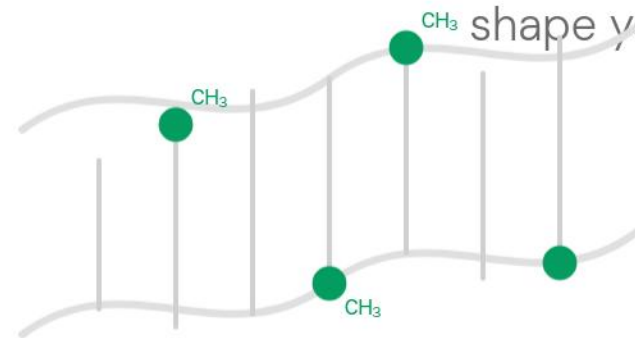


# Your DNA doesn't change. But how it's read does.

A 90-second tour of methylation — the tiny chemical switches that shape your biological age.



# A chemical switch on your DNA

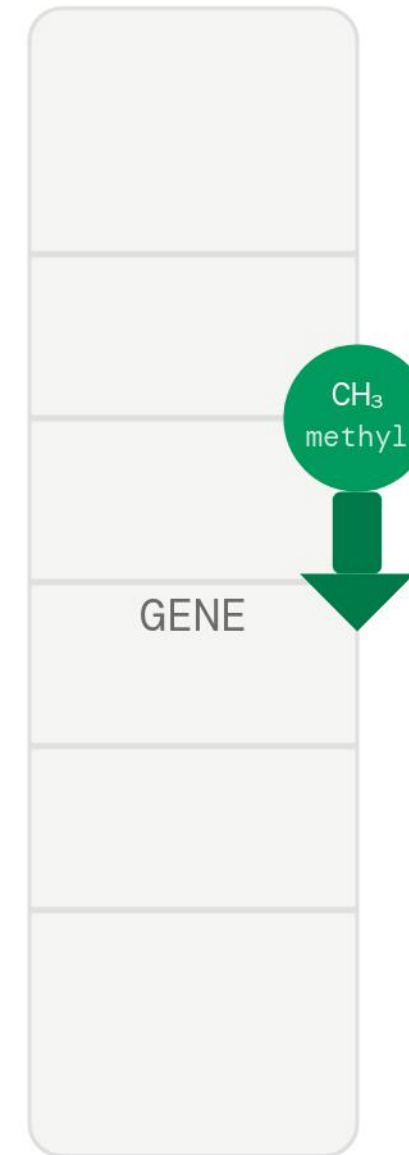
Methylation is when a tiny molecule — a methyl group — attaches to your DNA. It doesn't change the genetic code. It changes which genes are active.

Think of your genome as a vast instruction manual. Methylation is the highlighter that marks which pages your cells actually read today.

GENE ACTIVITY

Active ↑

Silenced ↓



Methylation blocks gene expression

# Patterns shift across your lifetime

Drag to explore how methylation changes – and what drives it.



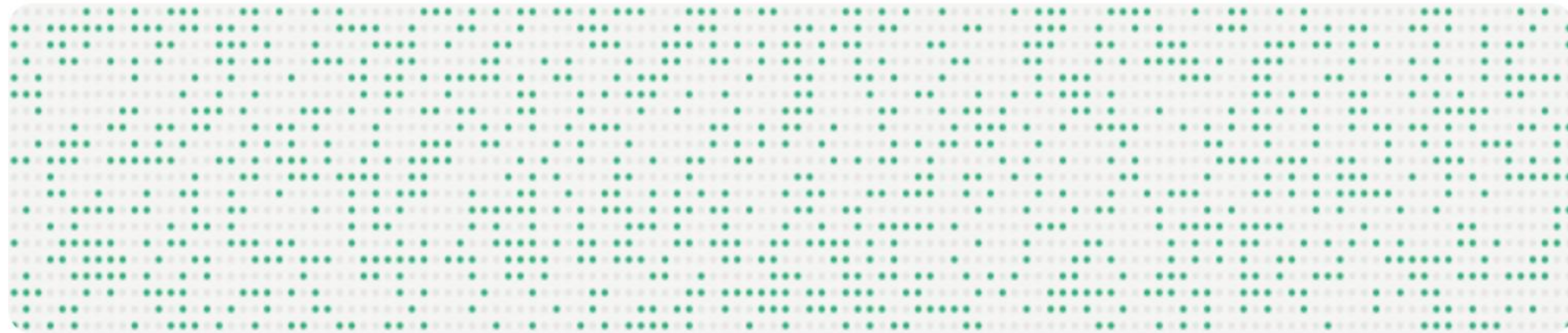
By mid-30s, meaningful divergence appears between individuals with different lifestyles. Biological and chronological age can begin to separate.

- Promotes healthy patterns**
- Regular physical activity
- Mediterranean-style diet
- Quality sleep (7–9 hrs)
- Stress management
- Regenerative therapies

- Disrupts patterns**
- Chronic inflammation
- Poor diet / processed foods
- Sleep deprivation
- Environmental toxins
- Chronic stress

# Why 260,000+ markers changes everything

More markers mean a more complete, accurate picture of biological age.



~3-5

Markers — standard epigenetic clocks

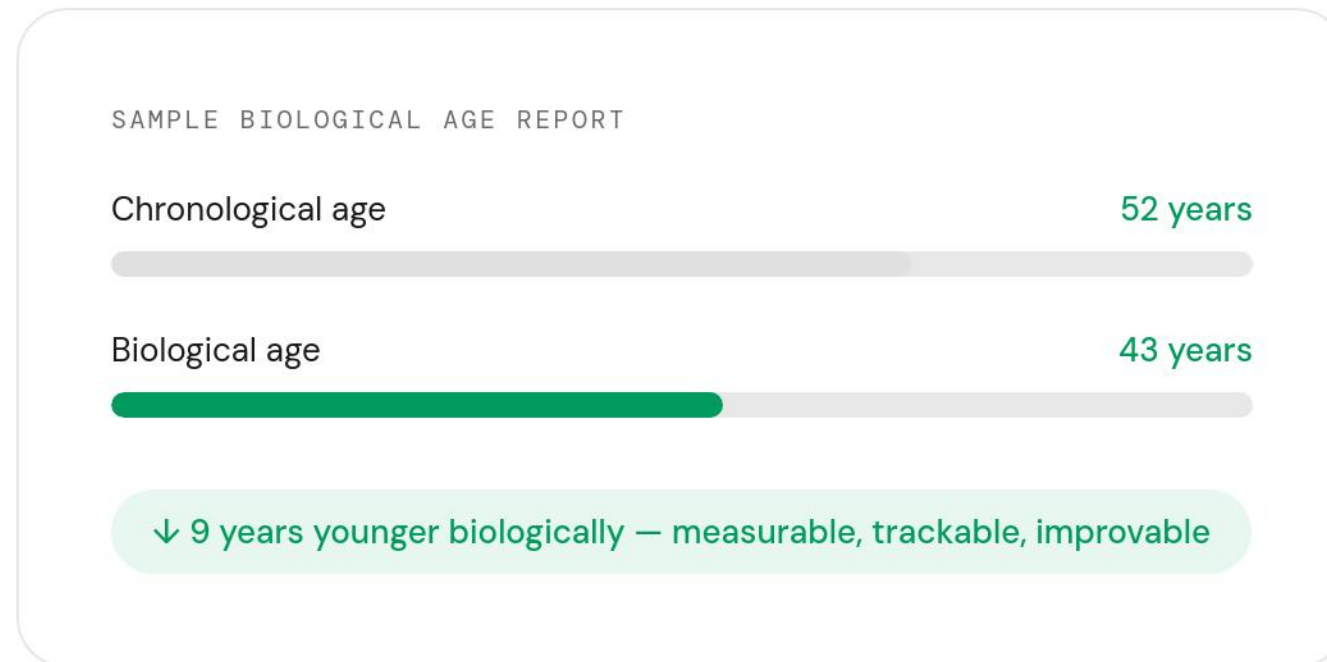
Basic clocks like Horvath use a handful of CpG sites. Good for research populations, limited for individual precision.

260,000+

Markers — Xelgen platform

762× more data points across 15 biological systems. Captures nuance that small panels miss — enabling personalised, actionable results.

# Not a guess. Proof in the cells.



Every therapy, every lifestyle change, every intervention – now measurable at the cellular level. For your patients, for your clinic.

[Request a Demo](#)

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