

最先進的綜合測試包

The Cutting-Edge
Comprehensive Bundle!

MyTruHealth 



一次測試, 多個結果
Multiple Results
in One Test!

隨着測試技術的新進度 將會得到您的更多資訊!
Get Updated As We Progress!

基本入門測試
Essential Starter Pack!

MyTruAge 



生理年齡 VS 真實年齡
Biological Age VS
Chronological
Age

見證非凡的準確度!
Witness the remarkable precision!



收到測試結果後,我們可為您提供獨一無二的
個人化健康計畫

Boost Your Health: Action Steps after Test Results!

內容包括:
Customized Health Enhancement Plan!
Uniquely Designed for You!

- 所需的補充劑 - Supplements
- 營養攝取/飲食習慣 - Nutrition/Diet
- 吸煙習慣 - Smoking
- 酒精攝取量 - Alcohol Consumption
- 壓力 - Stress
- 運動量 - Physical Activity
- 藥物治療 - Medication
- 生活習慣 - Behavior
- 避免接觸的污染物 - Pollution
- 睡眠習慣 - Sleep Habits

正因為表觀遺傳的改變能夠逆轉,我們必須透過測試去得知逆轉的方法。我們提供的表觀遺傳學測試 - MyTruHealth 及 MyTruAge 可以測量 DNA 甲基化位點的位置和數量來推算出它們對您基因表達及總體在身體上可見的影響。了解測試的結果後,我們就能針對改善特定的生活習慣,再加上定期的表觀遺傳測試去監測健康狀況,從而大大減少患病風險。

Epigenetic changes can be Reversed, so it is important to understand them by using epigenetic tests. Our epigenetic tests MyTruHealth and MyTruAge examine the positioning and quantity of methyl groups on your DNA, providing valuable insights on alterations affecting your gene expression and their tangible impact on the body. By comprehending these changes, we can make informed modifications to our lifestyles and employ epigenetic tests as a means to monitor and demonstrate the reduction of individual risk in developing diseases and mortality.

合作伙伴:

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Transforming bioanalytics

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DNA 甲基化測試 - 讓身體健康地向前邁進

DNA Methylation

Your Companion For
Healthy Ageing



您的測試首選

MyTruHealth 

MyTruAge 

 INVITROU
Changing your DNA Destiny

MyTruHealth 能測試到甚麼?

What is Delivered with MyTruHealth Test?



- 生理年齡 VS 真實年齡
Biological Age Vs Chronological Age
- 衰老速度指標-Dunedin Pace
Dunedin Pace of Ageing
- 免疫系統年齡
Immune Age
- 染色體端粒長度
Telomere Length
- 細胞週期時鐘 (幹細胞潛能 & 患癌風險)
Mitotic Clock (Stem Cell potential & Cancer Risk)
- 身體對限制熱量飲食的反應
Response to Caloric Restriction
- 患上第二型糖尿病風險
Type 2 Diabetes Risk

還有更多!
And More!



當我們收到您的血液樣本後，我們的實驗室能夠利用超精密技術和先進的演算法去記錄您DNA上多達數百萬的標記與它們的位置。專業的醫護人員將對數據進行深入分析，為您不同方面的生活習慣提供個人化的改善建議，逆轉您的生理年齡。

Once you send in your blood sample, our lab uses ultra-precise technology and advanced algorithms to sort through your DNA. We look at millions of tiny markers and analyze their patterns on your DNA. Your provider will then offer in-depth analysis of areas in your life that are affecting your Biological Age.

真實年齡 VS 生理年齡 Chronological Age VS Biological Age

真實年齡 - 是指自出生以來已經過去的年數，它與您的健康和身體機能沒有太大的直接關係。

Chronological Age is the number of years that have passed since birth. It has little relevance to how you feel and function.

生理年齡 - 是指細胞老化的程度 - 直接反映您的身體機能，是可以透過關注您的健康而改變。

Biological Age is how well your cells are aging - how effectively your body is functioning. It can be changed by attending to your health.

衰老速度 Pace of Aging

這個速度儀能夠展示您生理年齡老化的速度。低過1.0的話就即代表您不用擔心生理的老化速度了。

This looks at how quickly your Biological Age is changing, like a speedometer. If it's slowing down (<1.0), you're on the right path.



免疫年齡 Immune Age



您的免疫年齡能夠反映您的免疫系統。我們會透過分析您身體內T-細胞的比例及免疫細胞的DNA甲基化分佈去評估您的免疫力。而最理想的狀態當然是免疫年齡比真實年齡少。

Immune age looks at the strength of your immune system. By analyzing your T cells ratios and the DNA methylation profile of your immune cells, these indicators are able to shed light on your immune system's overall health. If you have an immune age younger than your chronological age, your immune system is ideal.

糖尿病風險 Diabetes Risk

第二型糖尿病會增加患上心臟、神經和眼部疾病的風險，所以您更應透過控制生理年齡以及早避免!

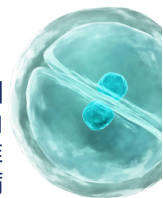
Type II diabetes is associated with increased heart, nerve, and eye disease risk. Reverse your risk of Type II Diabetes before disease onset!



細胞週期時鐘 Mitotic Clock

幹細胞會在身體生長和再生過程中產生新的細胞，取代舊的受損細胞。測試報告將會反映體內的幹細胞儲存量，更能通過分析DNA甲基化以推算細胞更新速率，為了解細胞互動、衰老和疾病進程帶來深入的啟示。

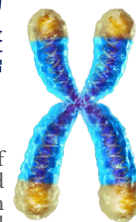
Stem cells generate new cells for the body as it grows and replace specialized cells that are damaged. This report reveals individual stem cell reservoir within the body, open new doors of understanding tissue dynamics, aging and disease progression by measuring rate of cell turnover through DNA Methylation.



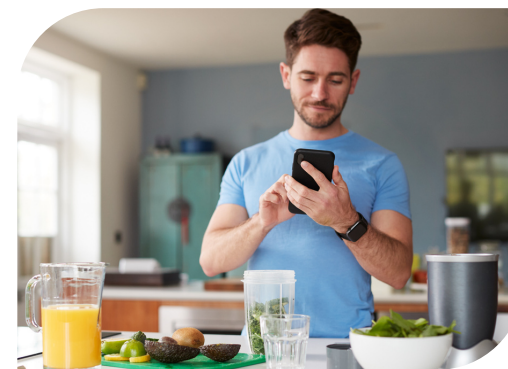
染色體端粒長度 Telomere Length

染色體端粒長度會隨著年齡的增長和在每次的細胞分裂而慢慢縮短，當端粒無法維持一定長度，將會自然引起細胞衰老、凋亡。然而，癌細胞的異常分裂速度亦會導致端粒快速縮短。與一般人相比，您的端粒又有多長呢?

Telomere length shortens with age. Progressive shortening of telomere length leads to cells senescence, apoptosis and oncogenic onset of somatic cells, reducing lifespan of an individual. How long is your telomere compared to the general population?



身體對限制熱量飲食的反應 Response to Caloric Restriction



儘管控制飲食對減肥有重大的幫助，每個人的身體對熱量赤字飲食的反應還是不同，將其套用於受基因影響而長期持續體重過高的人更是難上加難。所以現在立即利用DNA甲基化測試去幫助您定立個人化的減肥方案!

Weight loss can pose a significant challenge for individuals who have been overweight for an extended period due to molecular and epigenetic factors influencing how the body responds to calorie deficit. Personalised your weight loss strategy by understanding the influence of DNA methylation!

您的選擇，將直接決定您的生理年齡 Gain control of your Biological Aging through your choices

生理年齡與長期健康息息相關。隨著年齡的增長，患疾病的風險亦會增加。所以如果您想掌管您的健康，只要在改變生活習慣後定期監察生理年齡變化，就能夠了解並調整這些習慣對您身體的影響。

Your Biological Age is closely connected to your long-term health. As you age, the risk of diseases increases due to cells not functioning optimally. Tracking your Biological Age is an excellent method to assess the effectiveness of interventions in improving overall health. By periodically taking the test, you can monitor the impact of these interventions.