w.r.t to increase in Average telomerase lengths .Your Relative TS ratio is 2.4 and your telomere length is 7.8k base pairs.



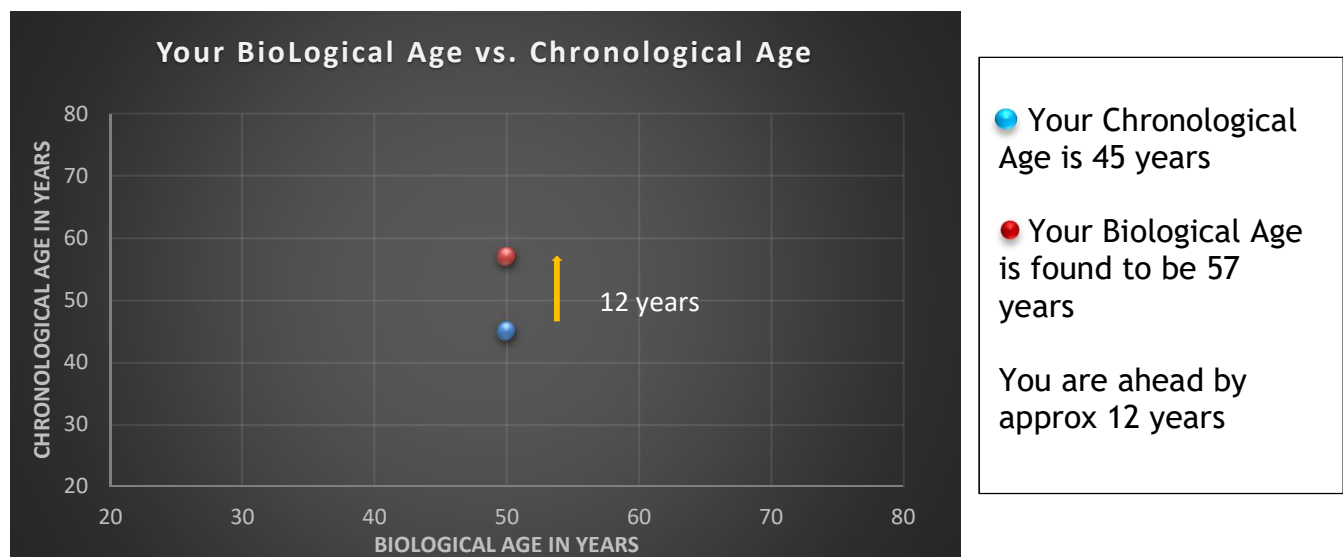
The Telomere length vs Biological Age : Correlation

This Graph Represents the standard values of Biological Age in years vs Telomere length in kilo base pairs (Kbp). The graph shows the reduction in telomere length with increase in age of a person in years.

● Your current Telomere length is approx. 7.8 Kbp, corresponding to 57 years of Biological Age!

YOUR MILEAGE™ TEST REPORT: BIOLOGICAL AGE DETERMINATION

1. We found that your Average telomere length is 8000 bps which corresponds to a Biological Age of 57 years
2. However, your Chronological Age is 45 years. This indicates that your Biological Age is 12 years enhanced/ ahead.
3. This implicates that you may be Aging Faster than the average population of your age group.



Please note:

- Telomere lengths are highly susceptible to **diseased conditions, environmental and oxidative stress. Stress-mediated DNA damage causes faster** telomere shortening.
- Too much stress also damages the mitochondria, which are important for cellular longevity.
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- A shortening of telomeres is accelerated by **psychology and how you emotionally process the world around you.**

~~That's why a healthy lifestyle should include active stress management! For more information on—~~
personalized stress scoring and management of stress, treatment of disease conditions, and reversal of biological age, please refer to your doctor or medical care provider.

More reasons for opting the MILEAGE™ TEST:

- Explore the DiponEd protocol of Antiaging for insights and link between life style and telomere length and recommendations you can incorporate in your life.
- Explore the products of DiponEd primarily focused to reduce stress and Biological age.
- Products exclusively useful to rejuvenate and proved successful results under Antiaging.

DISCLAIMER: The DiponEd Telomere length MILEAGE™ test report is not a Diagnostic test, intended for screening, diagnosing, treating or preventing medical conditions. The information provided by this test should not be used to replace medically appropriate screening tests recommended based upon actual age and other risk factors, nor should be the information be used to make decisions about diagnosis or treatment of the diseases or medical conditions. Consult your doctor for any further appropriate test required for you. This testing is a Clinical Research Use (RUO) test, and is regulated under Clinical laboratory improvement and amendments (CLIA), as qualified to perform high quality and complexity clinical testing. No tests are 100% accurate and DiponEd does not take the responsibility of the clinical outcomes.