Beyond Clock

Biological Age Report

A personalized longevity snapshot, comparing your results against population benchmarks.

NON-MEDICAL DISCLAIMER

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Report overview

Summary of what this report measures and how comparisons are derived.

This report summarizes biomarker-based signals that estimate biological age and related aging patterns. It combines lab results, survey inputs, and derived principal components to highlight which factors most influence your profile.

Comparisons are made against reference populations using percentiles and optimal ranges, helping you see where your results fall relative to typical values.

CLIENT LABEL
10075

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1.0.1

Demographics

GENDER
male

AGE (YEARS)
46.8

Biomarkers

Original measured biomarker results with optimal ranges when available.

BIOMARKER	VALUE	OPTIMAL RANGE
CARDIOVASCULAR		
Diastolic Blood Pressure BPXDAR	82.67 mmHg ELEVATED	60.00 - 80.00 Target 70.00
Heart Rate BPXPLS	82.00 bpm	60.00 - 100.00 Target 70.00
NT-proBNP SSBNP	28.76 pg/mL	0.00 - 125.00 Target 50.00
Systolic Blood Pressure BPXSAR	142.67 mmHg ELEVATED	90.00 - 120.00 Target 110.00
BODY_COMPOSITION		
Body Mass Index BMXBMI	27.73 kg/m² ELEVATED	18.50 - 24.90 Target 22.00
IRON_AND_VITAMINS		
Ferritin LBDFERSI	327.00 µg/L ELEVATED	30.00 - 300.00 Target 100.00
Folate LBDFOLSI	30.40 nmol/L	10.00 - 45.00 Target 25.00
Iron LBDIRNSI	30.07 µmol/L	10.70 - 32.20 Target 20.00
Total Iron Binding Capacity LBDTIBSI	87.53 µmol/L ELEVATED	45.00 - 72.00 Target 58.00
Transferrin Saturation LBXPCT	34.40 %	20.00 - 50.00 Target 35.00
Vitamin B12 LBDB12SI	380.81 pmol/L	148.00 - 664.00 Target 400.00
HEMATOLOGY		
Basophil Count LBDBANO	0.00 ×10³/µL	0.00 - 0.20 Target 0.05
Basophils Percentage LBXBAPCT	0.60 %	0.00 - 2.00 Target 0.50
Eosinophil Count LBDEONO	0.20 ×10³/µL	0.00 - 0.50 Target 0.20
Eosinophils Percentage LBXEOPCT	3.40 %	0.00 - 6.00 Target 2.00
Hematocrit LBXHCT	42.20 %	38.80 - 50.00 Target 44.00
Hemoglobin LBXHGB	14.80 g/dL	13.50 - 17.50 Target 15.00
Lymphocyte Count LBDLYMNO	1.80 ×10³/µL	1.00 - 4.80 Target 2.50
Lymphocytes Percentage LBXLYPCT	30.00 %	20.00 - 40.00 Target 30.00
Mean Cell Hemoglobin LBXMCHSI	35.70 pg ELEVATED	27.00 - 33.00 Target 30.00
Mean Cell Hemoglobin Concentration LBXMC	35.00 g/dL	32.00 - 36.00 Target 34.00

BIOMARKER	VALUE	OPTIMAL RANGE
Mean Cell Volume LBXMCVSI	101.90 fL ELEVATED	80.00 - 100.00 Target 90.00
Mean Platelet Volume LBXMPSI	8.10 fL	7.50 - 11.50 Target 9.50
Monocyte Count LBDMONO	0.40 ×10³/µL	0.20 - 1.00 Target 0.50
Monocytes Percentage LBXMOPCT	6.90 %	2.00 - 10.00 Target 6.00
Neutrophil Count LBDNENO	3.50 ×10³/µL	1.50 - 7.80 Target 4.00
Neutrophils Percentage LBXNEPCT	59.00 %	40.00 - 70.00 Target 55.00
Platelet Count LBXPLTSI	202.00 ×10³/µL	150.00 - 400.00 Target 250.00
Red Blood Cell Count LBXRBCSI	4.13 ×10⁶/µL LOW	4.50 - 5.90 Target 5.20
Red Cell Distribution Width LBXRDW	11.90 %	11.50 - 14.50 Target 13.00
White Blood Cell Count LBXWBCSI	5.90 ×10³/µL	4.00 - 11.00 Target 7.00
INFLAMMATION		
C-Reactive Protein LBXCRP	0.14 mg/dL	0.00 - 3.00 Target 0.50
METABOLIC		
Glucose, Serum (Fasting) LBDSGLSI	6.99 mmol/L ELEVATED	3.90 - 5.60 Target 4.70
HbA1c LBXGH	5.30 %	4.00 - 5.60 Target 5.00
LIVER_FUNCTION		
Albumin LBDSALSI	43.00 g/L	35.00 - 50.00 Target 42.00
Alkaline Phosphatase LBXSAPSI	58.00 IU/L	30.00 - 120.00 Target 75.00
ALT LBXSATSI	21.00 U/L	7.00 - 56.00 Target 30.00
AST LBXSASSI	21.00 U/L	10.00 - 40.00 Target 25.00
Globulin LBDSGBSI	32.00 g/L	20.00 - 35.00 Target 27.00
Lactate Dehydrogenase LBXSLDSI	106.00 U/L LOW	122.00 - 222.00 Target 170.00
Total Bilirubin LBDSTBSI	10.26 µmol/L	5.00 - 21.00 Target 12.00
Total Protein LBDSTPSI	75.00 g/L	64.00 - 83.00 Target 73.00
RENAL_FUNCTION		
Blood Urea Nitrogen LBDSBUSI	4.28 mmol/L	2.50 - 7.10 Target 4.50
Creatinine LBDSCRSI	79.56 µmol/L	62.00 - 106.00 Target 84.00

BIOMARKER	VALUE	OPTIMAL RANGE
Phosphorus LBDSPHSI	0.90 mmol/L	0.87 - 1.45 Target 1.16
Uric Acid LBDSUASI	523.40 µmol/L ELEVATED	208.00 - 428.00 Target 310.00
Urine Albumin URXUMASI	111.00 mg/L	0.00 - 30.00 Target 10.00
Urine Albumin/Creatinine Ratio crAlbRat	148.00 mg/g	0.00 - 30.00 Target 10.00
Urine Creatinine URXUCRSI	6630.00 µmol/L	4420.00 - 17680.00 Target 11000.00
ELECTROLYTES		
Bicarbonate LBXSC3SI	23.00 mmol/L	22.00 - 29.00 Target 25.00
Calcium LBDSCASI	2.30 mmol/L	2.20 - 2.60 Target 2.40
Chloride LBXSCLSI	104.00 mmol/L	98.00 - 107.00 Target 102.00
Potassium LBXSKSI	3.90 mmol/L	3.50 - 5.10 Target 4.30
Sodium LBXSNASI	142.00 mmol/L	136.00 - 145.00 Target 140.00
LIPIDS		
HDL Cholesterol LBDHDLSI	0.88 mmol/L LOW	1.00 - 3.00 Target 1.60
LDL Value (Friedewald) LDLV	3.14 mmol/L	—
Total Cholesterol LBDTCSI	5.30 mmol/L ELEVATED	3.00 - 5.20 Target 4.20
Triglycerides (Standardized) LBDSTRSI	2.82 mmol/L ELEVATED	0.40 - 1.70 Target 1.00
SCORES		
Comorbidity Index FS1	0.00	0.00 - 1.00
Healthcare Use Index FS3	1.00	0.00 - 5.00
Self-Health Index FS2	0.00	0.00 - 8.00

Survey

General health questionnaire responses

HEALTH SURVEY	VALUE
General Health Self-reported overall health status.	Fair
Health Trend Self-reported health compared with one year ago.	Better
Healthcare Use Number of healthcare visits during the past 12 months.	1 time
Cigarettes Per Day Number of cigarettes smoked per day.	—

CONDITION	VALUE
Hypertension Self-reported history of hypertension (high blood pressure).	No
Diabetes Self-reported history of diabetes.	No
Renal Impairment Self-reported history of kidney disease or renal impairment.	No
Asthma Self-reported history of asthma.	No
Anemia Treatment Self-reported treatment for anemia.	No
Arthritis Self-reported history of arthritis.	No
Congestive Heart Failure Self-reported history of congestive heart failure.	No
Coronary Heart Disease Self-reported history of coronary heart disease.	No
Angina Self-reported history of angina.	No
Heart Attack Self-reported history of heart attack.	No
Stroke Self-reported history of stroke.	No
Emphysema Self-reported history of emphysema.	No
Thyroid Disease Self-reported history of thyroid disease.	No
Obesity Self-reported history of obesity.	No
Chronic Bronchitis Self-reported history of chronic bronchitis.	No
Liver Disease Self-reported history of liver disease.	No
Malignancy Self-reported history of malignancy or cancer.	No
Osteoporosis Self-reported history of osteoporosis.	No
Hip Fracture Self-reported history of hip fracture.	No
Wrist Fracture Self-reported history of wrist fracture.	No

CONDITION	VALUE
Spine Fracture Self-reported history of spine fracture.	No
Cognitive Impairment Self-reported cognitive impairment.	No
Hospitalization Self-reported history of hospitalization.	No

Bioage Overview

Chronological age and estimated biological age with reference benchmark context.

Chronological age

From demographics input

46.8 yrs

Bioage

Estimated biological age from biomarkers

56.2 yrs

CI 53.7 yrs - 58.8 yrs

Difference

Bioage minus chronological

Biologically older

+9.4 yrs

CI 6.8 yrs - 11.9 yrs

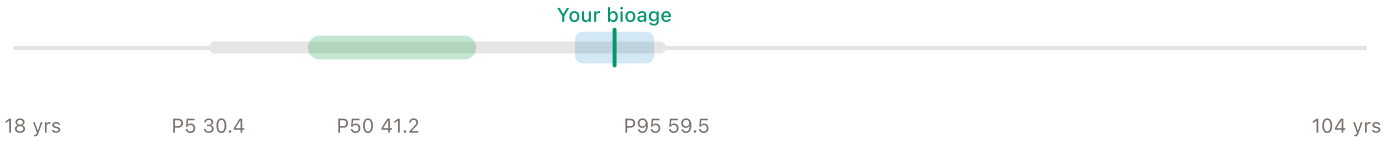
Your biological age sits around the 91.9 percentile for people of the same age and gender as you. About 91.9% of test takers have a lower (younger) biological age than you and 8.1% have a higher (older) biological age. The thicker light-gray line shows the typical range (P5-P95), the green band denotes where most values fall (P25-P75), and the blue shaded band shows your 95% confidence interval. The 95% confidence interval denotes how certain the algorithm is in your biological age result.

Biological age comparison

Mean 42.6 yrs · P5 30.4 yrs · P95 59.5 yrs

Your Percentile 91.9

Shaded area: Biological age CI 53.7 - 58.8 yrs



Principal Component Risk Matrix

How individual principal components contribute to the biological age and different age related risk trajectories

PC	Percentile Distribution	Age impact (95% CI)	CA 17.8	ORGAN 16.6	OBESE 15.3	CVRF 13.7	CVD 12.9	CI 10.9	PAD 3.5	CVA 0.7	HLD 0.0	HTN 0.0	CCF 0.0	DM -0.2	THIN -1.0	OLD -1.3	COPD -1.8	CLD -2.8	OA -3.5	SMOKER -3.9	CKD -4.7	OP -4.(
PC1M	97.3%	+16.6 Yrs (15.8 - 17.5)	16.6	16.6	16.6	16.6	16.6	16.6														
PC42M	99.2%	+3.5 Yrs (2.6 - 4.3)							3.5													
PC27M	93.8%	+2.2 Yrs (1.5 - 2.8)	2.2												2.2							
PC31M	83.8%	+1.4 Yrs (0.7 - 2.0)	1.4		1.4		1.4							1.4					1.4			
PC17M	77.7%	+1.4 Yrs (0.7 - 2.0)				1.4																
PC19M	76.2%	+0.8 Yrs (0.5 - 1.2)	0.8			0.8	0.8	0.8							0.8							
PC11M	64.6%	+0.7 Yrs (0.0 - 1.4)								0.7					0.7		0.7					
PC36M	48.8%	-0.1 Yrs (-0.8 - 0.7)												-0.1					-0.1			
PC33M	46.2%	-0.1 Yrs (-0.9 - 0.6)					-0.1															
PC24M	39.2%	-0.2 Yrs (-1.0 - 0.6)																	-0.2			
PC16M	27.7%	-0.9 Yrs (-1.4 - -0.4)	-0.9			-0.9	-0.9									-0.9			-0.9	-0.9		
PC2M	18.8%	-1.0 Yrs (-1.1 - -0.8)	-1.0				-1.0	-1.0							-1.0		-1.0	-1.0		-1.0	-1.0	
PC25M	15.0%	-1.3 Yrs (-1.7 - -1.0)	-1.3		-1.3	-1.3	-1.3															
PC8M	9.2%	-1.4 Yrs (-1.6 - -1.1)			-1.4	-1.4											-1.4			-1.4	-1.4	
PC6M	9.2%	-1.5 Yrs (-1.8 - -1.1)				-1.5		-1.5									-1.5		-1.5	-1.5		
PC15M	7.3%	-1.6 Yrs (-1.9 - -1.2)						-1.6						-1.6	-1.6		-1.6					
PC5M	18.1%	-2.6 Yrs (-3.4 - -1.7)					-2.6	-2.6								-2.6		-2.6	-2.6			-2.6

LEGEND

CA: Cancer **ORGAN**: Multi-organ Impairment **OBESE**: Obese Phenotype **CVRF**: Cardiovascular Risk Factors **CVD**: Cardiovascular Disease **CI**: Cognitive Impairment **PAD**: Peripheral Arterial Disease **CVA**: Cerebrovascular Accident **HLD**: Hyperlipidemia **HTN**: Hypertension **CCF**: Congestive Cardiac Failure **DM**: Diabetes Mellitus **THIN**: Thin Phenotype **OLD**: Obstructive Lung Disease **COPD**: Chronic Obstructive Pulmonary Disease **CLD**: Chronic Liver Disease **OA**: Arthritis

SMOKER: Smoker Phenotype **CKD**: Chronic Kidney Disease **OP**: Osteoporosis

INTERPRETATION

Each row represents one principal component ("PC"): a grouped biomarker pattern used by the age algorithm. Age impact is the estimated effect of that PC on biological age (in years). The 95% Confidence Interval (CI) is the plausible range around that estimate.

Percentile and distribution show where this persons result sits relative to their peers - people of same chronological age and gender. Around the 50th percentile is what is considered typical for their peers.

Matrix cells show direction and magnitude by complication code: red = positive direction (biologically older tendency), blue = negative direction (biologically younger tendency), and **gray** = near neutral. Stronger color means larger absolute effect. The number beside each column code is the total score for that risk domain (sum of PC risk in that column)

Age Increasing Components

Top 5 age increasing principal components (sorted by age impact)

Interpretation: This section highlights positive principal component impacts. Components are ranked by age impact. Each group shows the top 10 contributing factors (largest contribution), with direction indicating whether the factor pushes the component up or down. Positive component values indicate increased biological age, while negative values indicate decreased biological age. Biomarker ranges and low/high labels are shown when available.

PC1M Biological age increased by 16.6 yrs

Your Percentile 97.3%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)

Diabetes mellitus • Cardiovascular disease • Stroke • Chronic lung disease • Chronic kidney disease • Cancer • Alzheimer's disease • Others

Associated Mortality Profile (Later)

Pneumonia • Diabetes mellitus • Cardiovascular disease • Stroke • Chronic lung disease • Chronic kidney disease • Cancer • Alzheimer's disease • Others

Mechanisms

Vascular aging • Metabolic aging • Inflammation • Neurodegeneration

Associated Disease and Sociological Factors

Cardiometabolic syndrome: Obesity • Hypertension • Hypercholesterolemia • Diabetes mellitus and insulin use • Diabetic complications • Cardiovascular disease, including congestive cardiac failure • Stroke

Sociological factors: Do not exercise (low vigorous activity, low moderate activity, and do less muscle strengthening) • Alcohol use • Low education • Low income

Organ impairment: Cognitive impairment • Visual impairment • Thyroid disease • Chronic lung diseases (asthma, chronic bronchitis, emphysema) • Chronic kidney disease • Chronic liver disease • Arthritis • Osteoporosis • Anemia

- Urine Albumin · 34.9%
- Urine Albumin/Creatinine Ratio · 29.1%
- Glucose, Serum (Fasting) · 11.5%
- Healthcare Use Index · 4.8%
- Systolic Blood Pressure · 3.5%
- Red Blood Cell Count · 3.1%
- Uric Acid · 2.0%
- Hematocrit · 1.8%
- Albumin · 1.3%
- Urine Creatinine · 1.1%
- Others · 6.8%

FACTOR	VALUE	OPTIMAL RANGE
Urine Albumin URXUMASI	111.00 mg/L	0.00 - 30.00 Target 10.00
Urine Albumin/Creatinine Ratio crAlbRat	148.00 mg/g	0.00 - 30.00 Target 10.00
Glucose, Serum (Fasting) LBDSGLSI	6.99 mmol/L HIGH	3.90 - 5.60 Target 4.70
Healthcare Use Index FS3	1.00	0.00 - 5.00
Systolic Blood Pressure BPXSAR	142.67 mmHg HIGH	90.00 - 120.00 Target 110.00
Red Blood Cell Count LBXRBCSI	4.13 ×10⁶/µL LOW	4.50 - 5.90 Target 5.20
Uric Acid LBDSUASI	523.40 µmol/L HIGH	208.00 - 428.00 Target 310.00
Hematocrit LBXHCT	42.20 %	38.80 - 50.00 Target 44.00
Albumin LBDSALSI	43.00 g/L	35.00 - 50.00 Target 42.00
Urine Creatinine URXUCRSI	6630.00 µmol/L	4420.00 - 17680.00 Target 11000.00

Showing 10 contributing factors

PC42M Biological age increased by 3.5 yrs

Your Percentile 99.2%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)
Not reported

Associated Mortality Profile (Later)
Not reported

Mechanisms
Indeterminate

Associated Disease and Sociological Factors

Vascular disease: Peripheral arterial disease

Organ impairment: Thyroid disease

Sociological factors: Do not exercise (low vigorous and moderate activity)

- Total Iron Binding Capacity · 23.0%
- Albumin · 17.2%
- Uric Acid · 12.2%
- Ferritin · 9.5%
- Urine Albumin · 6.2%
- Phosphorus · 4.4%
- Systolic Blood Pressure · 4.3%
- Platelet Count · 2.5%
- Heart Rate · 2.2%
- Globulin · 2.1%
- Others · 16.5%

FACTOR	VALUE		OPTIMAL RANGE
Total Iron Binding Capacity LBDTIBSI	87.53 µmol/L	HIGH	45.00 - 72.00 Target 58.00
Albumin LBDSALSI	43.00 g/L		35.00 - 50.00 Target 42.00
Uric Acid LBDSUASI	523.40 µmol/L	HIGH	208.00 - 428.00 Target 310.00
Ferritin LBDFERSI	327.00 µg/L	HIGH	30.00 - 300.00 Target 100.00
Urine Albumin URXUMASI	111.00 mg/L		0.00 - 30.00 Target 10.00
Phosphorus LBDSPHSI	0.90 mmol/L		0.87 - 1.45 Target 1.16
Systolic Blood Pressure BPXSAR	142.67 mmHg	HIGH	90.00 - 120.00 Target 110.00
Platelet Count LBXPLTSI	202.00 ×10³/µL		150.00 - 400.00 Target 250.00
Heart Rate BPXPLS	82.00 bpm		60.00 - 100.00 Target 70.00
Globulin LBDSGBSI	32.00 g/L		20.00 - 35.00 Target 27.00

Showing 10 contributing factors

PC27M Biological age increased by 2.2 yrs

Your Percentile 93.8%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)

Not reported

Associated Mortality Profile (Later)

Chronic lung disease • Cancer

Mechanisms

Indeterminate

Associated Disease and Sociological Factors

Sociological factors: Do not exercise (low moderate activity and sedentary)

- Glucose, Serum (Fasting) · 26.0%
- Lactate Dehydrogenase · 13.0%
- Potassium · 8.7%
- Phosphorus · 8.6%
- Uric Acid · 7.9%
- Total Iron Binding Capacity · 7.5%
- Urine Albumin · 7.0%
- Calcium · 6.2%
- Systolic Blood Pressure · 4.8%
- Creatinine · 3.6%
- Others · 6.8%

FACTOR	VALUE	OPTIMAL RANGE
Glucose, Serum (Fasting) LBDSGLSI	6.99 mmol/L HIGH	3.90 - 5.60 Target 4.70
Lactate Dehydrogenase LBXSLDSI	106.00 U/L LOW	122.00 - 222.00 Target 170.00
Potassium LBXSKSI	3.90 mmol/L	3.50 - 5.10 Target 4.30
Phosphorus LBDSPHSI	0.90 mmol/L	0.87 - 1.45 Target 1.16
Uric Acid LBDSUASI	523.40 µmol/L HIGH	208.00 - 428.00 Target 310.00
Total Iron Binding Capacity LBDTIBSI	87.53 µmol/L HIGH	45.00 - 72.00 Target 58.00
Urine Albumin URXUMASI	111.00 mg/L	0.00 - 30.00 Target 10.00
Calcium LBDSCASI	2.30 mmol/L	2.20 - 2.60 Target 2.40
Systolic Blood Pressure BPXSAR	142.67 mmHg HIGH	90.00 - 120.00 Target 110.00
Creatinine LBDSCRSI	79.56 µmol/L	62.00 - 106.00 Target 84.00

Showing 10 contributing factors

PC31M Biological age increased by 1.4 yrs

Your Percentile 83.8%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)

Cardiovascular disease

Associated Mortality Profile (Later)

Cardiovascular disease

Mechanisms

Vascular aging (smoking-related) • Cardiac disease-related

Associated Disease and Sociological Factors

Cardiovascular disease: Diabetes mellitus • Cardiovascular disease, including congestive cardiac failure

Organ impairment: Visual impairment

Sociological factors: Obesity • Cigarette smoking • Do not exercise (low vigorous activity) • Low income

- Uric Acid · 17.6%
- Total Iron Binding Capacity · 16.5%
- Potassium · 11.9%
- Iron · 9.8%
- Heart Rate · 6.1%
- Mean Cell Hemoglobin Concentration · 5.6%
- Alkaline Phosphatase · 5.5%
- NT-proBNP · 4.6%
- Sodium · 4.0%
- Blood Urea Nitrogen · 2.9%
- Others · 15.4%

FACTOR	VALUE		OPTIMAL RANGE
Uric Acid LBDSUASI	523.40 µmol/L	HIGH	208.00 - 428.00 Target 310.00
Total Iron Binding Capacity LBDTIBSI	87.53 µmol/L	HIGH	45.00 - 72.00 Target 58.00
Potassium LBXSKSI	3.90 mmol/L		3.50 - 5.10 Target 4.30
Iron LBDIRNSI	30.07 µmol/L		10.70 - 32.20 Target 20.00
Heart Rate BPXPLS	82.00 bpm		60.00 - 100.00 Target 70.00
Mean Cell Hemoglobin Concentration LBXMC	35.00 g/dL		32.00 - 36.00 Target 34.00
Alkaline Phosphatase LBXSAPSI	58.00 IU/L		30.00 - 120.00 Target 75.00
NT-proBNP SSBNP	28.76 pg/mL		0.00 - 125.00 Target 50.00
Sodium LBXSNASI	142.00 mmol/L		136.00 - 145.00 Target 140.00
Blood Urea Nitrogen LBDSBUSI	4.28 mmol/L		2.50 - 7.10 Target 4.50

Showing 10 contributing factors

PC17M Biological age increased by 1.4 yrs

Your Percentile 77.7%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)
Not reported

Associated Mortality Profile (Later)
Diabetes mellitus

Mechanisms
Indeterminate

Associated Disease and Sociological Factors

Vascular risk factors: Hypertension

Sociological factors: Do not exercise (less muscle strengthening)

- Urine Albumin/Creatinine Ratio · 45.4%
- Urine Creatinine · 10.5%
- Urine Albumin · 9.0%
- Platelet Count · 7.6%
- Bicarbonate · 5.9%
- Ferritin · 4.4%
- Red Cell Distribution Width · 4.1%
- Folate · 2.9%
- Calcium · 2.7%
- Chloride · 2.2%
- Others · 5.3%

FACTOR	VALUE	OPTIMAL RANGE
Urine Albumin/Creatinine Ratio crAlbRat	148.00 mg/g	0.00 - 30.00 Target 10.00
Urine Creatinine URXUCRSI	6630.00 µmol/L	4420.00 - 17680.00 Target 11000.00
Urine Albumin URXUMASI	111.00 mg/L	0.00 - 30.00 Target 10.00
Platelet Count LBXPLTSI	202.00 ×10³/µL	150.00 - 400.00 Target 250.00
Bicarbonate LBXSC3SI	23.00 mmol/L	22.00 - 29.00 Target 25.00
Ferritin LBDFERSI	327.00 µg/L HIGH	30.00 - 300.00 Target 100.00
Red Cell Distribution Width LBXRDW	11.90 %	11.50 - 14.50 Target 13.00
Folate LBDFOLSI	30.40 nmol/L	10.00 - 45.00 Target 25.00
Calcium LBDSCASI	2.30 mmol/L	2.20 - 2.60 Target 2.40
Chloride LBXSCLSI	104.00 mmol/L	98.00 - 107.00 Target 102.00

Showing 10 contributing factors

Age Decreasing Components

Top 5 age decreasing principal components (sorted by age impact)

Interpretation: This section highlights negative principal component impacts. Components are ranked by age impact. Each group shows the top 10 contributing factors (largest contribution), with direction indicating whether the factor pushes the component up or down. Positive component values indicate increased biological age, while negative values indicate decreased biological age. Biomarker ranges and low/high labels are shown when available.

PC5M Biological age decreased by 2.6 yrs

Your Percentile 18.1%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)

Cardiovascular disease • Chronic lung disease • Chronic kidney disease • Cancer • Others

Associated Mortality Profile (Later)

Cardiovascular disease • Chronic lung disease • Cancer • Alzheimer's disease • Others

Mechanisms

Vascular aging (smoking-related) • Lung disease-related • Inflammation • Neurodegeneration

Associated Disease and Sociological Factors

Cardiovascular disease: Hypertension • Diabetic peripheral neuropathy • Cardiovascular disease, including congestive cardiac failure • Stroke

Sociological factors: Thin • Cigarette smoking • Alcohol use • Do not exercise (low vigorous activity and do less muscle strengthening) • Low income

Organ impairment: Cognitive impairment • Visual impairment • Chronic lung diseases (asthma, chronic bronchitis, emphysema) • Arthritis • Spine fracture

- Mean Cell Hemoglobin · 20.8%
- Mean Cell Volume · 20.2%
- Urine Creatinine · 9.4%
- Total Iron Binding Capacity · 6.9%
- Healthcare Use Index · 5.3%
- Systolic Blood Pressure · 5.0%
- Uric Acid · 4.7%
- Heart Rate · 4.3%
- Mean Cell Hemoglobin Concentration · 4.0%
- Bicarbonate · 3.4%
- Others · 15.8%

FACTOR	VALUE	OPTIMAL RANGE
Mean Cell Hemoglobin LBXMCHSI	35.70 pg HIGH	27.00 - 33.00 Target 30.00
Mean Cell Volume LBXMCVSI	101.90 fL HIGH	80.00 - 100.00 Target 90.00
Urine Creatinine URXUCRSI	6630.00 µmol/L	4420.00 - 17680.00 Target 11000.00
Total Iron Binding Capacity LBDTIBSI	87.53 µmol/L HIGH	45.00 - 72.00 Target 58.00
Healthcare Use Index FS3	1.00	0.00 - 5.00
Systolic Blood Pressure BPXSAR	142.67 mmHg HIGH	90.00 - 120.00 Target 110.00
Uric Acid LBDSUASI	523.40 µmol/L HIGH	208.00 - 428.00 Target 310.00
Heart Rate BPXPLS	82.00 bpm	60.00 - 100.00 Target 70.00
Mean Cell Hemoglobin Concentration LBXMC	35.00 g/dL	32.00 - 36.00 Target 34.00
Bicarbonate LBXSC3SI	23.00 mmol/L	22.00 - 29.00 Target 25.00

Showing 10 contributing factors

PC15M

Biological age decreased by 1.6 yrs

Your Percentile 7.3%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)

Diabetes mellitus

Associated Mortality Profile (Later)

Not reported

Mechanisms

Inflammation

Associated Disease and Sociological Factors

Diabetic complications: Diabetic peripheral neuropathy

Organ impairment: Cognitive impairment • Visual impairment • Chronic bronchitis • Emphysema

Sociological factors: Thin • Alcohol use • Do not exercise (low vigorous activity, low moderate activity, and do less muscle strengthening) • Low education • Low income

- Ferritin · 14.4%
- Uric Acid · 13.1%
- Iron · 13.0%
- Transferrin Saturation · 9.6%
- Monocyte Count · 8.6%
- Monocytes Percentage · 7.1%
- Calcium · 6.8%
- Creatinine · 6.6%
- Platelet Count · 6.0%
- Albumin · 5.9%
- Others · 9.1%

FACTOR	VALUE	OPTIMAL RANGE
Ferritin LBDFERSI	327.00 µg/L HIGH	30.00 - 300.00 Target 100.00
Uric Acid LBDSUASI	523.40 µmol/L HIGH	208.00 - 428.00 Target 310.00
Iron LBDIRNSI	30.07 µmol/L	10.70 - 32.20 Target 20.00
Transferrin Saturation LBXPCT	34.40 %	20.00 - 50.00 Target 35.00
Monocyte Count LBDMONO	0.40 ×10³/µL	0.20 - 1.00 Target 0.50
Monocytes Percentage LBXMOPCT	6.90 %	2.00 - 10.00 Target 6.00
Calcium LBDSCASI	2.30 mmol/L	2.20 - 2.60 Target 2.40
Creatinine LBDSCRSI	79.56 µmol/L	62.00 - 106.00 Target 84.00
Platelet Count LBXPLTSI	202.00 ×10³/µL	150.00 - 400.00 Target 250.00
Albumin LBDSALSI	43.00 g/L	35.00 - 50.00 Target 42.00

Showing 10 contributing factors

PC6M Biological age decreased by 1.5 yrs

Your Percentile 9.2%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)

Others

Associated Mortality Profile (Later)

Not reported

Mechanisms

Vascular aging (smoking-related)

Associated Disease and Sociological Factors

Vascular risk factors: Hypertension • Diabetic peripheral neuropathy • Peripheral arterial disease • Diabetic foot ulcers

Organ impairment: Cognitive impairment • Thyroid disease • Asthma • Chronic liver disease • Chronic kidney disease • Anemia

Sociological factors: Cigarette smoking • Alcohol use • Do not exercise (low vigorous activity, low moderate activity, and do less muscle strengthening) • Low income

- Glucose, Serum (Fasting) · 19.0%
- Urine Albumin · 15.6%
- Monocyte Count · 7.6%
- Mean Cell Hemoglobin Concentration · 5.1%
- Phosphorus · 4.9%
- Sodium · 4.7%
- AST · 4.5%
- Lymphocyte Count · 4.3%
- Red Cell Distribution Width · 4.1%
- Monocytes Percentage · 3.8%
- Others · 26.3%

FACTOR	VALUE	OPTIMAL RANGE
Glucose, Serum (Fasting) LBDSGLSI	6.99 mmol/L HIGH	3.90 - 5.60 Target 4.70
Urine Albumin URXUMASI	111.00 mg/L	0.00 - 30.00 Target 10.00
Monocyte Count LBDMONO	0.40 ×10³/µL	0.20 - 1.00 Target 0.50
Mean Cell Hemoglobin Concentration LBXMC	35.00 g/dL	32.00 - 36.00 Target 34.00
Phosphorus LBDSPHSI	0.90 mmol/L	0.87 - 1.45 Target 1.16
Sodium LBXSNASI	142.00 mmol/L	136.00 - 145.00 Target 140.00
AST LBXSASSI	21.00 U/L	10.00 - 40.00 Target 25.00
Lymphocyte Count LBDLYMNO	1.80 ×10³/µL	1.00 - 4.80 Target 2.50
Red Cell Distribution Width LBXRDW	11.90 %	11.50 - 14.50 Target 13.00
Monocytes Percentage LBXMOPCT	6.90 %	2.00 - 10.00 Target 6.00

Showing 10 contributing factors

PC8M Biological age decreased by 1.4 yrs

Your Percentile 9.2%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)
Others

Associated Mortality Profile (Later)
Others

Mechanisms
Vascular aging • Inflammation

Associated Disease and Sociological Factors

Vascular risk factors: Hypertension • Hypercholesterolemia

Organ impairment: Chronic liver disease • Chronic kidney disease • Anemia • Wrist fracture • Visual impairment

Sociological factors: Obesity • Do not exercise (low moderate activity)

- Urine Albumin · 22.7%
- Lactate Dehydrogenase · 13.8%
- Urine Albumin/Creatinine Ratio · 12.9%
- Mean Cell Hemoglobin · 6.2%
- Mean Cell Volume · 5.8%
- AST · 5.5%
- Sodium · 5.2%
- Eosinophils Percentage · 4.2%
- Red Cell Distribution Width · 3.8%
- ALT · 3.7%
- Others · 16.3%

FACTOR	VALUE	OPTIMAL RANGE
Urine Albumin URXUMASI	111.00 mg/L	0.00 - 30.00 Target 10.00
Lactate Dehydrogenase LBXSLDSI	106.00 U/L LOW	122.00 - 222.00 Target 170.00
Urine Albumin/Creatinine Ratio crAlbRat	148.00 mg/g	0.00 - 30.00 Target 10.00
Mean Cell Hemoglobin LBXMCHSI	35.70 pg HIGH	27.00 - 33.00 Target 30.00
Mean Cell Volume LBXMCVSI	101.90 fL HIGH	80.00 - 100.00 Target 90.00
AST LBXSASSI	21.00 U/L	10.00 - 40.00 Target 25.00
Sodium LBXSNASI	142.00 mmol/L	136.00 - 145.00 Target 140.00
Eosinophils Percentage LBXEOPCT	3.40 %	0.00 - 6.00 Target 2.00
Red Cell Distribution Width LBXRDW	11.90 %	11.50 - 14.50 Target 13.00
ALT LBXSATSI	21.00 U/L	7.00 - 56.00 Target 30.00

Showing 10 contributing factors

PC25M Biological age decreased by 1.3 yrs

Your Percentile 15.0%

SUPPLEMENTARY RESEARCH CONTEXT

Associated patterns reported for this principal component in LinAge2.

Associated Mortality Profile (Earlier)

Cancer

Associated Mortality Profile (Later)

Others

Mechanisms

Vascular aging • Inflammation

Associated Disease and Sociological Factors

Cardiovascular disease: Hypertension • Hyperlipidemia • Cardiovascular disease, including congestive cardiac failure • Stroke

Sociological factors: Obesity • Low education

- Urine Albumin/Creatinine Ratio · 27.5%
- Urine Creatinine · 11.1%
- Potassium · 8.7%
- Heart Rate · 8.1%
- Creatinine · 5.7%
- Phosphorus · 5.7%
- Mean Cell Volume · 5.3%
- Sodium · 5.2%
- Iron · 4.7%
- Mean Cell Hemoglobin · 2.5%
- Others · 15.5%

FACTOR	VALUE	OPTIMAL RANGE
Urine Albumin/Creatinine Ratio crAlbRat	148.00 mg/g	0.00 - 30.00 Target 10.00
Urine Creatinine URXUCRSI	6630.00 µmol/L	4420.00 - 17680.00 Target 11000.00
Potassium LBXSKSI	3.90 mmol/L	3.50 - 5.10 Target 4.30
Heart Rate BPXPLS	82.00 bpm	60.00 - 100.00 Target 70.00
Creatinine LBDSCRSI	79.56 µmol/L	62.00 - 106.00 Target 84.00
Phosphorus LBDSPHSI	0.90 mmol/L	0.87 - 1.45 Target 1.16
Mean Cell Volume LBXMCVSI	101.90 fL HIGH	80.00 - 100.00 Target 90.00
Sodium LBXSNASI	142.00 mmol/L	136.00 - 145.00 Target 140.00
Iron LBDIRNSI	30.07 µmol/L	10.70 - 32.20 Target 20.00
Mean Cell Hemoglobin LBXMCHSI	35.70 pg HIGH	27.00 - 33.00 Target 30.00

Showing 10 contributing factors