

Discover your biological age and take control of your health with our epigenetic assessment

Unlocking the Power of Epigenetics

Epi in Greek means “above / on top of”. Genetics is the study of our genes and heredity. Epigenetics is an exciting new scientific field that studies how our genes function and how they respond to our environment. By measuring the impact of four important pillars of lifestyle on your DNA - tobacco, alcohol, diet (fruit and vegetables), and physical exercise - our innovative test can give you a broader picture of your current health and help you understand whether you are biologically younger or older than your chronological age.



Insights to Improve Your Health

With the results delivered in a detailed report, our epigenetic assessment provides you with the insights you need to make specific interventions to correct and improve certain lifestyle factors that contribute to your personal health in the long run. By working with your health practitioner, you can pinpoint the specific factors that have an impact on your health and take steps to improve them.

Take Control of Your Biological Age

Your biological age is not a fate, and a high biological age can be reversed with appropriate lifestyle changes. By taking action to increase your health span, you can ultimately improve your longevity. Repeat the test after some time to check the effectiveness of these changes and see the positive impact on your health. Empower yourself by uncovering your biological age and taking control of your health with our cutting-edge epigenetic assessment!



Embark on an exceptional epigenetic journey of self-discovery

Patient Journey

Our epigenetic assessment offers an exclusive patient journey, starting with an appointment with your health practitioner for an initial assessment and a blood sampling. The sample is then shipped to our state-of-the-art laboratory in Switzerland. Our team analyzes and interprets your results, which are then delivered to you in a report.

With the help of your health practitioner, you will implement a personalized program based on your epigenetic results to achieve optimal health and wellness. You can repeat the test after 6 to 12 months to confirm the beneficial effects of your lifestyle changes. Let us help you take control of your health and well-being today!



About Genknowme

Genknowme was founded in 2019 by a team of passionate scientists. This innovative life sciences company dedicates itself to the transformation of cutting-edge research into epigenetic signatures that measure the impact of lifestyle on your biological age.

Disclaimer

Genknowme epigenetic testing is meant to quantitatively measure and track the impact of lifestyle and environmental factors on DNA methylation. DNA is extracted from a blood sample to perform genetic and epigenetic analysis. Algorithms designed by Genknowme are used to interpret epigenetic analysis in combination with disclosed lifestyle information. Genknowme processes the blood sample and lifestyle information exclusively under explicit consent which is provided to our partner when the test was ordered. The patient holds complete ownership of her/his DNA and test results. The provided results and recommendations are for educational and informational purposes only. Genknowme epigenetic tests are not intended to diagnose, prevent, or treat any condition or disease. Provided information shall not be interpreted as medical or clinical advice. Patients requiring diagnosis and/or treatment are urged to contact their health care provider. Genknowme assumes no responsibility for test outcomes that could cause social, legal, or economic implications. Any question on the results of the test, the processing of the data or any other questions related to the test, will be strictly handled between Genknowme and its partners; Genknowme does not have any contacts with patients. Genknowme holds all data in a way which does not identify the data owner.