

myrocky

LONGEVITY PROGRAM

myreport

BIOLOGICAL AGE ANALYSIS

The science behind how you age – and an evidence-backed plan to slow it down.

Prepared for	John Doe
Sex / DOB	Male · Oct 2, 1991
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What's Inside

38 biomarkers across 5 categories - decoded through the lens of biological aging.

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The Big Picture

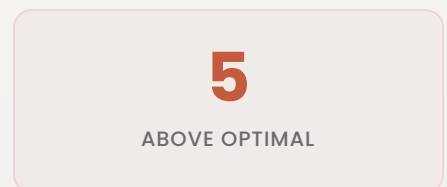
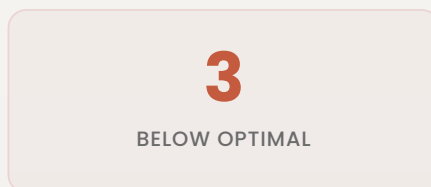
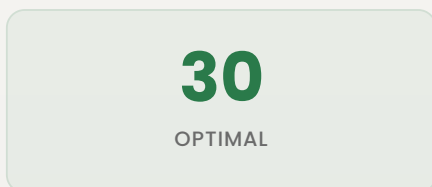


Your markers are telling you something.

Multiple biomarkers are running above their optimal thresholds – signs that your body is under more metabolic and inflammatory stress than ideal. The good news: these are some of the most modifiable findings in health. The data below shows exactly what needs attention.

vs **34.6** chronological age

MARKER SNAPSHOT



You're Aging 4 Years Slower Than the Clock

Measured using a peer-reviewed model that translates key blood markers into a single biological age score.

BIOLOGICAL AGE

30.4 years

↓ 4.2 years younger than your actual age

Chronological age: 34.6

YOUR PROGRESS

PREVIOUS TEST	CURRENT TEST 30.4 May 2026	CHANGE -- first test
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This is your baseline. Future tests will show your progress here.

THE SCIENCE BEHIND THE NUMBER

Your biological age isn't a guess - it's calculated from 9 blood markers that reflect how well your body is actually functioning: inflammation levels, immune strength, blood sugar control, kidney output, liver health, and red blood cell quality. These markers were identified through a landmark study of 12,000+ people as the most predictive signals of how fast someone is aging on the inside - regardless of what their birthday says.

Complete Blood Count

A CBC is a routine blood test that measures the three main components of your blood: red blood cells (oxygen carriers), white blood cells (immune system), and platelets (blood clotting). It also looks at the size and concentration of these cells for more detailed insight. Abnormal levels can point to issues like anemia, infection, or bleeding problems. Overall, it's a quick, first-line test used to detect or monitor a wide range of conditions.

● 14 Optimal

● 2 Flagged

White Blood Cells

Immune system activity

OPTIMAL

6 $\times 10^9/L$  Optimal: 4.0-11.0 $\times 10^9/L$

Your white blood cell count is normal, indicating your immune system is functioning as expected.

Red Blood Cells

Oxygen-carrying capacity

OPTIMAL


5 $\times 10^{12}/L$  Optimal: 4.50-6.00 $\times 10^{12}/L$

Your red blood cell count is within the expected range, indicating a healthy number of oxygen-carrying red blood cells.

Hemoglobin

Oxygen delivery to tissues

LOW

115 g/L  Optimal: 135-175 g/L

Your hemoglobin is low, which may reduce oxygen delivery throughout the body and can contribute to fatigue.

Hematocrit

Red blood cell volume ratio

OPTIMAL

0.45 L/L  Optimal: 0.400-0.500 L/L

Your hematocrit is within the expected range.

MCV

Red blood cell size

OPTIMAL

90 fL  Optimal: 80-100 fL

Your red blood cells are normal in size.

MCH

Hemoglobin per red blood cell

OPTIMAL

30 pg  Optimal: 27.5-33.0 pg

Your red blood cells contain a normal amount of hemoglobin.

MCHC

Hemoglobin concentration in red cells

OPTIMAL


315 g/L  Optimal: 305-360 g/L

The concentration of hemoglobin within your red blood cells is within the expected range.

RDW

Red cell size variation

OPTIMAL

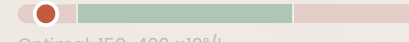
12 %  Optimal: 11.5-14.5 %

Your red blood cells are of normal size.

Platelets

Blood clotting cells

LOW


100 $\times 10^9/L$  Optimal: 150-400 $\times 10^9/L$

Your platelet count is below the typical range, which can occur with normal variation or temporary factors.

Neutrophils

First-response immune cells

OPTIMAL


4 $\times 10^9/L$  Optimal: 2.0-7.5 $\times 10^9/L$

Your neutrophil count is within the expected range, indicating a healthy immune system.

Lymphocytes

Adaptive immune cells

OPTIMAL


2.4 $\times 10^9/L$  Optimal: 1.0-3.5 $\times 10^9/L$

Your lymphocyte count is within the expected range, indicating a healthy immune system.

Monocytes

Infection cleanup cells

OPTIMAL


0.8 $\times 10^9/L$  Optimal: 0.2-1.0 $\times 10^9/L$

Your monocyte count is within the expected range.

Eosinophils

Allergy and parasite response

OPTIMAL


0.3 $\times 10^9/L$  Optimal: 0.0-0.5 $\times 10^9/L$

Your eosinophil count is within the expected range.

Basophils

Inflammatory and allergic mediator

OPTIMAL


0.1 $\times 10^9/L$  Optimal: 0.0-0.2 $\times 10^9/L$

Your basophil count is within the expected range.

Immature Granulocytes

Early-stage immune cells

OPTIMAL


0.05 $\times 10^9/L$  Optimal: 0.00-0.10 $\times 10^9/L$

A low or zero immature granulocyte count is expected and reassuring.

Nucleated RBC

Immature red blood cells

OPTIMAL

0.1 $\times 10^9/L$  Optimal: 0.0 $\times 10^9/L$

No nucleated red blood cells were seen, which is expected in a routine blood sample.

Metabolic & Cardiovascular Health

This panel gives you a deeper look at your metabolic and cardiovascular health – how your body manages blood sugar, your risk for insulin resistance or diabetes, and your cholesterol and heart disease risk. It also includes advanced markers for a more precise view of cardiovascular risk, plus inflammation levels that can signal long-term heart health concerns. Together, these results offer a proactive window into your chronic disease risk.

● 5 Optimal

● 5 Flagged

Fasting Glucose

Blood sugar after fasting

ELEVATED

7 mmol/L
Optimal: 3.6-6.0 mmol/L

Your blood sugar is elevated, which may reflect impaired glucose control and should be interpreted alongside other markers like HbA1c.

HbA1c

3-month blood sugar average

ELEVATED

6.2 %
Optimal: <6.0%

Your average blood sugar is elevated, which may indicate pre-diabetes.

Fasting Insulin

Insulin sensitivity indicator

OPTIMAL

56 pmol/L
Optimal: 20-180 pmol/L

Your insulin level is within the expected range, suggesting balanced insulin regulation.

Total Cholesterol

Overall cholesterol level

ELEVATED

6.5 mmol/L
Optimal: <5.20 mmol/L

Your total cholesterol is elevated, which may suggest an unfavourable cholesterol profile.

LDL Cholesterol

"Bad" cholesterol - lower is better

ELEVATED

4.5 mmol/L
Optimal: <3.5 mmol/L

Your LDL is elevated, which may be associated with increased cardiovascular risk over time.

HDL Cholesterol

"Good" cholesterol - higher is better

OPTIMAL

2.2 mmol/L
Optimal: >1.00 mmol/L

Your HDL is within a healthy range which is good for cardiovascular health.

Triglycerides

Blood fat from recent meals

OPTIMAL

0.45 mmol/L
Optimal: <1.70 mmol/L

Your triglycerides are within the normal range which is good for cardiovascular health.

ApoB

Most accurate heart risk marker

ELEVATED

1.35 g/L
Optimal: <0.80 g/L

Your ApoB is elevated, suggesting a higher number of cholesterol particles linked to cardiovascular risk.

Lp(a)

Inherited cardiovascular risk

OPTIMAL

15 nmol/L
Optimal: <75 nmol/L

Your Lp(a) level is within the healthy range, suggesting you are not at increased inherited risk for cardiovascular disease.

hs-CRP

Systemic inflammation level

OPTIMAL

0.2 mg/L
Optimal: <5.0 mg/L

Your level is within the optimal range, indicating low systemic inflammation, which is favourable for long-term health.

Kidney & Liver Health

This panel assesses your kidney and liver health. It evaluates how well your kidneys are filtering waste from your blood and how effectively your liver is functioning. It can help detect early signs of kidney or liver dysfunction, even before symptoms appear. Overall, it provides a baseline view of two essential organ systems involved in detoxification, metabolism, and overall health.

● 5 Optimal

Creatinine

Kidney filtration marker

OPTIMAL



Your creatinine is within the expected range, indicating healthy kidney function.

eGFR

Kidney filtration rate

OPTIMAL



Your eGFR is within the expected range, indicating normal kidney function.

ALT

Liver enzyme - detoxification

OPTIMAL



Your ALT is within the normal range, suggesting normal liver function.

GGT

Liver stress indicator

OPTIMAL



Your GGT is within the expected range, suggesting normal liver function.

Albumin

Liver protein production

OPTIMAL



Your albumin level is within the expected range, suggesting normal liver function.

Vitamins & Nutrients

This panel checks three of the most commonly deficient nutrients in Canada. Together, they play a central role in your energy levels, mood, nerve function, immune health, and bone strength. Low levels are common and often go undetected for years because the symptoms are easy to overlook: fatigue, brain fog, low mood, poor sleep, or just feeling off. This test gives you a clear baseline so you know exactly where you stand and what to do about it.

● 2 Optimal

● 1 Flagged

Ferritin

Iron stores in your body

LOW

12 $\mu\text{g/L}$



Your iron stores are low, which can cause fatigue and anemia.

Vitamin B12

Nerve health and energy

OPTIMAL

900 pmol/L



Your B12 level is within the expected range.

Vitamin D (25-OH)

Bone health, immunity, mood

OPTIMAL

100 nmol/L



Your vitamin D level is within the recommended range.

VITAMIN D STATUS

Your level of **100 nmol/L** is comfortably within the optimal range. This supports bone health, immune function, mood regulation, and efficient testosterone utilisation – especially important in northern climates where deficiency is common.

Hormone Profile

This panel measures thyroid function and testosterone levels. Your thyroid controls metabolic rate, energy production, and temperature regulation. Testosterone influences muscle mass, sex drive, mood, and cognitive sharpness. Together, these hormones are central to how you feel and perform day to day.

● 4 Optimal

TSH

Thyroid-stimulating hormone

OPTIMAL

2.1 mIU/L



Your TSH is within the normal range, indicating normal thyroid function.

Free T4

Active thyroid hormone

OPTIMAL

14.2 pmol/L



Your free T4 is within the expected range indicating normal thyroid function.

Total Testosterone

Overall testosterone level

OPTIMAL

22.5 nmol/L



Your testosterone level is within the expected range.

Free Testosterone

Active, usable testosterone

OPTIMAL

380 pmol/L



Your free testosterone is within the expected range.

Your Action Plan

Every marker on this report has been reviewed. Below are the specific, evidence-backed moves to close the remaining gaps and keep your biological age trending down.

PRIORITY

Optimize Your Lipid Profile

Your lipid markers suggest elevated cardiovascular risk. Lipid management is one of the most evidence-backed ways to protect your arteries and slow biological aging.

- ✓ Increase soluble fibre intake: oats, beans, lentils, and flaxseed can naturally lower LDL
- ✓ Include omega-3 fatty acids from fish, walnuts, or a quality supplement
- ✓ Cook with healthy oils like olive or avocado oil instead of vegetable and seed oils, and reduce trans fats from your diet
- ✓ Maintain regular exercise - activity is one of the most effective ways to manage lipid levels

PRIORITY

Address Blood Sugar & Insulin Resistance

Your blood sugar markers indicate your body may not be managing glucose as efficiently as it could. This is one of the most common and modifiable findings.

- ✓ Reduce refined carbohydrates and processed sugars - focus on whole foods with a low glycemic index
- ✓ Optimize your diet - check out our diet guide for personalized recommendations
- ✓ Add 150+ minutes of moderate exercise per week - both resistance training and cardio improve insulin sensitivity
- ✓ Retest in 3 months to track improvement

MONITOR

Address Low Hemoglobin

Your hemoglobin is below the typical range, which can reduce oxygen delivery throughout the body and contribute to fatigue. This is a common finding and is usually related to nutritional factors.

- ✓ Get iron, B12, and folate levels evaluated if not already tested
- ✓ Increase iron-rich foods: red meat, spinach, lentils, and fortified cereals
- ✓ Take iron supplements with Vitamin C to improve absorption, and away from coffee or tea
- ✓ Retest in 8-12 weeks to confirm levels are improving

MONITOR

Monitor Platelet Count

Your platelet count is outside the typical range. This is a common finding that is usually benign and often resolves on its own without intervention.

- ✓ No immediate action is typically needed - this is often a temporary variation
- ✓ Stay hydrated and maintain a balanced diet
- ✓ Repeat testing in 8-12 months to confirm levels have normalized

MONITOR

Restore Your Iron Stores

Your iron stores are depleted, which can cause fatigue, weakness, and reduced exercise tolerance - even before full anemia develops. Iron is one of the most straightforward deficiencies to correct.

- ✓ Start an iron supplement - take with Vitamin C to improve absorption, and away from coffee or tea
- ✓ Increase iron-rich foods: red meat, spinach, lentils, and fortified cereals
- ✓ Retest ferritin in 8-12 weeks to confirm levels are rising

When to Retest

A 6-month retest is a solid cadence to confirm your markers stay optimal and catch any drift early.



Recommended retest: Nov 2026


Have questions about your results? Your care team is here to help.
Reach out anytime at contact@myrocky.ca

Turn Your Results Into Action

Aging is measurable. Now it's manageable.

BASED ON YOUR BLOODWORK

FOR YOU




Iron Bisglycinate

Replenish iron and boost energy

[View Now](#)


FOR YOU



Berberine

Blood sugar and metabolic support


[View Now](#)



NMN + PQQ

Cellular energy and aging


[View Now](#)



Vitamin D3 + K2

Bone, immune, and mood support


[View Now](#)



NAC

Liver, immunity, and detox


[View Now](#)



Quercetin + Bromelain

Cardiovascular and inflammation

[View Now](#)



Vitamin C (Liposomal)

Immune and antioxidant support


[View Now](#)



Magnesium Bisglycinate

Sleep, stress, and recovery

[View Now](#)



Essential Night Boost

Deep sleep and hormones

[View Now](#)

[Browse All Supplements →](#)

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MEDICAL DISCLAIMER

This report is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before making changes to your health regimen. Biomarker values represent a snapshot at the time of collection and may vary due to timing, hydration, diet, and other factors. Biological age estimates are based on validated statistical models and should be interpreted as one of many tools in understanding your health - not as a definitive measure.

ABOUT THE SCIENCE

Biological age in this report is calculated using a validated, peer-reviewed model that combines key blood biomarkers with chronological age to produce a composite estimate of how fast your body is aging. The underlying methodology has been validated across over 12,000 participants, published in leading scientific journals, and is widely recognized in the longevity research community and used by leading health institutions worldwide.