PERSONALIZED EPIGENETIC REPORT

Your biology, read for you.

Your epigenetic results, translated into plain-language takeaways and an action plan built around your results.

PREPARED FOR	KIT ID	SAMPLE RECEIVED	REPORT DATE
GeneStyle Test	M0003816IM	Aug 2, 2024	Oct 13, 2026

YOUR RESULTS AT A GLANCE

HEARING AGE
29 yrs
Below-average methylation

EYE AGE
32.5 yrs
Poor methylation

MEMORY AGE
22 yrs
Above-average methylation

EPIVITALITY
Below optimal
Below-optimal methylation

IMMUNOSCORE
Poor
Poor methylation

OVERALL INFLAMMATION
Above average
Inflammation control

METHYLPACE
34 yrs
Methylation status needs improvement

MUSCLE DEGENERATION
184.9 / 300
Very good methylation

Strength · Focus area

YOUR SIX REPORTS AT A GLANCE

Your results, report by report

Body Age

MIXED / SEE DETAILS

HEARING AGE	EYE AGE	MEMORY AGE
29 yrs	32.5 yrs	22 yrs

Hearing shows below-average methylation, which can negatively impact hearing. Eye Age indicates poor methylation, which can harm eye health and accelerate ocular aging. Memory shows above-average methylation, suggesting your genes are functioning efficiently.

FROM YOUR RECOMMENDATIONS

- Protect your ears from loud noises and use ear protection in noisy environments.
- Eat leafy greens like kale and spinach or take lutein/zeaxanthin supplements to protect your retina.

EpiVitality

FOCUS AREA

RESULT

Below optimal

Below-optimal methylation indicates reduced physiological resilience and a greater tendency toward inflammatory or stress-exacerbated conditions.

FROM YOUR RECOMMENDATIONS

- Focus on stress management techniques daily to reduce inflammation and improve resilience.
- Try immune-supportive habits like good sleep, moderate exercise, and minimizing infections.

Immunoscore

FOCUS AREA

RATING

Poor methylation

Your Immunoscore indicates poor methylation that weakens your immune response and raises susceptibility to infections.

FROM YOUR RECOMMENDATIONS

- Increase dietary methyl donors by eating folate-rich greens, B12 sources, and choline-containing foods.
- Stay hydrated throughout the day to support nutrient transport and immune cell activity.

YOUR SIX REPORTS AT A GLANCE · CONTINUED

Inflammation

MIXED / SEE DETAILS

ANTI-INFLAMMATION
Enhanced

PRO-INFLAMMATION
Below average

OVERALL
Above average control

An enhanced anti-inflammatory response means a low risk of inflammation-related issues. Pro-inflammation shows below-average methylation, a small increased risk of symptoms like sore muscles and joints. Overall, above-average inflammation control suggests good but improvable health.

FROM YOUR RECOMMENDATIONS

- Eat fatty fish (salmon, mackerel, sardines) or plant omega-3s (flax, chia, walnuts) several times a week.
- Keep doing regular physical activity to take advantage of your enhanced anti-inflammatory response.

MethylPace

FOCUS AREA

METHYLPACE
34 yrs

Your methylation status appears to need improvement. A multi-pronged approach combining practical lifestyle changes, dietary choices, and targeted nutrients can support healthier methylation and overall cellular function.

FROM YOUR RECOMMENDATIONS

- Start with the changes that fit most easily into your routine and build from there.
- Regular physical exercise that includes both aerobic and strength training supports muscle, heart, and metabolic health.

Muscle Degeneration

STRENGTH

DEEP DIVE FOLLOWS

SCORE
184.9 / 300

RATING
Very good

Very good methylation enhances muscle protein synthesis and growth, is linked to reduced muscle degeneration, and supports improved recovery and physical performance.

FROM YOUR RECOMMENDATIONS

- Do resistance training 2–3 times per week targeting legs, back, chest, and arms.
- Prioritize quality sleep (7–9 hours) with a consistent schedule to boost recovery and protein synthesis.

SECTION 01 · YOUR RESULT

Muscle Degeneration



YOUR RATING

Very good

Rated on this test's scale of 8 possible outcomes, from very poor to fantastic.

KEY TAKEAWAY

You have very good methylation, which enhances muscle protein synthesis and growth, is linked to reduced muscle degeneration, and supports improved recovery and physical performance.

What it means

This algorithm evaluates methylation at genomic sites that regulate muscle maintenance, repair, metabolism, and stress responses. Your output indicates a generally favorable profile: sites that support muscle protein synthesis and growth are consistent with active expression, loci associated with degeneration are not hypermethylated, and recovery and damage-control pathways show patterns linked to effective function. In short, the signals point toward reduced risk of muscle atrophy and improved capacity for repair and adaptation.

What it means day to day

Day to day, this profile predicts efficient muscle protein synthesis and relatively rapid recovery after exercise, supporting more reliable gains from resistance training and lower cumulative injury risk when exercise is programmed sensibly. Methylation is dynamic, though: exercise, diet quality, hormonal changes with aging, and environment can shift these patterns over time, so sustaining the advantage depends on ongoing lifestyle and training choices.

How this is measured

The algorithm reports a methylation score reflecting the mean methylation, and therefore expression, of the genes in the algorithm. Each algorithm has 8 possible outcomes on a scale from very poor to fantastic, built from datasets linking health ailments to gene expression levels.

SECTION 01 · YOUR ACTION PLAN

Your muscle plan

The 20 recommendations for your result, grouped by what they do.

Train

01 You should do resistance training 2–3 times per week targeting legs, back, chest, and arms.
02 Try to include ~150 minutes/week of moderate aerobic activity (walking, cycling, swimming).
03 Focus on planned variability and regular deloads to avoid overtraining.
04 You should use smart load progressions and quality movement patterns to reduce injury risk.
05 Try to adhere consistently to rehab plans and manage loads for faster recovery from minor injuries.
06 You should add balance and flexibility work (yoga, tai chi) to improve stability and reduce fall risk.

Fuel

07 You should aim for reliable energy availability (maintenance to slight surplus) to support adaptations.
08 Try to eat 1.1–1.5 g/kg/day protein as a general target when you exercise regularly.
09 Focus on distributing protein evenly across meals with ~15–30 g per meal to maximize synthesis.
10 You should prioritize leucine-rich complete proteins (eggs, dairy, lean meats, soy) each meal.
11 Try adding collagen when total protein is adequate to support tendon and ligament health.
12 Try to support antioxidant and oxidative-stress pathways via a nutrient-rich diet to protect muscle cells.

Supplements

13 You should consider creatine 3–5 g/day to enhance strength and recovery during resistance training.
14 Try to include omega-3 sources (salmon, mackerel, flax, walnuts) or 1–3 g/day supplement to lower inflammation.
15 You should check vitamin D status and consider 2,000–4,000 IU/day of D3 if sunlight is limited, after testing.
16 Try taking a B-complex and magnesium (200–400 mg, glycinate or citrate) to support energy and muscle function.

Recover

17 You should prioritize quality sleep (7–9 hours) with a consistent schedule to boost recovery and protein synthesis.
18 Try a relaxing pre-bed routine and avoid screens, heavy meals, caffeine, and alcohol ≥1 hour before bed.
19 You should get morning sunlight to align your circadian rhythm and improve nighttime sleep.
20 Try to hydrate consistently (about 1.5–2 L/day or more when active) and monitor urine color for adequacy.

NOTE These recommendations are educational and based on your epigenetic results. Before starting supplements, especially alongside medications, talk with your healthcare provider.

SECTION 01 · WHAT WE MEASURED

Inside your muscle score

Your score combines methylation across genes and pathways that regulate muscle maintenance, repair, metabolism, and stress responses. These are the ones the analysis names.

GENE OR PATHWAY	WHY IT MATTERS FOR MUSCLE
MEF2C	Muscle development and tissue integrity; muscle growth
ELN	Structural gene important for tissue integrity
VDR	Calcium regulation and muscle function; your VDR-related methylation is favorable
Oxidative-stress pathways	Cellular damage control
Hormonal-responsiveness pathways	Age- and hormone-related shifts that affect muscle function and adaptability

Why this matters

This analysis moves beyond static genetic risk to reveal dynamic, reversible molecular information. By highlighting vulnerabilities such as hypermethylation at critical loci, and resilience that favors efficient energy metabolism and protein balance, it can guide strategies that reduce injury risk, enhance training adaptations, and support efficient rehabilitation.