



KEYONIOQ

SevenAge

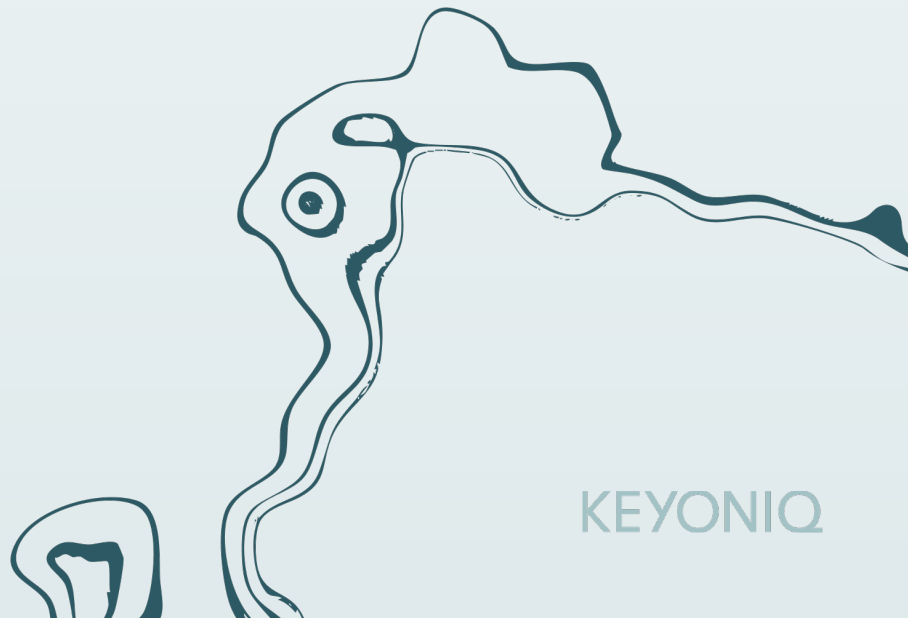
Biological Age Report

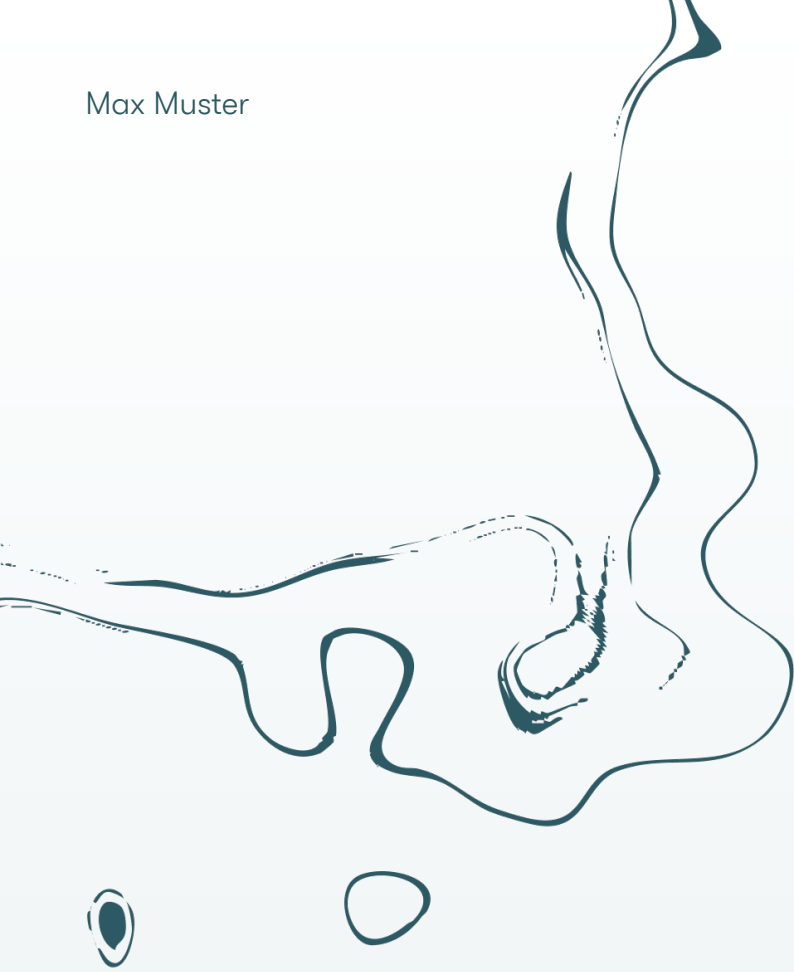
12th August, 2026 / 641946

Max Muster

24th April, 1965

Don't let age define you.
Define the way you age.





Disclaimer

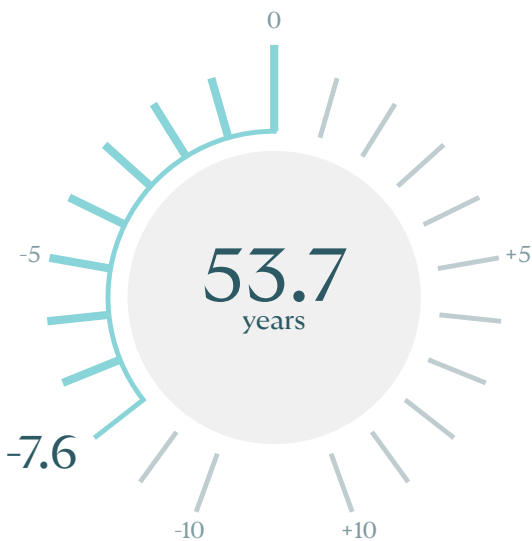
SevenAge estimates biological age using a scientifically validated model based on selected blood biomarkers. This estimate reflects how certain physiological markers commonly change with age and may differ from chronological age.

The result represents a snapshot influenced by normal biological variation and does not capture all aspects of aging or health. SevenAge is designed to support health awareness and understanding of age-related biomarker patterns. It is not a medical diagnosis, does not predict individual health outcomes, and does not replace professional medical evaluation or care.

Your Biological Age

Biological age estimates how well your body is aging, based on key blood biomarkers and your age. It provides a measure of your body’s functional and health status, independent of how many years you have lived.

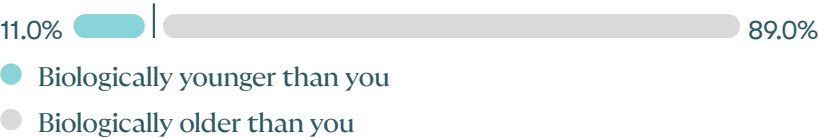
Knowing your biological age is a valuable health metric for continuous monitoring, enabling early prevention.



Your chronological age	61.3 years
Your biological age	53.7 years
Age difference	-7.6 years

How your biological age compares

89.0% of people of the same age and sex are biologically older than you. Lifestyle changes can help lower your biological age.



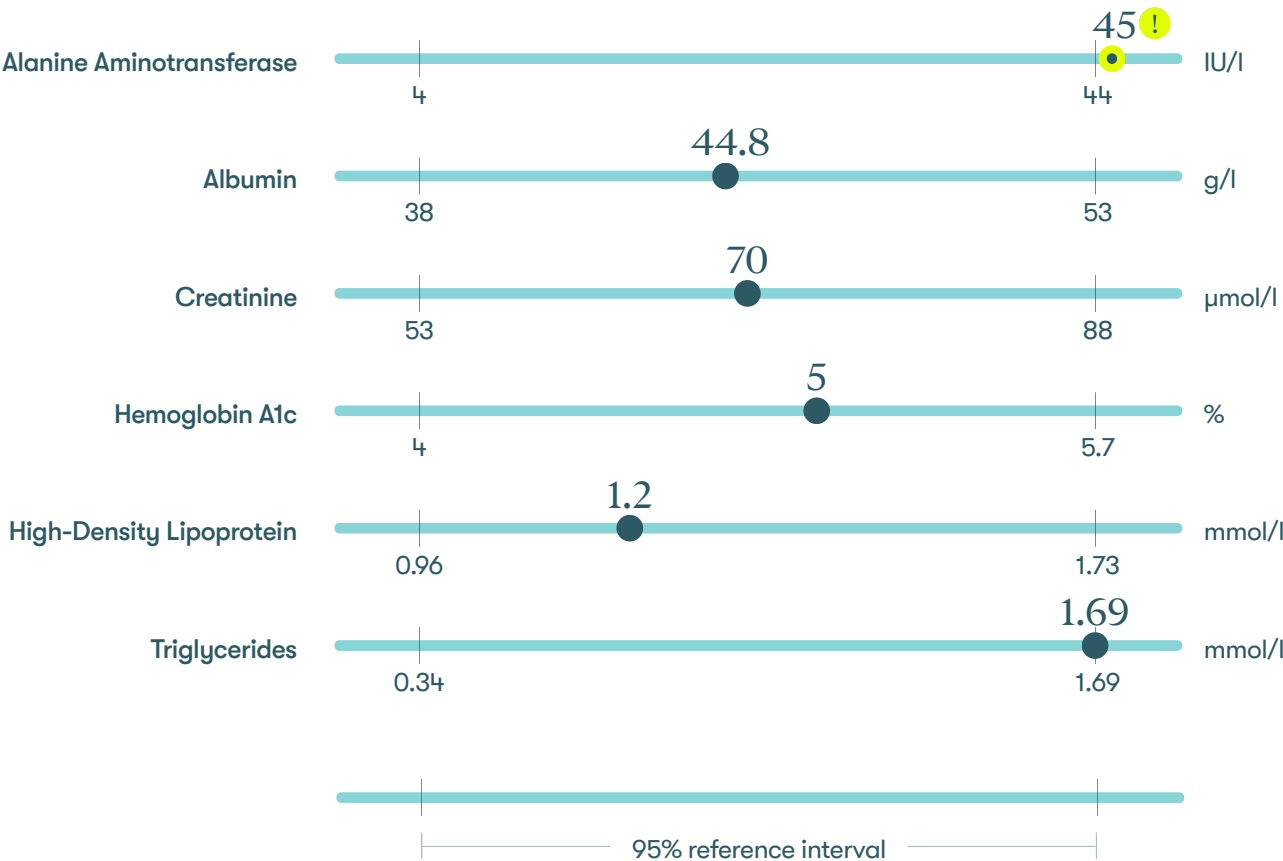
This indicates a more favorable biological age profile compared to the reference population.

Your Laboratory Results

How to read your results

Your lab-analyzed blood values are shown as dark dots positioned within age- and sex-adjusted reference ranges derived from healthy individuals. Values within the range are typical but not necessarily optimal.

Values close to the boundaries or outside the reference range may require consultation with a healthcare professional.



One or more biomarkers fall outside the expected reference range. This may reflect normal individual variation, temporary factors (diet, hydration, recent exercise), or a finding that warrants clinical evaluation. Values significantly outside the range

or persistently abnormal on repeat testing should be reviewed with a healthcare professional. Laboratory values in isolation do not constitute a diagnosis and must be evaluated by a healthcare professional.

Recommendations

The recommendations are derived from evidence-based preventive medicine and support overall health and wellbeing. They do not constitute personalized medical advice. Where biomarkers fall outside reference ranges, these recommendations are intended to complement, not replace, professional healthcare.

Your Recommendations:

Exercise

Based on your individual biomarker profile, the following exercise recommendations can help optimize your biomarker levels and improve overall health.

Resistance training recommendations	Incorporate resistance training into your daily routine and train 2–3 times per week. Train with a moderate intensity of 60–70% of your 1-repetition maximum. Choose 8–10 exercises that include the major muscle groups. Train until complete exhaustion or between 10–15 repetitions per set. Perform 2–3 sets per muscle group.	References 2, 3
Health aspects of resistance training	Regular resistance training contributes significantly to maintaining muscular health by promoting both muscle strength and muscle mass. Additionally, resistance training improves metabolism and supports the body's protein balance. Just 60 minutes of resistance training per week can reduce the risk of death by up to 27%.	4, 5
Endurance training recommendations	Incorporate endurance training into your daily routine and train 5–6 times per week at moderate intensity for 30–60 minutes, or at least 3 times per week at high intensity for 20–30 minutes per day.	6
Health aspects of endurance training	Endurance training offers numerous health benefits. It promotes overall cardiovascular health, supports liver function, and may help maintain good kidney function. Endurance training also helps to control risk factors such as high blood pressure and diabetes. Regular endurance training such as jogging or cycling also helps to ensure that the protective caps on chromosomes – known as telomeres – are preserved for longer, which indicates a healthier aging process of the cells.	6, 7, 8

Your Recommendations:

Nutrition

The following nutrition recommendations support overall metabolic health, both in maintaining favorable values or promoting improvement where needed.

Healthy eating	A balanced diet contributes significantly to healthy aging. These diets, such as Mediterranean diet, describe dietary patterns that support healthy aging and are characterized by a high proportion of fruits and vegetables, the consumption of whole-grain instead of white-flour products, little consumption of red and processed meat, moderate or no alcohol consumption, a low content of sugar and salt, and the consumption of protein-rich foods such as legumes, nuts, and fish. To follow this pattern, you can plan meals around plant-based dishes, replace butter and other fats with olive oil, choose fish or legumes as the main protein several times per week. Refined and processed foods should be replaced by minimally processed alternatives.	References 9
Reduction of sugar intake	Excessive consumption of sugar, especially fructose, can strain the liver and increase alanine aminotransferase levels. While fructose is naturally present in fruits, common "dietary traps" that contribute to excessive fructose intake include sugary-sweetened beverages, smoothies, fruit juices, and heavily processed foods, which are often sweetened with large amounts of added fructose. Limit or avoid consuming these products.	10
Consume less salt	A high salt (sodium) intake is associated with adverse effects on kidney health and with a higher occurrence of non-alcoholic fatty liver disease. Try to moderate your salt consumption and avoid foods high in sodium. We suggest that sodium intake be <2 g of sodium per day in people with elevated creatinine levels.	11, 12
Coffee consumption	If you are a coffee drinker, moderate coffee consumption can be beneficial for liver health, as people who drink more than three cups per day are less likely to have elevated liver values; however, during pregnancy, caffeinated coffee should be limited to a maximum of two cups per day (about 200 mg caffeine), and individual advice should be discussed with a healthcare professional.	13, 14, 15

Your Recommendations: Lifestyle

Your analyzed blood results provide a general picture of your lifestyle-related health patterns. The following recommendations are intended to support a healthy lifestyle and overall wellbeing / health.

Healthy body weight	A moderate weight loss of about 10% of body weight in individuals with an elevated BMI of 25 kg/m ² or more can lead to a sustained improvement in alanine aminotransferase levels.	References 16
Alcohol consumption	Heavy alcohol consumption can increase blood pressure and damage the liver as well as the kidneys. Therefore, if you consume alcohol, limit or avoid it.	17, 18
Stress management	Chronic stress can impair liver function and lead to elevated alanine aminotransferase levels. Studies show that stress can cause both direct and indirect damage to liver tissue. Therefore, try to avoid chronic stress.	19
Sleep	Sleep 7-9 hours per night. Poor sleep can promote inflammation and indirectly affect the liver and protein metabolism. Unhealthy sleep is associated with an increased risk of liver cancer, especially in individuals with elevated alanine aminotransferase levels.	20, 21

Biomarkers underlying Biological Age

Alanine Aminotransferase

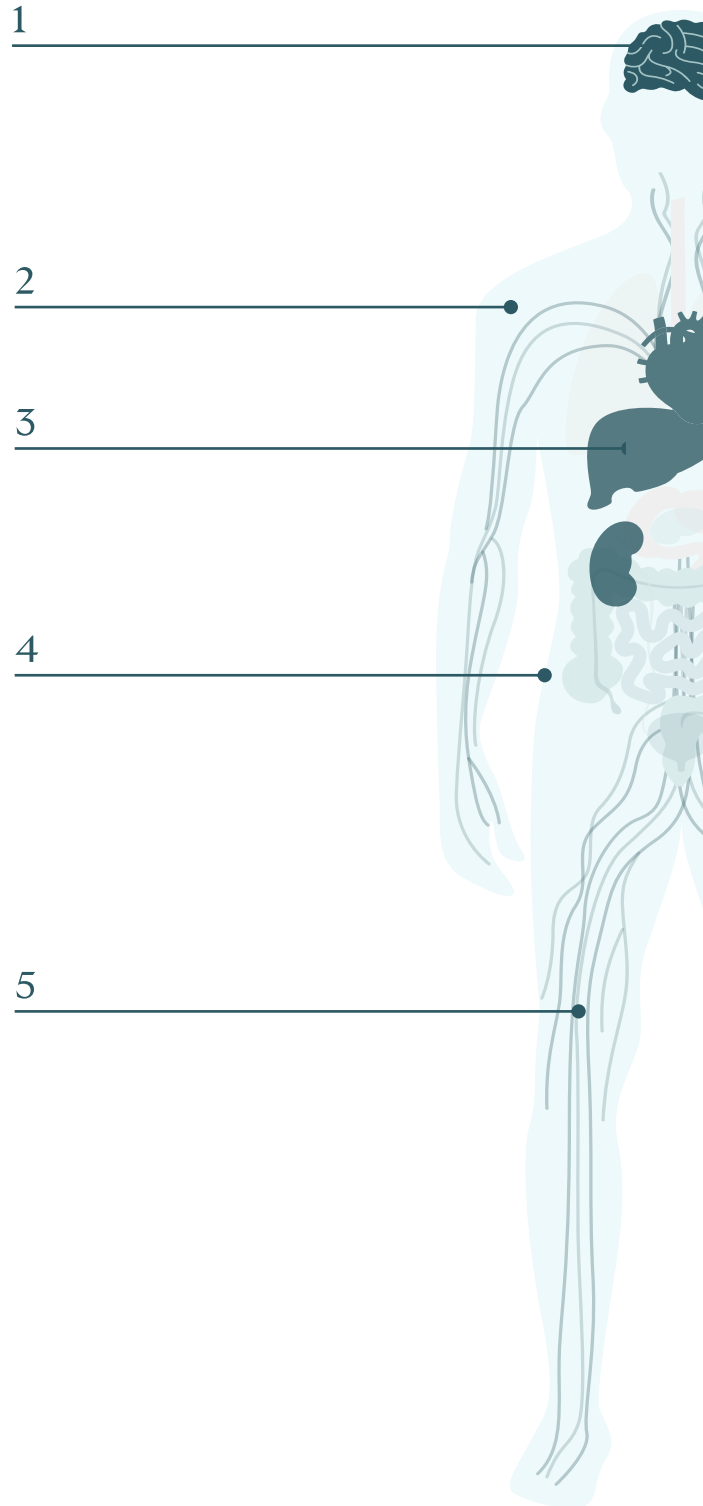
Alanine Aminotransferase is a liver enzyme involved in important metabolic processes. When liver cells are damaged, its level in the blood increases. Elevated or persistently high levels may indicate liver diseases (3) such as fatty liver or hepatitis and should be medically evaluated.

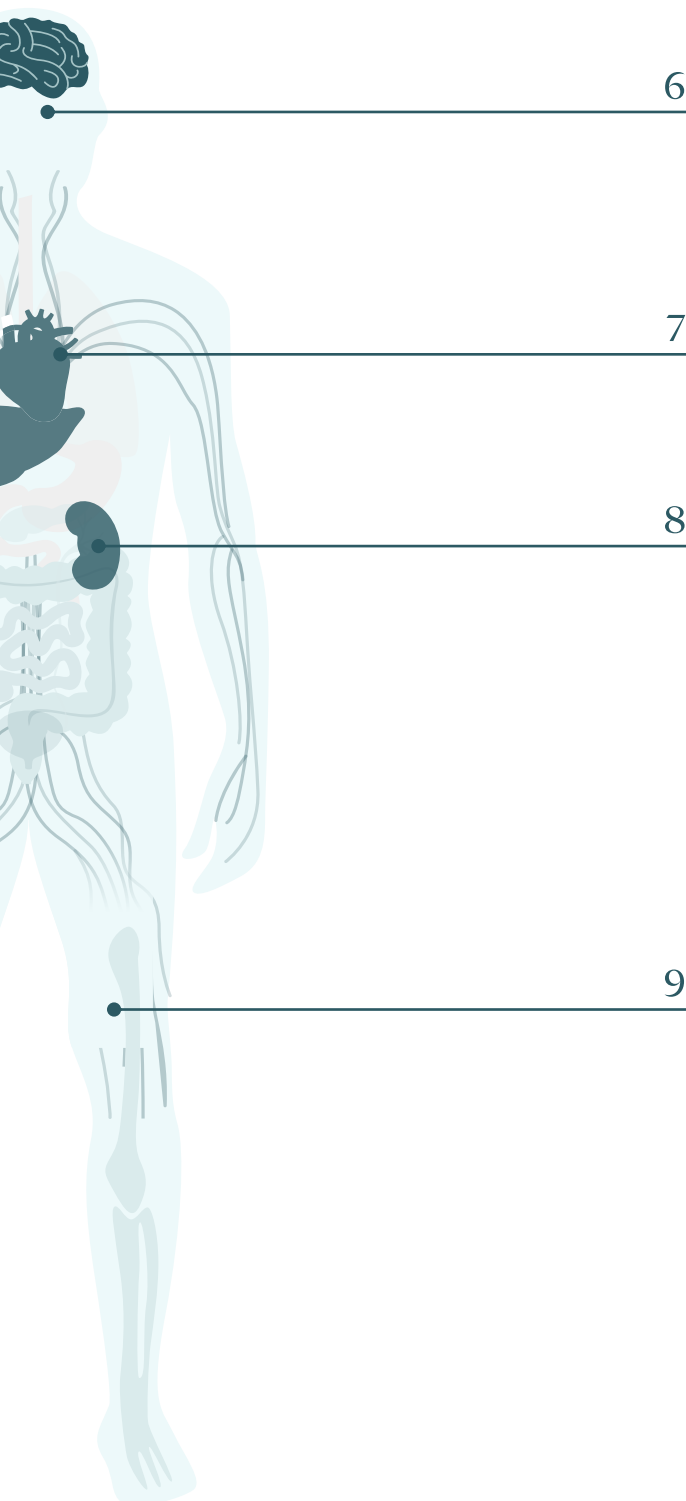
Albumin

Albumin is the most common protein in the blood and is important for fluid balance and the transport of various substances. Low levels may indicate increased inflammatory activity (2) or reduced liver function (3). Kidney diseases can also lead to increased loss of albumin through urine, which may point to impaired kidney function (8).

Hemoglobin A1c

Hemoglobin A1c, abbreviated as HbA1c, reflects your average blood sugar level over the past two to three months. Persistently elevated levels promote inflammation (2) and blood vessel damage (5), increase the risk of cardiovascular diseases (7), stroke (1), and damage to the eyes (6) and kidneys (8). Measuring HbA1c helps detect risks early and prevent related complications.





High-Density Lipoprotein

High-density lipoprotein, or HDL, transports excess cholesterol to the liver for removal. It helps protect the blood vessels (5) by reducing deposits and inflammation (2). Within the mid to slightly elevated range, higher HDL levels are associated with a lower risk of heart disease (7). However, both very low and very high HDL levels may increase the risk of stroke (1) while low HDL levels may also raise the risk of chronic kidney disease (8).

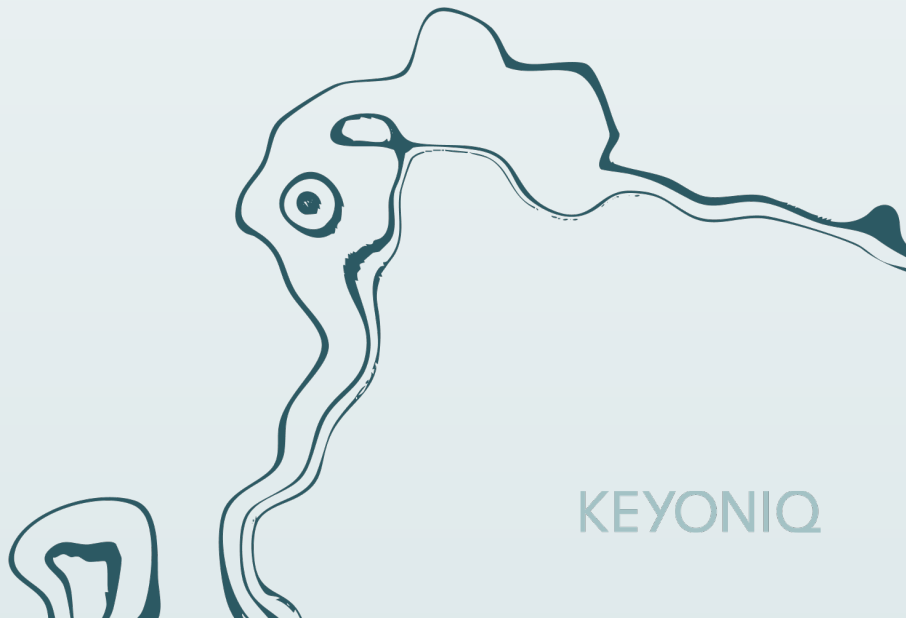
Creatinine

Creatinine is produced through muscle metabolism (9) and filtered by the kidneys. Elevated levels may indicate reduced kidney function (8), as healthy kidneys efficiently remove creatinine. Higher muscle mass or creatine supplementation can also increase creatinine levels and may influence the biological age result.

Triglycerides

Triglycerides are the body's main form of fat storage and serve as an energy source, especially in fat tissue (4). Elevated triglyceride levels increase the risk of stroke (1) and cardiovascular diseases (7), by damaging blood vessels (5) and promoting atherosclerosis. High triglycerides can also contribute to fatty liver (3) and impair insulin action in muscle (9).

Prevention starts with
clarity.



Questions about Biological Age

1. How does biological age differ from chronological age?

Your chronological age shows how many years you have lived. Your SevenAge biological age estimates your body's health, based on your blood biomarkers and sex, independent of the calendar.

2. How is biological age measured with SevenAge?

SevenAge calculates biological age using a machine-learning model based on six routine blood biomarkers and sex. The result is an individualized estimate reflecting how your biomarker profile compares to age-related patterns in a validated reference population.

3. How does SevenAge differ from other biological age clocks?

SevenAge uses six routine blood biomarkers, making it more accessible and cost-effective than epigenetic or multi-omic clocks while maintaining competitive accuracy among blood-based methods.

4. Why does SevenAge rely on only six blood values?

Using six validated biomarkers along with sex is enough to achieve predictive performance similar to larger blood panels. This makes the assessment more accessible and cost-effective.

5. What does a younger biological age indicate?

A younger biological age indicates favorable biomarker values relative to your chronological age. Research links this to lower population-level risk of chronic disease and mortality, though individual outcomes vary.

6. Can I influence how I age?

Aging involves biological processes that may be influenced by lifestyle factors such as diet, exercise, sleep, and stress management. Several biomarkers used by SevenAge, including HbA1c, triglycerides, and HDL, are influenced by lifestyle factors such as diet and exercise. Positive changes may favorably shift these values, though SevenAge has not yet been validated for monitoring intervention responses over time. While SevenAge does not identify the causes of aging, it may help detect unfavorable biomarker patterns early, supporting informed discussions with your healthcare professional about preventive health strategies.

7. How quickly can I change my blood values through lifestyle?

Response time varies by biomarker, some (triglycerides, alanine aminotransferase) may shift within weeks, while others (HbA1c, HDL) require months of sustained change. Creatinine and albumin are largely influenced by factors beyond lifestyle. Discuss significant changes with your healthcare professional.

8. How often should biological age be measured?

For routine health monitoring, measuring biological age every one to two years is sufficient. During active lifestyle changes, testing every six to twelve months helps track progress and identify early opportunities for prevention.

9. How accurate and meaningful is SevenAge?

SevenAge is validated in a peer-reviewed study published in Scientific Reports. It was developed using more than 59000 samples and validated in international populations of over 500000 people. With a mean absolute error of 4.7 years, SevenAge is among the most accurate blood-based biological age clocks currently available.

10. How do muscle mass or additional creatine supplementation affect the calculation of biological age with SevenAge?

SevenAge uses creatinine as a marker of kidney function. Because creatinine is influenced by muscle mass and creatine supplementation, levels may be elevated even when kidney function is normal. SevenAge accounts for this by interpreting creatinine together with the other biomarkers and sex. If you have high muscle mass or use creatine supplements, interpret your results with caution and discuss them with your healthcare professional.

11. Who should know their biological age?

Anyone interested in proactive health awareness may find biological age assessment informative. SevenAge provides insight into certain metabolic and organ function trends, though results should be interpreted with a healthcare professional, not as a standalone health evaluation.



Clarity turns
information into action.



About KEYONIQ SevenAge

The Science behind SevenAge

SevenAge uses an advanced machine-learning model to estimate your biological age from just six routine blood biomarkers and sex. With only a few drops of blood, you receive personalized, evidence-based insights to help optimize your health profile and long-term vitality.

The model's performance has been validated in a peer-reviewed study published in Scientific Reports 2025 [1]. It was developed using more than 59000 samples and independently validated in international populations comprising over 500000 individuals. Today, SevenAge represents one of the most accurate blood-based biological age clock in its class.

Your biological age:
a key metric for
navigating long-term
health and vitality.

Health that lasts – for your best timeless now.

About KEYONIQ

KEYONIQ is a Swiss company redefining prevention through science, data, and technology, promoting long-term overall health and resilience at every stage of life.

Our mission

We aim to democratize biological age as a scientifically sound and accessible health marker for routine clinical use and broad population adoption. Based on six cost-efficient, widely established blood biomarkers, SevenAge integrates easily into clinical practice and supports both health assessment and monitoring the impact of lifestyle-related changes.



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now. And every
tomorrow after.



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