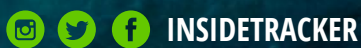




REVEAL YOUR INNERAGE

A blood test for truth-seekers.

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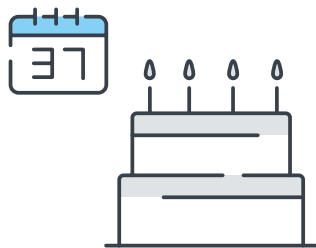


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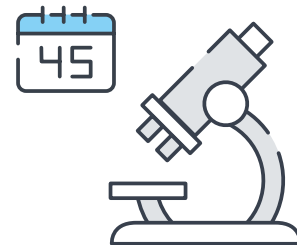
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HOW OLD ARE YOU, REALLY?

The date that marks your birthday doesn't necessarily reflect how old you are on the inside.



Calendar age



InnerAge

Your InnerAge is a measure of your biological age – that is, your internal age. It takes into account how well your body is working given your calendar age, using a group of biomarkers known to influence longevity.

What does this mean? Two individuals may have the same calendar age, but very different InnerAges. People age biologically at different rates based on nutrition, fitness and lifestyle choices, as well as their genes.

In fact, your InnerAge can be up to 24 years older or younger than your calendar age!

InnerAge is about more than just knowing how old your body is. It's about taking action. We tell you how to improve each marker – and ultimately, your InnerAge – using ultra-personalized nutrition and lifestyle recommendations.

Our proprietary InnerAge algorithm was developed by a team of scientists who are world-class experts in the field of longevity. They identified a core group of blood and lifestyle markers which, taken together, are strong predictors of your body's biological age.



THE BLOOD BIOMARKERS

These markers influence longevity and can be measured with a simple blood test.

Glucose – high impact



About the marker

Glucose, or blood sugar, is the body's primary source of fuel. Having an optimal glucose level that is properly regulated, is a significant factor in maintaining overall health and longevity, and contributes to greater energy, improved blood pressure, and better weight control.

How it affects InnerAge

A wealth of peer-reviewed scientific literature suggests longevity can be predicted by observing an individual's fasting glucose levels at a specific age. Specifically, studies suggest that whether a person will live longer or shorter than average can be predicted by measuring fasting glucose.

Vitamin D – medium impact



About the marker

Vitamin D is an important nutrient that helps the body absorb calcium to maintain bone strength and health. Vitamin D also regulates the development and maintenance of the nervous system and skeletal muscle.

How it affects InnerAge

Scientific data indicates that maintaining good bone health is critical for maintaining your healthspan. Too much or too little vitamin D has been shown to decrease predicted longevity.

hsCRP – medium impact



About the marker

The high sensitivity C-Reactive Protein (hsCRP) test measures CRP, which is a marker of inflammation throughout the body. Optimal hsCRP levels also appear to be an effective predictor of circulatory system health and of healthy blood pressure and blood glucose levels.

How it affects InnerAge

Inflammation is a critical indicator of many things, including heart health and overall health. The majority of age-related diseases are associated with inflammation. Having too much inflammation in the body for prolonged periods can decrease longevity.

ALT – medium impact



About the marker

Alanine Aminotransferase (ALT) is an enzyme found primarily in the liver which helps change stored glucose into chemical energy. ALT enters the bloodstream in the presence of liver damage or disease. There is normally a small amount of ALT in the blood.

How it affects InnerAge

Your liver is involved in the detoxification of alcohol, drugs, and toxins, and it can also become fatty due to excessive weight gain or aging. Studies suggest that having too much or too little ALT in the liver may cause premature aging or decrease overall longevity.

Testosterone (men) – low impact



About the marker

Testosterone is a steroid sex hormone that is essential to overall health, sexual function, and athletic performance. Optimized testosterone levels are important for athletic performance, as testosterone helps build muscle, improve strength, and increases the body's capacity to use oxygen during exercise. In men, testosterone strengthens bone and prevents age-related bone loss.

How it affects InnerAge

There is a direct relationship between age and blood levels of testosterone – meaning, levels of testosterone are higher when the body is younger, and decrease as the body ages. Males lose an average of 1-2% per year, starting in their early 20s. The effect of testosterone on longevity is less of a predictor, and more of an indicator that is useful in the overall picture of an individual's healthspan. Testosterone is only included in the InnerAge calculation for males.

DHEAS (women) – low impact



About the marker

DHEAS (dehydroepiandrosterone-sulfate) is a hormone precursor produced in the adrenal glands. The body uses DHEAS to make different steroid sex hormones, including estradiol and testosterone. Healthy DHEAS level are associated with a healthy immune system, increased energy, better bone and muscle health, and good sexual function.

How it affects InnerAge

As with testosterone, there is a direct relationship between DHEAS and age. DHEAS levels increase from childhood until age 20-30, and then decline steadily with age. For postmenopausal women, DHEAS is the only source of estrogen in the body, so it is especially important to have in the right amounts as a woman ages. Healthy DHEAS levels appear to be associated with a lower risk of developing poor heart health with age. The effect of DHEAS on longevity is less of a predictor, and more of an indicator that is useful in the overall picture of an individual's healthspan. DHEAS is only included in the InnerAge calculation for males.

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or younger than your
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THE LIFESTYLE BIOMARKERS

There's more to InnerAge than blood.
Your lifestyle affects longevity, too.

BMI – medium impact



About the marker

Body Mass Index (BMI) is an approximate measure of body fat. Your BMI is based on your weight and height. A BMI score above 25 has been linked with an increased risk of poor health. Although it's not an exact measure, many peer-reviewed studies on aging use BMI as a factor.

How it affects InnerAge

Scientific literature reveals a wealth of correlations between BMI and metabolic diseases that significantly impact longevity. However, it is important to note that the relationship between BMI and longevity is U-shaped – meaning, having a high BMI negatively affects aging, but a low BMI also negatively affects aging. Being slimmer isn't always better, especially for individuals above 60. Not having enough fat to support the body during normal periods of illness is directly associated with frailty.

Activity score – medium impact




About the marker

Activity Score, also called MET (metabolic equivalent of task), is a measure of the amount of energy an individual uses. InsideTracker calculates the amount of energy burned from the data a user provides about their exercise activities.

How it affects InnerAge

Higher physical activity has long been linked to improved longevity in scientific studies. It is important that the exercise activity information in a user's profile is updated as habits change, in order to receive the most accurate Activity Score.



InnerAge is for the fearless. It's for the proactive. It's for people who really want to know what is standing in the way of their healthspan.

THE GOOD NEWS

Improving your InnerAge is in your control. With personalized nutrition and lifestyle modifications, you can change your body from the inside, out. Aging is inevitable, but aging well is a choice.

At just \$99 InnerAge is an incredible value and a great way to measure your longevity baseline. Use it alone, or add it on to one of these two tests.

		Most popular
InnerAge	Vitality + InnerAge	Ultimate + InnerAge
7 biomarkers analyzed	22 biomarkers analyzed	44 biomarkers analyzed
Take control of your age and longevity.	Build your strongest, most vibrant self.	Our all-encompassing total wellness solution.

The markers InnerAge tests are few but powerful. They're also a group of markers not often tested together regularly during annual physical exams. More unique data + more actionable value = a winning combination.

How old are you, really? [Reveal your InnerAge today.](#)



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