ANALEMMA

THE ARCHITECT OF LIFE

GlycanAge Study

Precision Health

GlycanAge is a precision health test, it is the most accurate test of biological age and wellness available.

GlycanAge
Genos Glyco
World leaders in glyco-science

Introduction

Analemma water

Water, H2O, is a broadband absorber of electromagnetic radiation (EM). The water in our atmosphere absorbs almost 70% of the sun's/cosmic EM like UV light, infrared and microwaves. This makes it possible for (human) life to survive on our planet's surface. Furthermore, water is also involved in various important intra- and extra cellular processes and in maintaining our DNA structure. Without water, we humans would not be living on earth.

Water had tremendous capacity. It works as a recipient and transmitter of information in the form of light (EM). Research shows that if water molecules are arranged in a liquid crystalline structure, referred to as coherent water, it resonates with electromagnetic fields in unison.(1,2) Like the antenna of a radio that needs to be set on the right frequency in order to receive and transmit a clear signal. Because of the possible variety in crystalline structures, water can resonate with a myriad of electromagnetic waves. Since water is involved in almost all biological processes in the human body, is seems likely that this 'antenna' function of coherent water, plays a significant role in supporting or even initiating these processes. (3,4)

Unfortunately, the (tap) water we humans consume and contain in our bodies is less and less in this coherent state. The crystalline structure is disturbed by the progressive exposure to rapidly increasing amounts of EM radiation (like Wi-Fi, cell phone and satellite communication) but also to chemical pollution due to the enormous amount of air pollution, nuclear radiation, and chemicals (like pesticides). This causes the H2O molecules to move in a chaotic and irregular manner, losing its coherent quality. (5)

Analemma water is normal (tap) water of which the H2O molecules have been restructured into the original coherent state. Since our body consists of 99.1% H2O molecules, taking up 70% of our body weight, and water being involved in almost every biological and physiological process, the hypothesis is that changing the water structure and its stability has an influence on the quality of these processes. (6,7)

GlycanAge – A scientific method to determine biological age by looking at the state of the immune system and inflammation.

Glycans are sugar molecules that surround and modify proteins in the human body. The glycome has also been shown to have a contribution as a major regulator of the immune system: it regulates key pathophysiological steps within T cell biology such as T cell development and thymocyte selection, T cell activity and signalling as well as T cell differentiation and proliferation. In this context, glycans are critical determinants in autoreactive responses both by directly regulating T cell activity and through the creation of abnormal glycoantigens that may unleash an autoreactive immune response. Particularly, the dysregulation of the N-glycosylation pathway has been associated with autoimmune-like phenotypes. Evidence addressing the relationship between the dysregulation of N-glycosylation and human autoimmunity was observed in multiple sclerosis (MS) patients. (8)

The glycoprotein immunoglobulin G (IgG) is a major effector molecule of the human humoral immune response. Antibodies of the IgG class express their predominant activity during a secondary antibody response. In the serum more than 30 different IgG glycoforms can be identified, and the pattern of IgG glycosylation promote binding of IgG to different receptors, in this way modulating action of the immune system by changing the IgG function from pro- to anti-inflammatory and vice versa. The type of glycans attached to IgG are well researched and its glycosylation has been well defined.

Galactosylation, addition of a galactose molecule to a glycan, strongly decreases the proinflammatory function of IgG. A decrease in IgG galactosylation is seen in aging and triggered by factors like excessive or unsuitable diet or fitness regimen, hormonal changes, ethnic background, and toxic environmental factors. This causes chronic, sterile, low-grade inflammations in the body and contributes to the pathogenesis of age-related diseases (process called inflammaging). Considering the important role of IgG glycans in inflammation and because the increase in age promotes inflammation, changes in IgG glycosylation seem to represent a factor contributing to aging. (9,10)

The IgG Glycome

The strongest association with age appears on the level of IgG galactosylation. Glycans without galactose (nongalactosylated), G0 glycans, are known to promote inflammation. These glycans do so by activating the complement system through the lectin pathway. Low levels of G0 are therefore generally considered to be beneficial for general health. Digalactosylated glycans, G2 glycans, on the other hand, act anti-inflammatory: the addition of galactose to IgG glycans is shown to be immunosuppressive. As humans age, the levels of G2 decrease and the levels of G0 increase. Decreased levels of G2 are associated with different autoimmune and inflammatory diseases, thus high levels of G2 are biomarkers of youthfulness. Before menopause women tend to have higher levels of G2, in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning that the female body "ages" significantly during this period and is less protected against inflammation after menopause. S glycans, IgG glycans in which terminal galactoses are further extended with an additional sugar called sialic acid, are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of IgG. High levels of S glycans are associated with the absence of different autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. (9)

Method

The goal of the GlycanAge Study is to research the effect of Analemma water on the state of a person's immune system and inflammation levels. This is done by analysing the glycans attached to IgG, using a scientific method called The GlycanAge test. This test consists of three different components: 1. The 'glycan mature index', which is determined by the appearance of G0 glycans on IgG, 2. 'Glycan health', which is determined by the appearance of G2 glycans on IgG and 3. 'Glycan youth', which is determined by the appearance of S glycans on IgG.

19 subjects enrolled into the study, all without comorbidity. Five of them were male and fourteen were female. The median chronological age was 47,05 (ranging from 29 to 76 years old). The male participants were aged between 38 and 76 years old (median age 51,6 years old) and the female participants were aged between 29 and 68 years old (median age 45,4 years old). All the subjects took the GlycanAge test at the start of the study to create a base point. The median biological age was 44,9 years at base point. They then started drinking Analemma water daily and at least one liter (35 oz) a day for three months, after which they took the second test.

The outcomes of the first test were compared to the average appearance in males or females, corresponding with the subject's gender and age, and to the outcome of the second test. (See figure 2,3 and 4) The difference between the first GlycanAge test and the second GlycanAge test is referred to as 'the biological age reversal'. The results combined were used to draw a conclusion about the in- or decrease in biological age (GlycanAge) of the subject after three months of drinking analemma water.

The subjects did not change any of their regular lifestyle routines. Everything stayed the same except the water they drank.

Results

Biological age reversal

All the participants except one experienced biological age reversal: an average of 3,79-year reversal in age within 3 months of drinking the Analemma water.

See figure 1 below for an overview.

Figure 1. Chronological age and GlycanAge (biological age) in years

Subject	Chronological age 1. sample	Chronological age 2. sample	Result 1	GlycanAge 1. sample	GlycanAge 2. sample	Result 2	End Result -(1-2)
1	52	53	+1	70	58	-12	-13
2	32	32	0	42	40	-2	-2
3	76	76	0	78	71	-7	-7
4	29	29	0	45	43	-2	-2
5	48	48	0	27	20	-7	-7
6	46	47	+1	20	20	0	-1
7	52	53	+1	56	56	0	-1
8	39	40	+1	20	20	0	-1
9	36	37	+1	44	33	-11	-12
10	46	47	+1	25	21	-4	-5
11	68	68	0	65	64	-1	-1
12	41	42	+1	54	51	-3	-4
13	42	42	0	57	56	-1	-1
14	63	64	+1	59	58	-1	-2
15	51	51	0	59	55	-4	-4
16	38	39	+1	28	20	-8	-9
17	51	51	0	20	20	0	0
18	46	46	0	54	56	+2	+2
19	38	39	+1	30	29	-1	-2

Results of the GlycanAge test

*AVG – Average of a population with a certain chronological age and gender

Figure 2. Example of Glycan mature index –
Levels of glycans without galactose (pro-inflammatory)

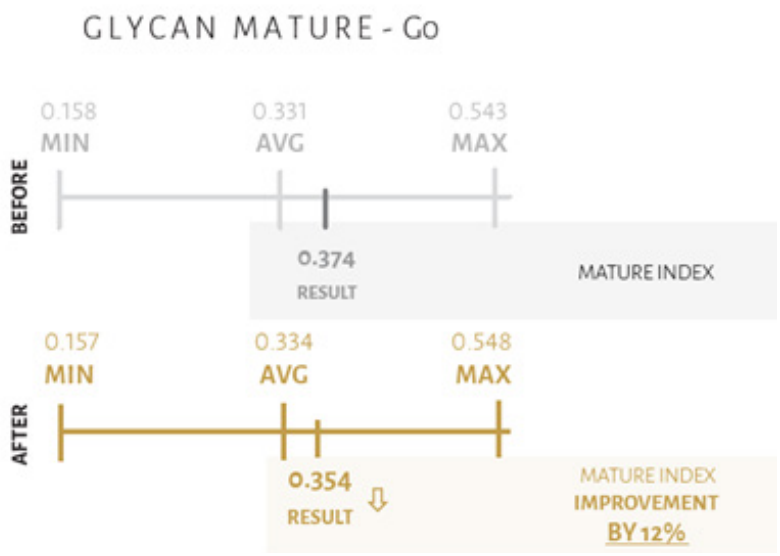

Figure 3. Example of Glycan health index –
Levels of digalactosylated glycans (anti-inflammatory)

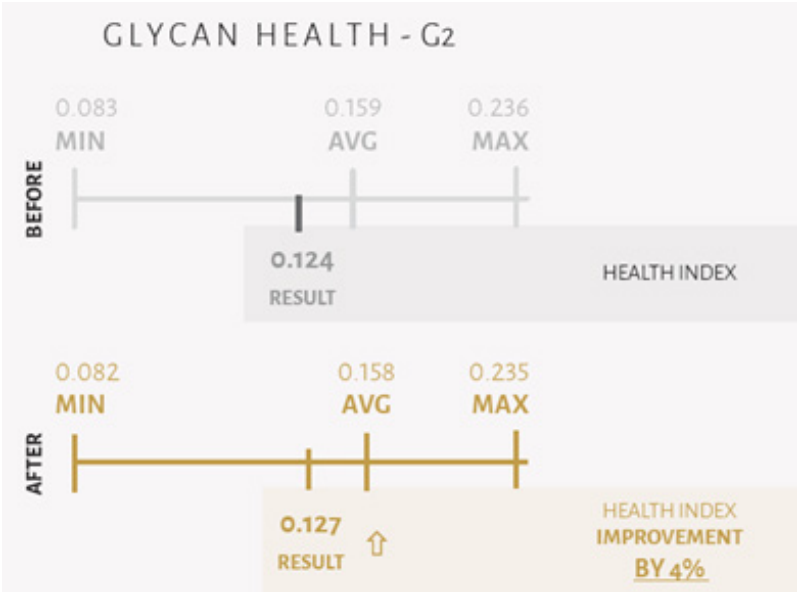

Figure 4. Example of Glycan youth – Levels of glycans in which terminal galactoses are further extended with sialic acid (anti-inflammatory)

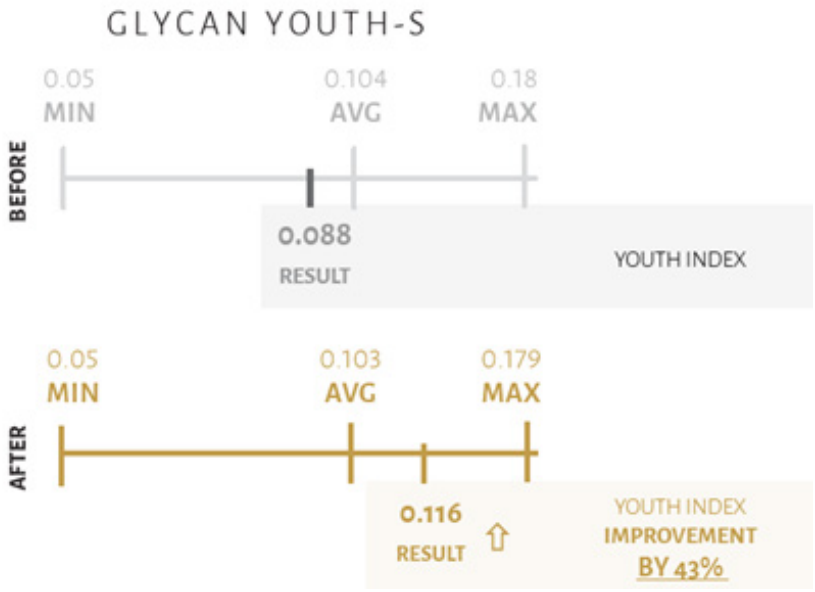

Figure 5. Overview of the results of the GlycanAge test

Subject	Gender	Glycan mature index (G0) Before*	Glycan mature index (G0) After**	Glycan Health (G2) Before	Glycan Health (G2) After	Glycan Youth (GS) Before	Glycan Youth (GS) After
1	Male	0,374 AVG*** 0,331	0,354 AVG 0,334 (12% improvement)	0,124 AVG 0,159	0,127 AVG 0,158 (4% improvement)	0,088 AVG 0,104	0,116 AVG 0,103 (43% improvement)
2	Female	0,302 AVG 0,207	0,28 AVG 0,207 (4% improvement)	0,186 AVG 0,235	0,204 AVG 0,235 (12% improvement)	0,154 AVG 0,152	0,168 AVG 0,152 (18% improvement)
3	Male	0,414 AVG 0,399	0,394 AVG 0,399 (15% improvement)	0,122 AVG 0,121	0,129 AVG 0,121 (9% improvement)	0,077 AVG 0,081	0,089 AVG 0,081 (14% improvement)
	Female	0,255 AVG 0,207	0,247 AVG 0,207 (4% improvement)	0,211 AVG 0,236	0,218 AVG 0,236 (6% improvement)	0,143 AVG 0,152	0,147 AVG 0,152 (7% improvement)
5	Female	0,197 AVG 0,254	0,182 AVG 0,254 (7% improvement)	0,248 AVG 0,201	0,259 AVG 0,201 (4% improvement)	0,147 AVG 0,131	0,167 AVG 0,131 (16% improvement)
6	Female	0,184 AVG 0,241	0,16 AVG 0,244 (7% improvement)	0,276 AVG 0,208	0,294 AVG 0,204 (2% improvement)	0,22 AVG 0,136	0,167 AVG 0,134 (2% improvement)
7	Female	0,324 AVG 0,282	0,324 AVG 0,29 (3% improvement)	0,162 AVG 0,183	0,163 AVG 0,179 (5% improvement)	0,111 AVG 0,119	0,108 AVG 0,116 (0% improvement)
8	Female	0,165 AVG 0,214	0,149 AVG 0,217 (8% improvement)	0,278 AVG 0,227	0,292 AVG 0,225 (3% improvement)	0,172 AVG 0,148	0,189 AVG 0,147 (13% improvement)
9	Female	0,234 AVG 0,211	0,208 AVG 0,211 (18% improvement)	0,195 AVG 0,23	0,214 AVG 0,23 (15% improvement)	0,149 AVG 0,15	0,167 AVG 0,15 (21% improvement)

10	Female	0,209 AVG 0,241	0,204 AVG 0,247 (6% improvement)	0,247 AVG 0,208	0,245 AVG 0,204 (1% improvement)	0,168 AVG 0,134	0,169 AVG 0,134 (4% improvement)
11	Female	0,378 AVG 0,386	0,369 AVG 0,386 (8% improvement)	0,136 AVG 0,125	0,138 AVG 0,125 (3% improvement)	0,086 AVG 0,083	0,087 AVG 0,083 (3% improvement)
12	Male	0,311 AVG 0,30	0,306 AVG 0,303 (7% improvement)	0,149 AVG 0,177	0,153 AVG 0,176 (6% improvement)	0,098 AVG 0,115	0,102 AVG 0,114 (9% improvement)
13	Female	0,34 AVG 0,223	0,337 AVG 0,223 (1% improvement)	0,167 AVG 0,221	0,169 AVG 0,221 (1% improvement)	0,109 AVG 0,144	0,11 AVG 0,144 (1% improvement)
14	Female	0,336 AVG 0,363	0,327 AVG 0,369 (7% improvement)	0,15 AVG 0,138	0,152 AVG 0,135 (5% improvement)	0,1 AVG 0,089	0,107 AVG 0,088 (9% improvement)
15	Male	0,333 AVG 0,328	0,328 AVG 0,328 (7% improvement)	0,146 AVG 0,161	0,148 AVG 0,161 (2% improvement)	0,092 AVG 0,105	0,102 AVG 0,105 (13% improvement)
16	Female	0,205 AVG 0,212	0,196 AVG 0,214 (7% improvement)	0,229 AVG 0,229	0,244 AVG 0,227 (17% improvement)	0,179 AVG 0,149	0,169 AVG 0,148 (7% improvement)
17	Female	0,197 AVG 0,275	0,192 AVG 0,275 (2% improvement)	0,243 AVG 0,188	0,246 AVG 0,188 (1,5% improvement)	0,167 AVG 0,122	0,174 AVG 0,122 (3% improvement)
18	Female	0,326 AVG 0,241	0,339 AVG 0,241 (2% improvement)	0,175 AVG 0,208	0,164 AVG 0,208 (7% improvement)	0,123 AVG 0,136	0,114 AVG 0,136 (8% improvement)
19	Male	0,257 AVG 0,292	0,256 AVG 0,294 (1% improvement)	0,182 AVG 0,182	0,193 AVG 0,18 (15% improvement)	0,13 AVG 0,118	0,126 AVG 0,117 (5% improvement)

*Before – at baseline.
**After – After 3 months of drinking the Analemma water.
*** AVG – Average of a population with a certain chronological age and gender

Conclusion

Drinking Analemma water seems to have a positive effect on the state of a person's immune system and inflammation levels, looking at the glycosylation patterns of IgG as primary outcome measure. In 19 cases, after drinking Analemma water for three months without changing any other lifestyle routines, a median biological age reversal of almost four years has been documented. What is interesting is that there were people whose first test revealed that they were a bit younger biologically than their chronological age (probably due to a pre-existing healthy lifestyle) but even they experienced additional biological age reversal. It is however unclear why some subjects have greater biological age reversal than others. Furthermore, it is not possible to deduce from the test results how the used 'AVG' measure is calculated, and it is unclear why in some cases the 'AVG' in the before and after test differs. (See results, figure 5. subjects 1, 6, 7, 8, 10, 12, 14, 16, 19)

The objectified decrease in biological age implies that the immune system is in a less inflammatory state after drinking the Analemma water. This could mean that drinking Analemma water contributes to a decrease in diseases that have an inflammatory background. To strengthen this hypothesis, extended research is needed in the form of a larger, double blinded controlled study, also taking T-cell regulation and proliferation as outcome measurements.

Bibliography

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Summary

Subject	Chronological age 1. sample	Chronological age 2. sample	Result 1	GlycanAge 1. sample	GlycanAge 2. sample	Result 2	**End Result -(1-2)**
1	52	53	**+1**	70	58	**-12**	**-13**
2	32	32	**0**	42	40	**-2**	**-2**
3	76	76	**0**	78	71	**-7**	**-7**
4	29	29	**0**	45	43	**-2**	**-2**
5	48	48	**0**	27	20	**-7**	**-7**
6	46	47	**+1**	20	20	**0**	**-1**
7	52	53	**+1**	56	56	**0**	**-1**
8	39	40	**+1**	20	20	**0**	**-1**
9	36	37	**+1**	44	33	**-11**	**-12**
10	46	47	**+1**	25	21	**-4**	**-5**
11	68	68	**0**	65	64	**-1**	**-1**
12	41	42	**+1**	54	51	**-3**	**-4**
13	42	42	**0**	57	56	**-1**	**-1**
14	63	64	**+1**	59	58	**-1**	**-2**
15	51	51	**0**	59	55	**-4**	**-4**
16	38	39	**+1**	28	20	**-8**	**-9**
17	51	51	**0**	20	20	**0**	**0**
18	46	46	**0**	54	56	**+2**	**+2**
19	38	39	**+1**	30	29	**-1**	**-2**

END RESULT: -3,79 YEARS ON AVERAGE

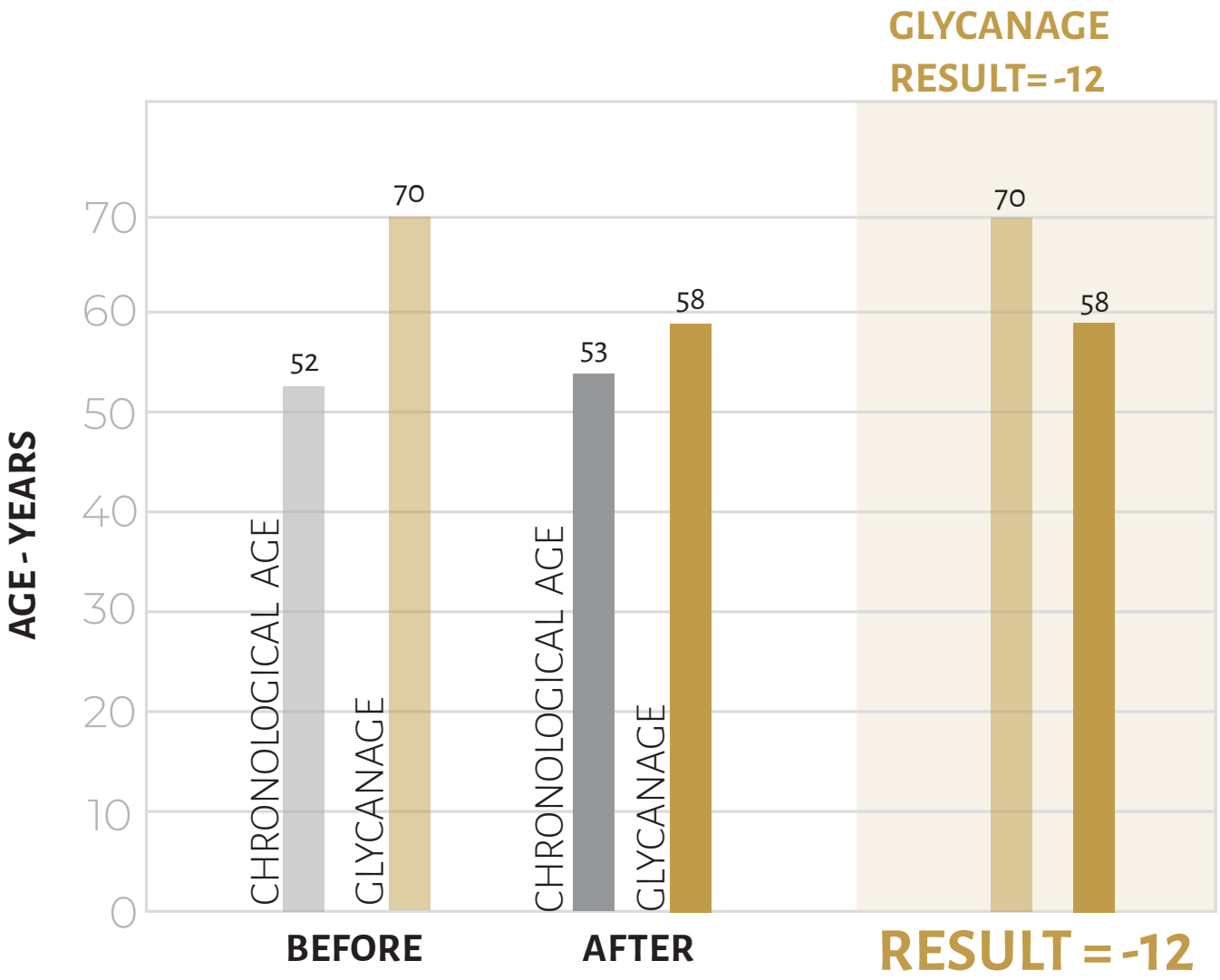
* Lowest GlycanAge score below which measurements are not possible - 20

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 1**
GENDER: **MALE**
ETHNICITY: **White - other**
DATE OF BIRTH: **30/08/1967**

DATE OF SAMPLING: **26/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **52**
GLYCANAGE: **70**

DATE OF SAMPLING: **26/10/2020**
TEST RESULT DATE: **23/11/2020**
CHRONOLOGICAL AGE: **53**
GLYCANAGE: **58**

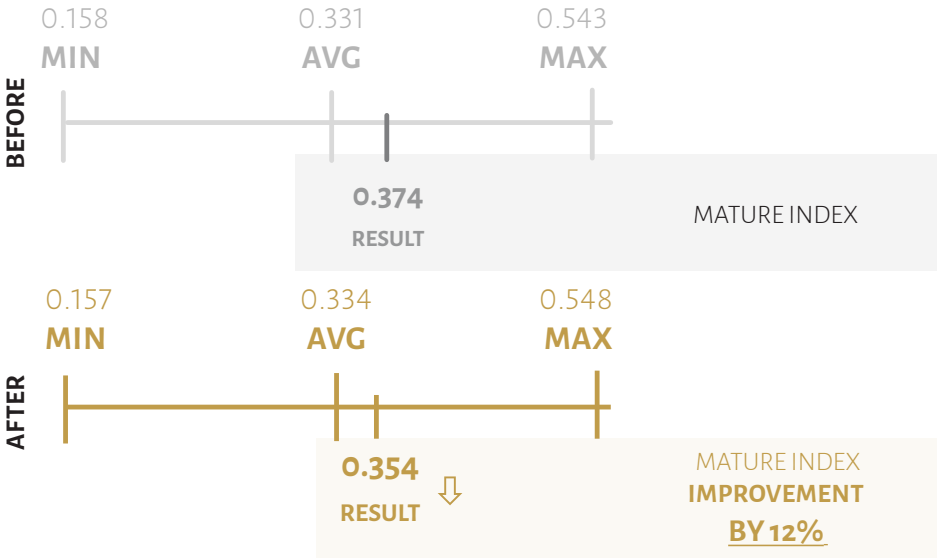


	RESULT 1	RESULT 2
	CHRONOLOGICAL AGE	GLYCANAGE
BEFORE	52	70
AFTER	53	58
AFTER - BEFORE	+1	-12

END RESULT : (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-13**

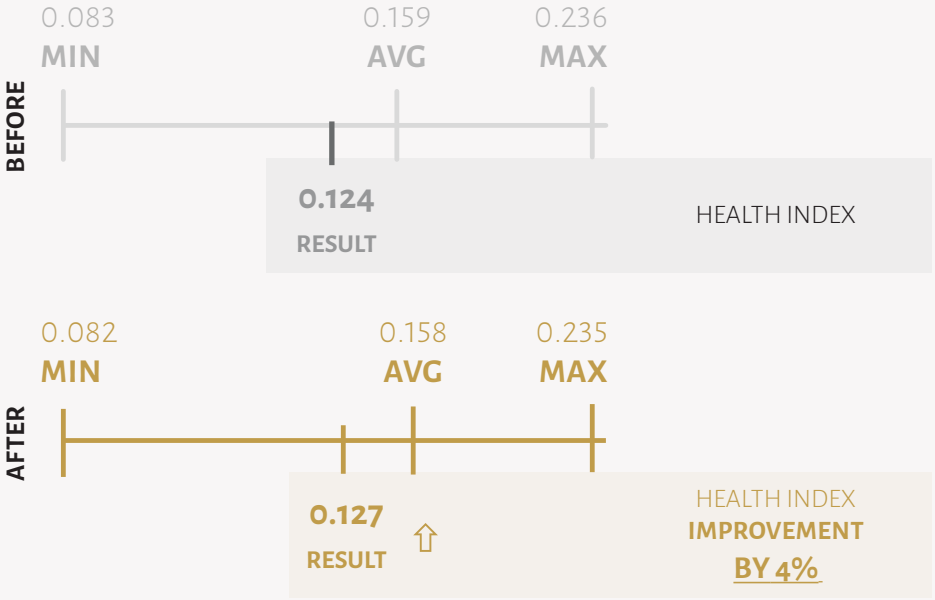
* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



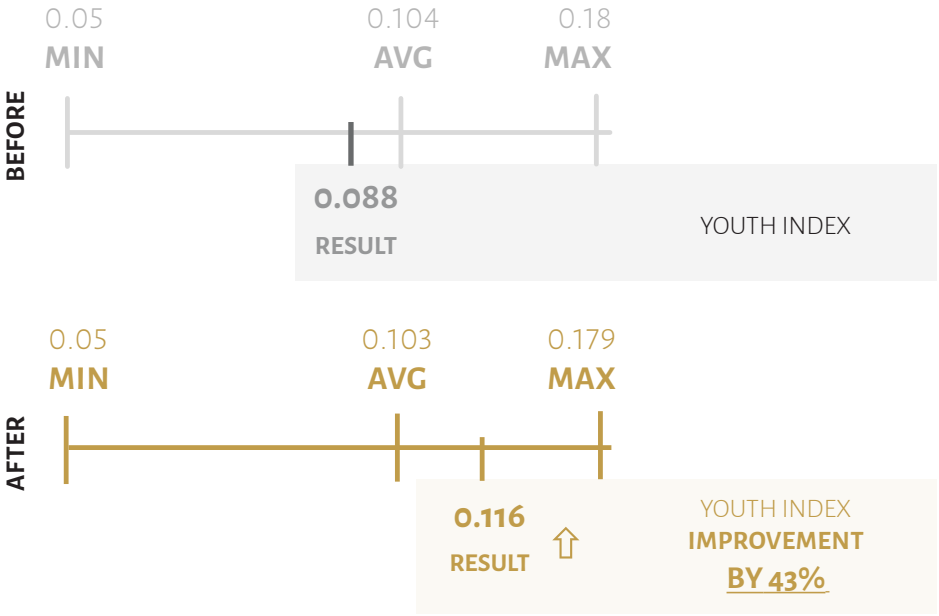
Go glycans (glycans without galactose) are known to promote inflammation (so all diseases that have an inflammatory background – this is actually way more diseases than we may think). These glycans do that by activating the complement system through the lectin pathway, thus low levels of Go are generally considered to be benefcial for general health. On average, the older a person is, the lower level of G2 and the higher level of Go **so the lower result you have - the better.**

GLYCAN HEALTH - G2



In a way, the opposite of Go. **G2 glycans** acts antiinflammatory, i.e. protective vs inflammation. As we age, our levels of G2 decrease. Decreased levels of G2 are associated with diferent autoimmune and inflammatory diseases, thus **high levels** of G2 are considered to be biomarkers of youthfulness. Also, before menopause women tend to have higher levels of G2, thus in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning their body "ages" significantly during this period and is less protected against inflammation after menopause.

GLYCAN YOUTH-S



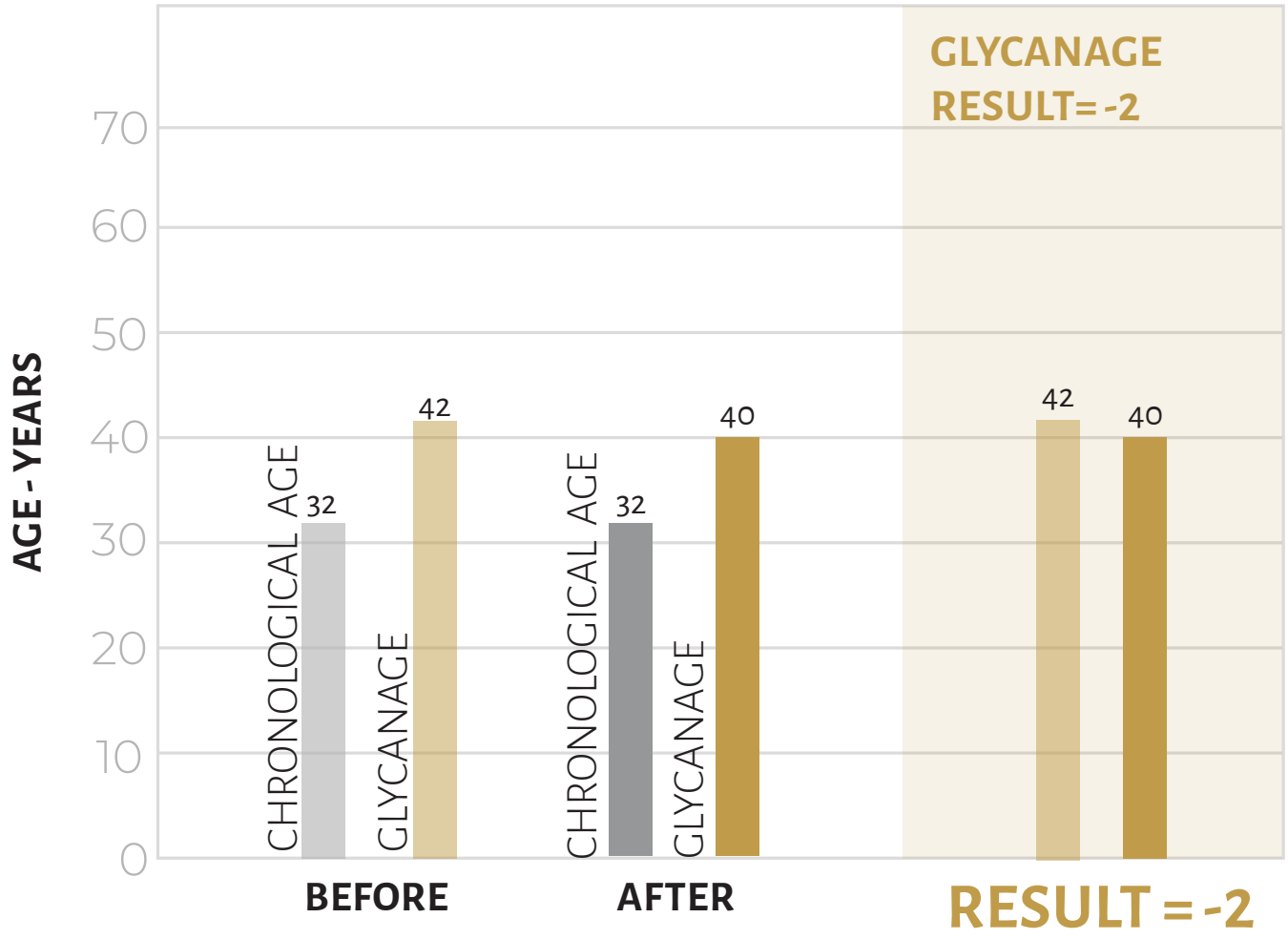
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 2**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **05/04/1988**

DATE OF SAMPLING: **20/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **32**
GLYCANAGE: **42**

DATE OF SAMPLING: **16/11/2020**
TEST RESULT DATE: **07/12/2020**
CHRONOLOGICAL AGE: **32**
GLYCANAGE: **40**

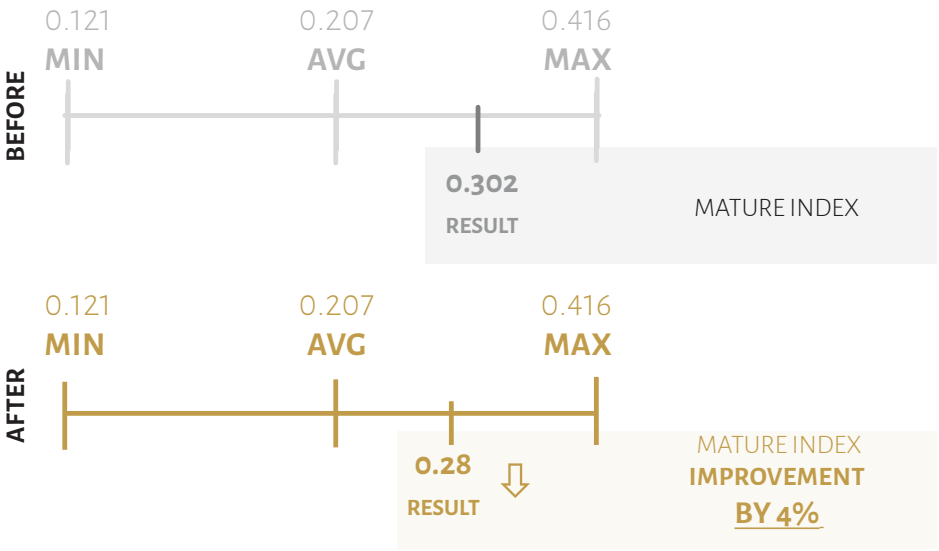


	CHRONOLOGICAL AGE (RESULT 1)	GLYCANAGE (RESULT 2)
BEFORE	32	42
AFTER	32	40
AFTER - BEFORE	0	-2

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-2**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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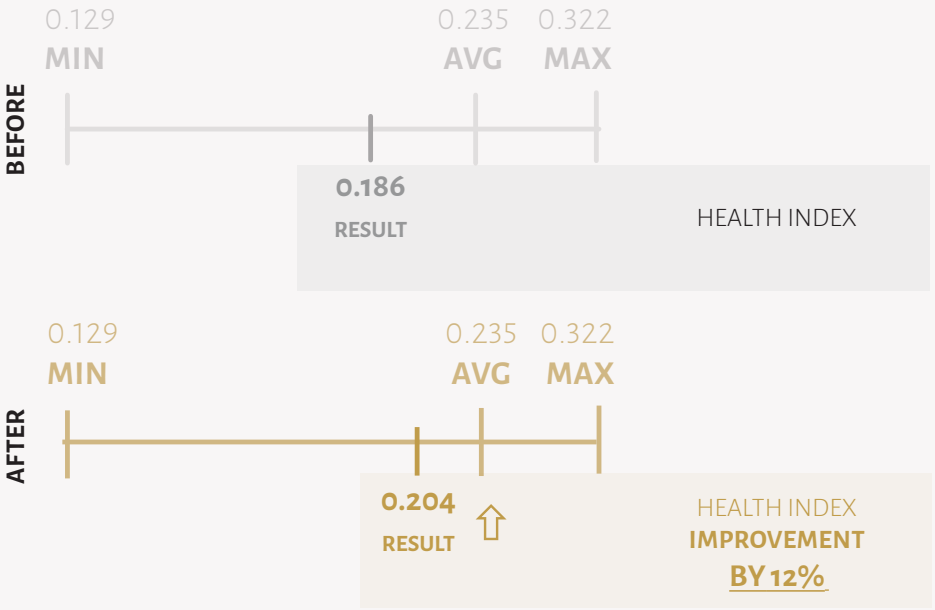
GLYCAN HEALTH - G2



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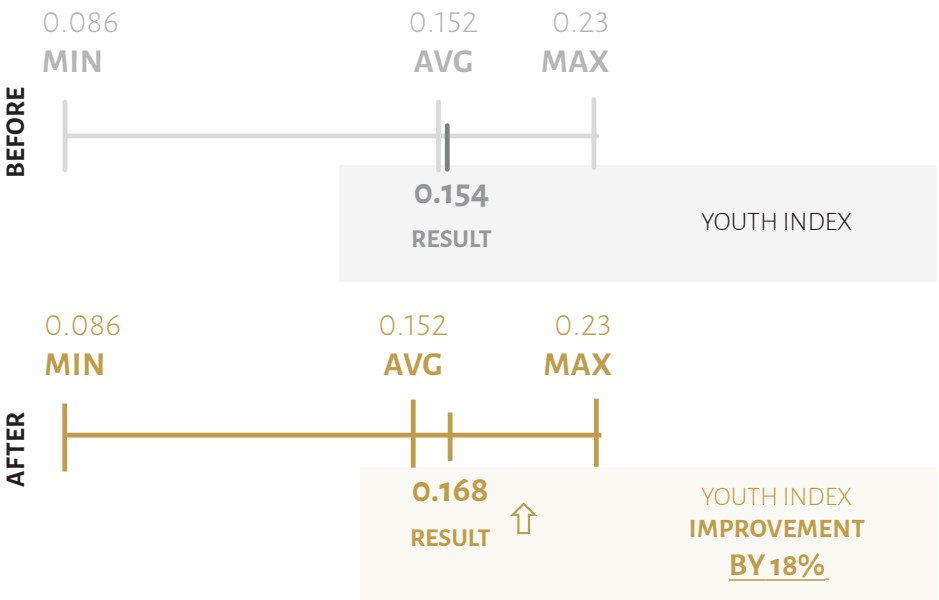
GLYCAN YOUTH-S



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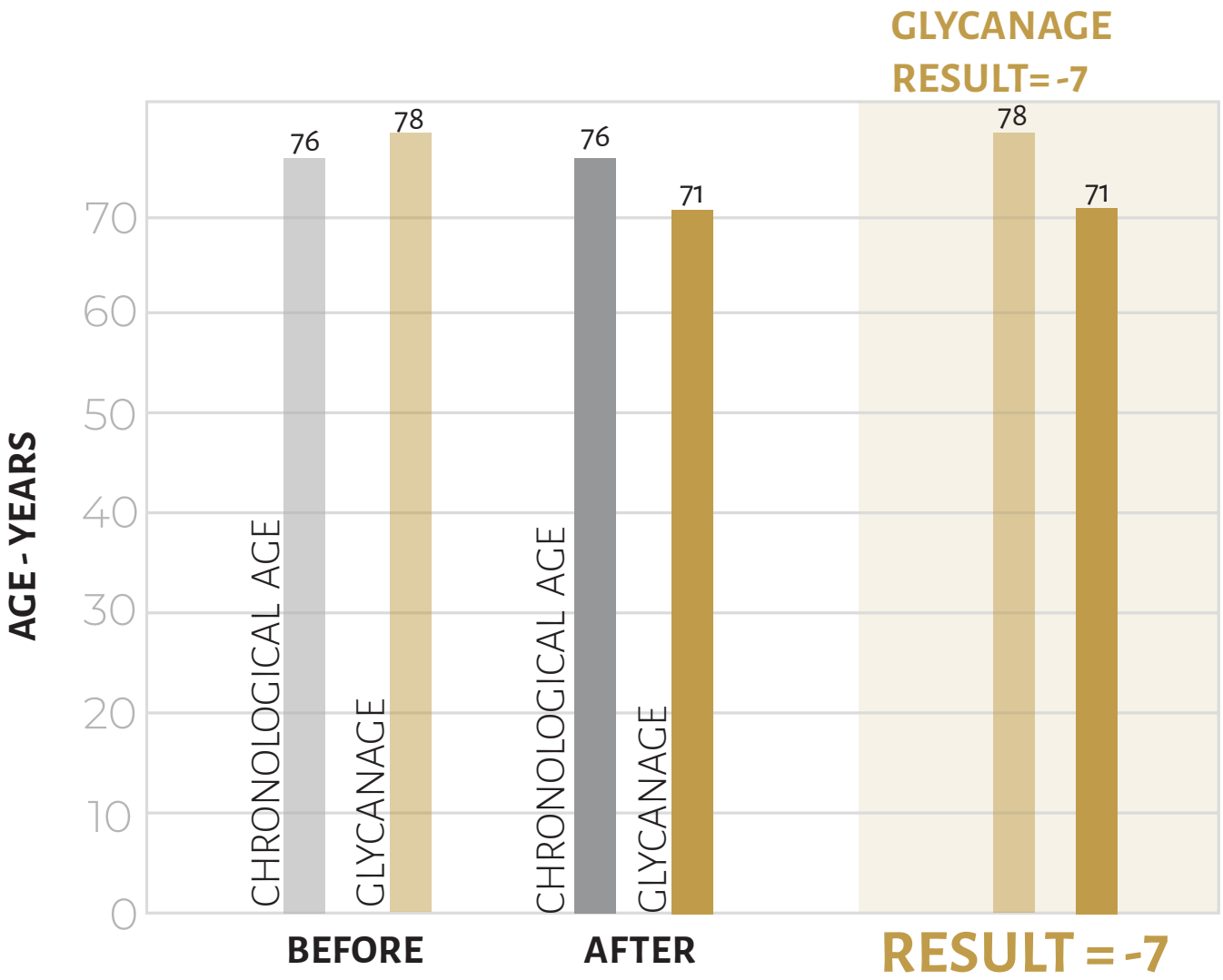
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 3**
GENDER: **MALE**
ETHNICITY: **White - other**
DATE OF BIRTH: **22/05/1944**

DATE OF SAMPLING: **23/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **76**
GLYCANAGE: **78**

DATE OF SAMPLING: **04/11/2020**
TEST RESULT DATE: **30/11/2020**
CHRONOLOGICAL AGE: **76**
GLYCANAGE: **71**

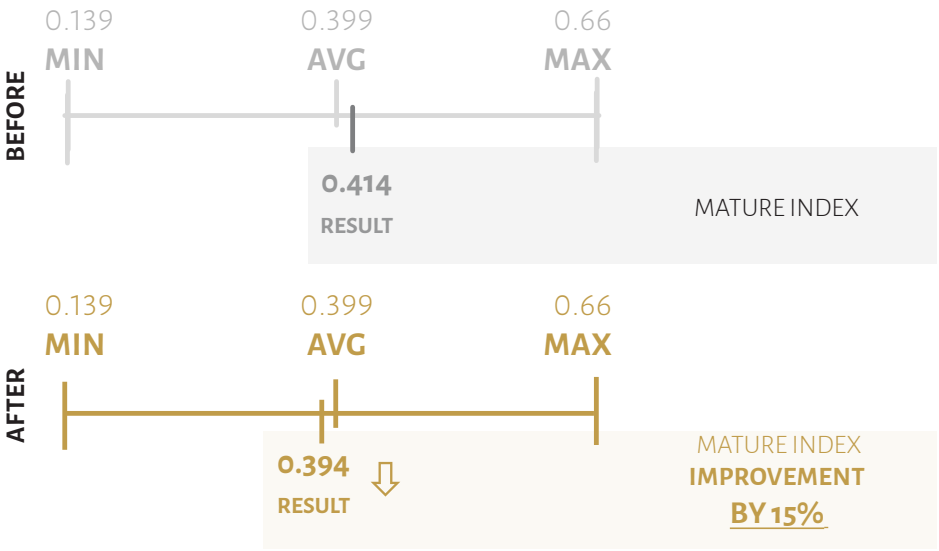


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	76		78
AFTER	76		71
AFTER - BEFORE	0		-7

END RESULT : (RESULT 1 - RESULT 2)	**BIOLOGICAL AGE REVERSAL** **-7**

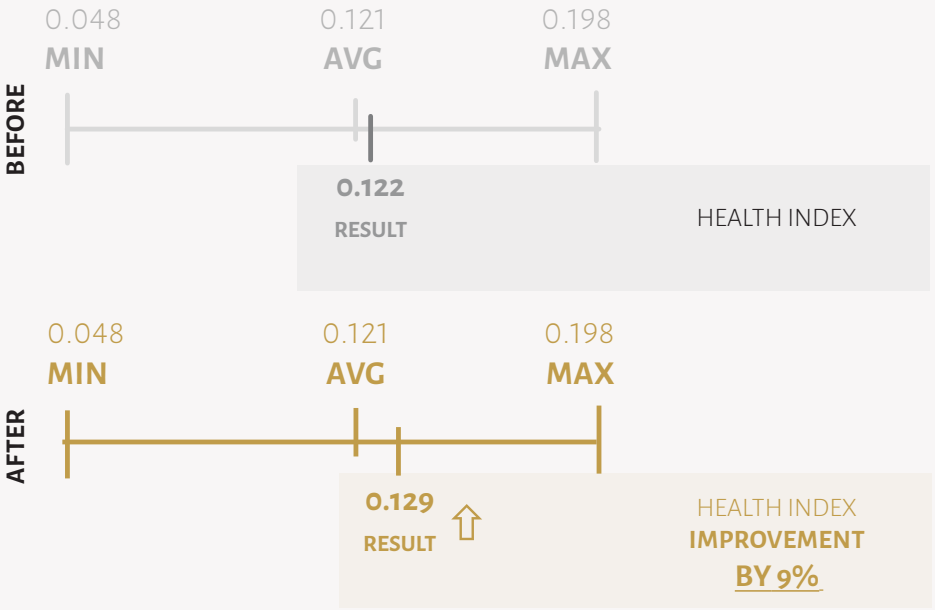
* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



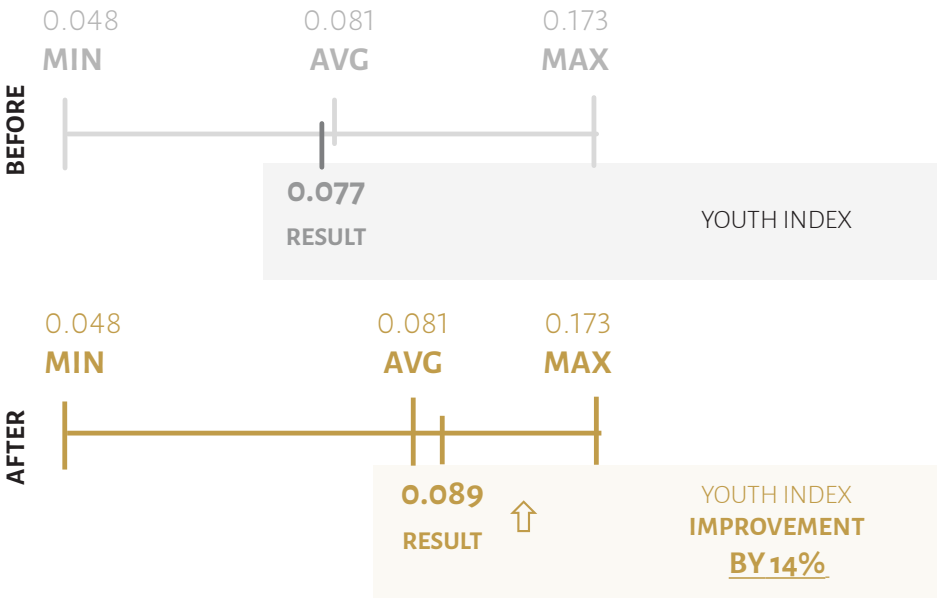
Go glycans (glycans without galactose) are known to promote inflammation (so all diseases that have an inflammatory background – this is actually way more diseases than we may think). These glycans do that by activating the complement system through the lectin pathway, thus low levels of Go are generally considered to be benefcial for general health. On average, the older a person is, the lower level of G2 and the higher level of Go **so the lower result you have - the better.**

GLYCAN HEALTH - G2



In a way, the opposite of Go. **G2 glycans** acts antiinflammatory, i.e. protective vs inflammation. As we age, our levels of G2 decrease. Decreased levels of G2 are associated with diferent autoimmune and inflammatory diseases, thus **high levels** of G2 are considered to be biomarkers of youthfulness. Also, before menopause women tend to have higher levels of G2, thus in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning their body "ages" significantly during this period and is less protected against inflammation after menopause.

GLYCAN YOUTH-S



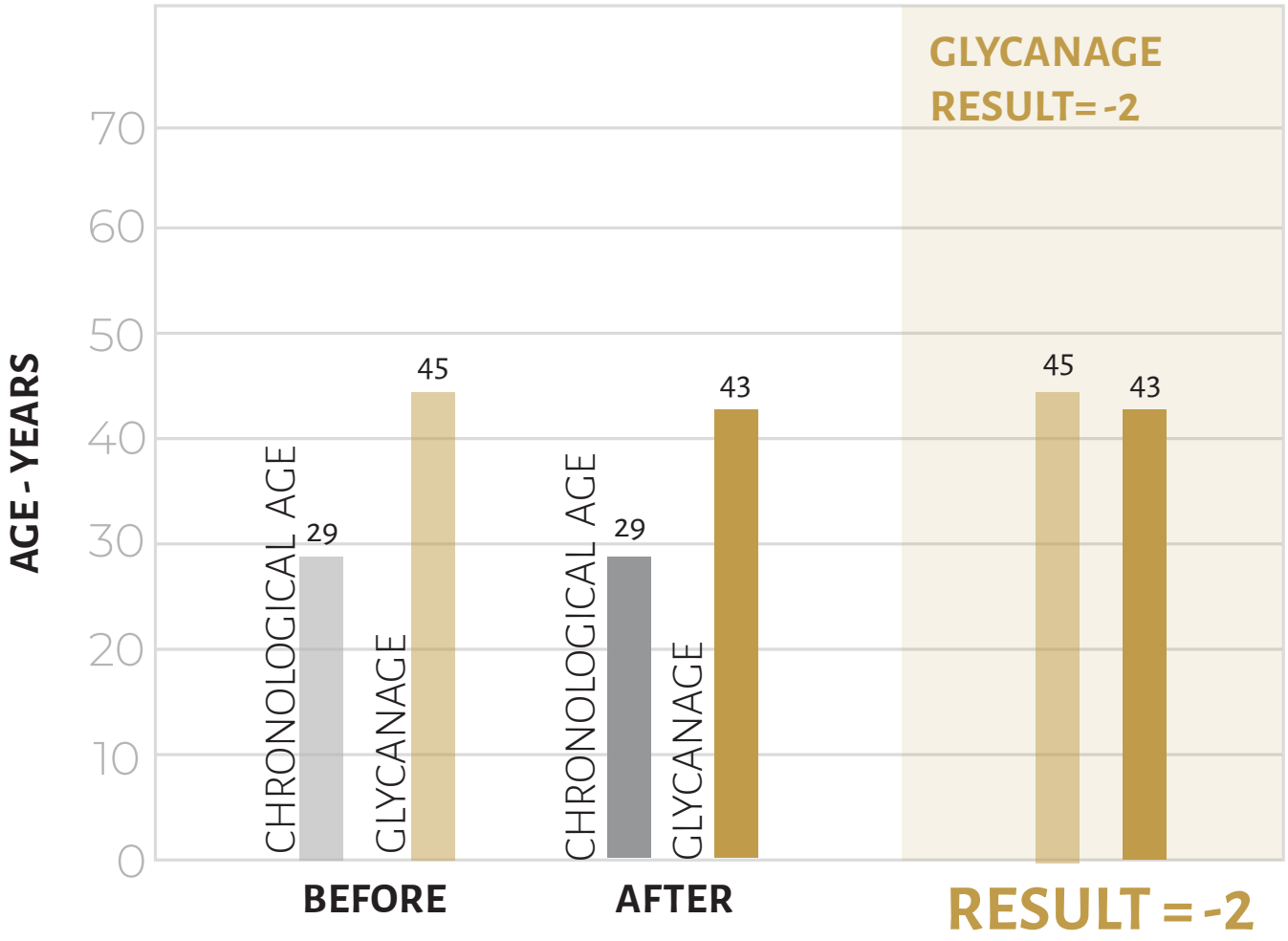
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 4**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **11/12/1990**

DATE OF SAMPLING: **22/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **29**
GLYCANAGE: **45**

DATE OF SAMPLING: **27/10/2020**
TEST RESULT DATE: **23/11/2020**
CHRONOLOGICAL AGE: **29**
GLYCANAGE: **43**

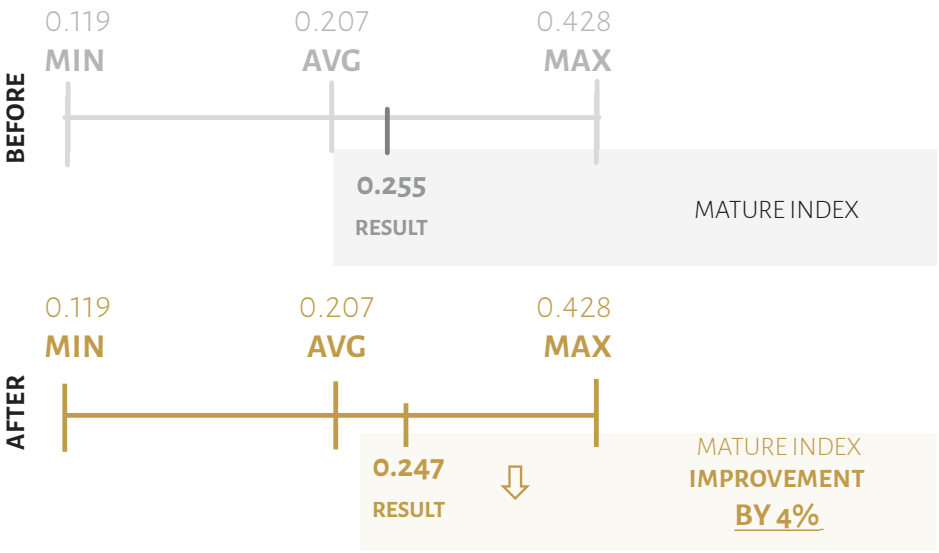


	RESULT 1	RESULT 2
	CHRONOLOGICAL AGE	GLYCANAGE
BEFORE	29	45
AFTER	29	43
AFTER - BEFORE	0	-2

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-2**

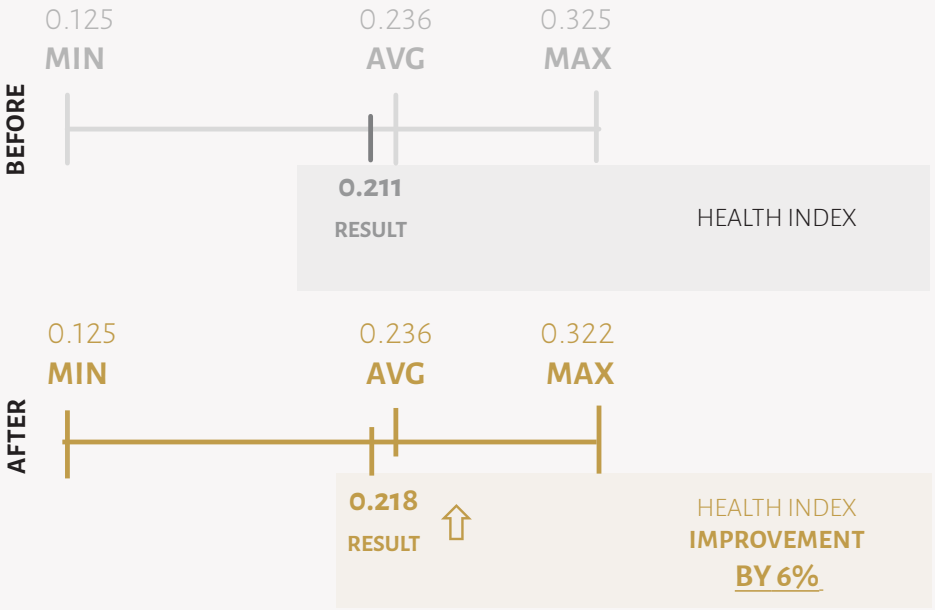
* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



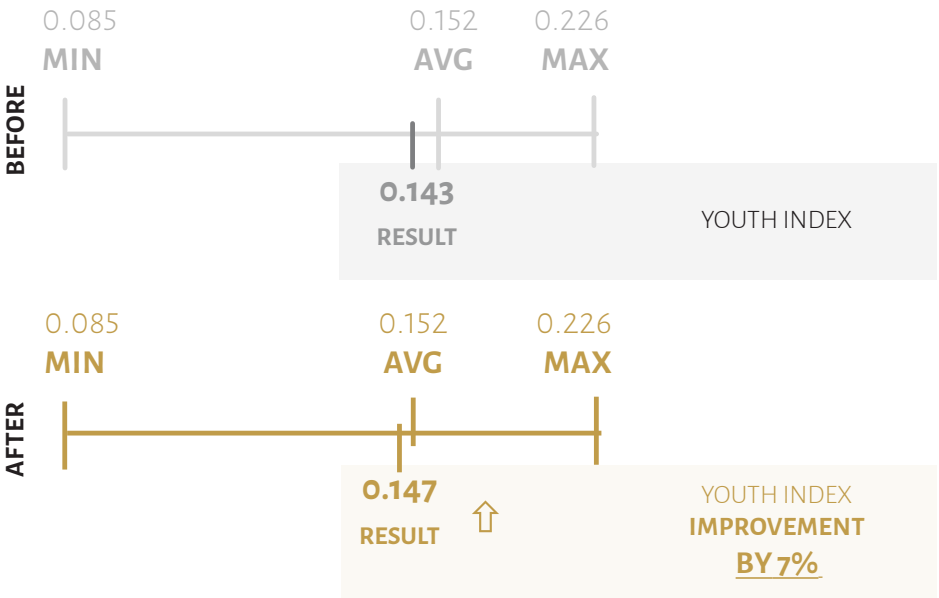
Go glycans (glycans without galactose) are known to promote inflammation (so all diseases that have an inflammatory background – this is actually way more diseases than we may think). These glycans do that by activating the complement system through the lectin pathway, thus low levels of Go are generally considered to be benefcial for general health. On average, the older a person is, the lower level of G2 and the higher level of Go **so the lower result you have - the better.**

GLYCAN HEALTH - G2



In a way, the opposite of Go. **G2 glycans** acts antiinflammatory, i.e. protective vs inflammation. As we age, our levels of G2 decrease. Decreased levels of G2 are associated with diferent autoimmune and inflammatory diseases, thus **high levels** of G2 are considered to be biomarkers of youthfulness. Also, before menopause women tend to have higher levels of G2, thus in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning their body "ages" significantly during this period and is less protected against inflammation after menopause.

GLYCAN YOUTH-S



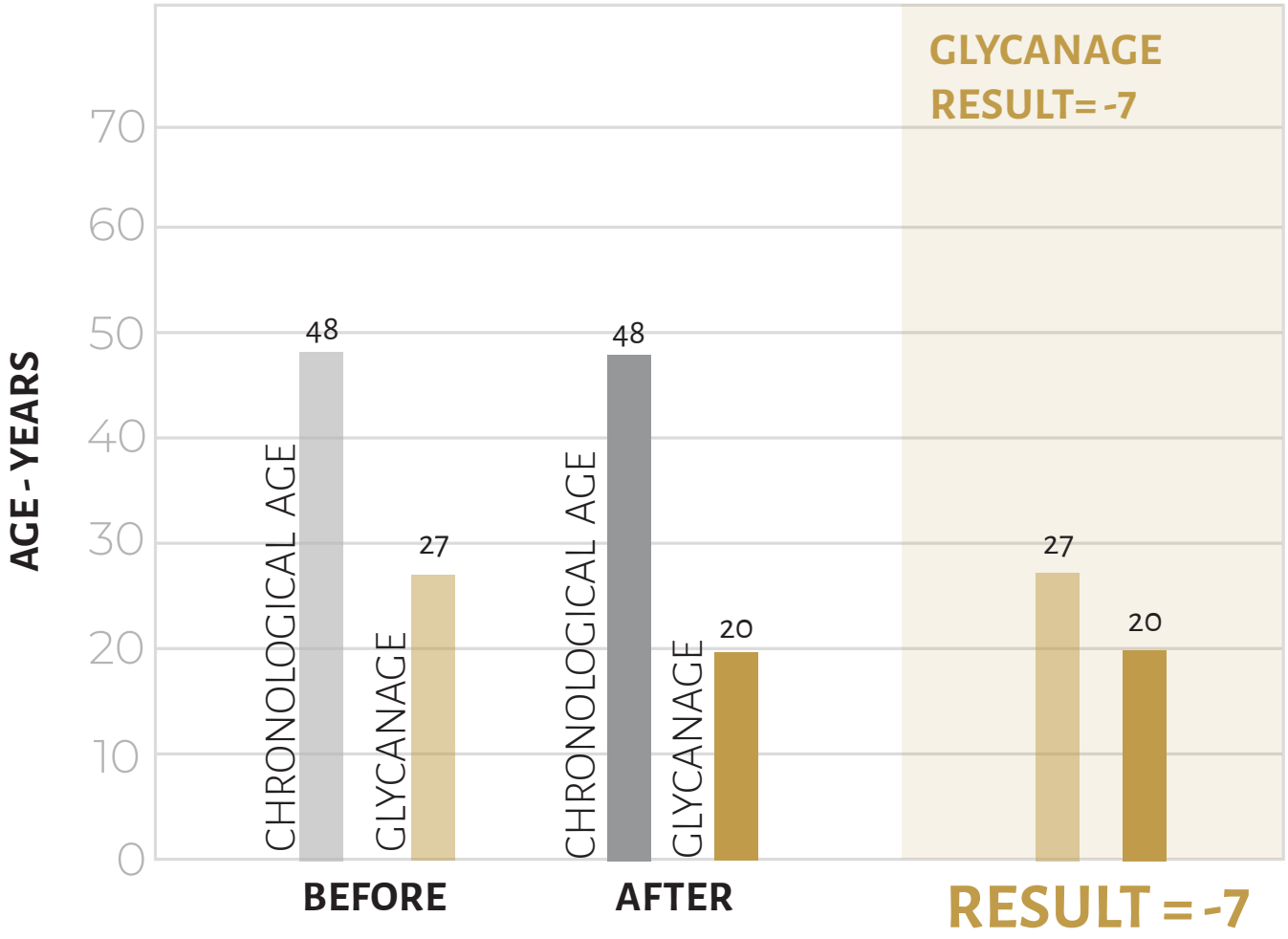
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 5**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **19/06/1972**

DATE OF SAMPLING: **20/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **48**
GLYCANAGE: **27**

DATE OF SAMPLING: **30/10/2020**
TEST RESULT DATE: **23/11/2020**
CHRONOLOGICAL AGE: **48**
GLYCANAGE: **20**

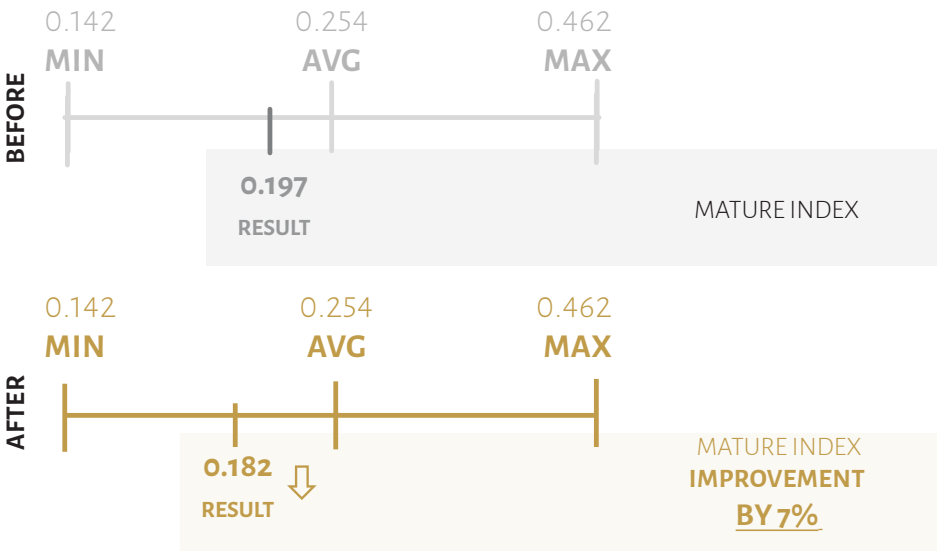


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	48		27
AFTER	48		20
AFTER - BEFORE	0		-7

END RESULT : - (RESULT 1 - RESULT 2)	**BIOLOGICAL AGE REVERSAL**	**-7**

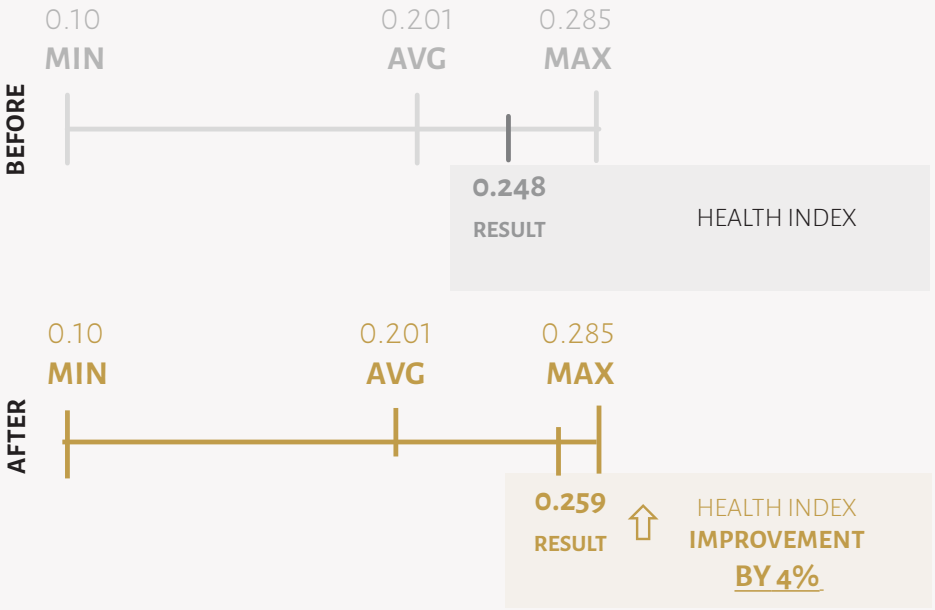
* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - G0



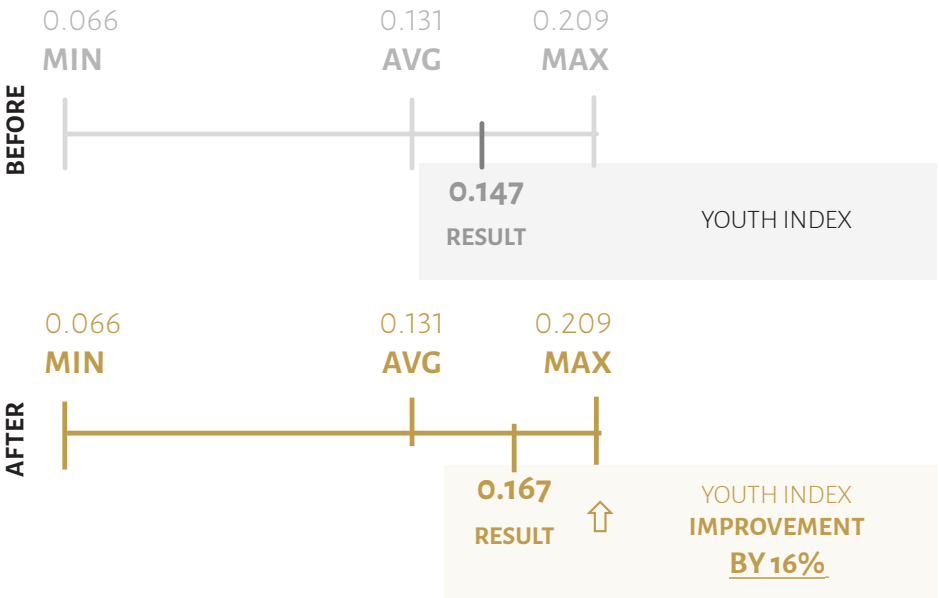
Go glycans (glycans without galactose) are known to promote inflammation (so all diseases that have an inflammatory background – this is actually way more diseases than we may think). These glycans do that by activating the complement system through the lectin pathway, thus low levels of G0 are generally considered to be benefcial for general health. On average, the older a person is, the lower level of G2 and the higher level of G0 **so the lower result you have - the better.**

GLYCAN HEALTH - G2



In a way, the opposite of G0. **G2 glycans** acts antiinflammatory, i.e. protective vs inflammation. As we age, our levels of G2 decrease. Decreased levels of G2 are associated with diferent autoimmune and inflammatory diseases, thus **high levels** of G2 are considered to be biomarkers of youthfulness. Also, before menopause women tend to have higher levels of G2, thus in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning their body "ages" significantly during this period and is less protected against inflammation after menopause.

GLYCAN YOUTH-S



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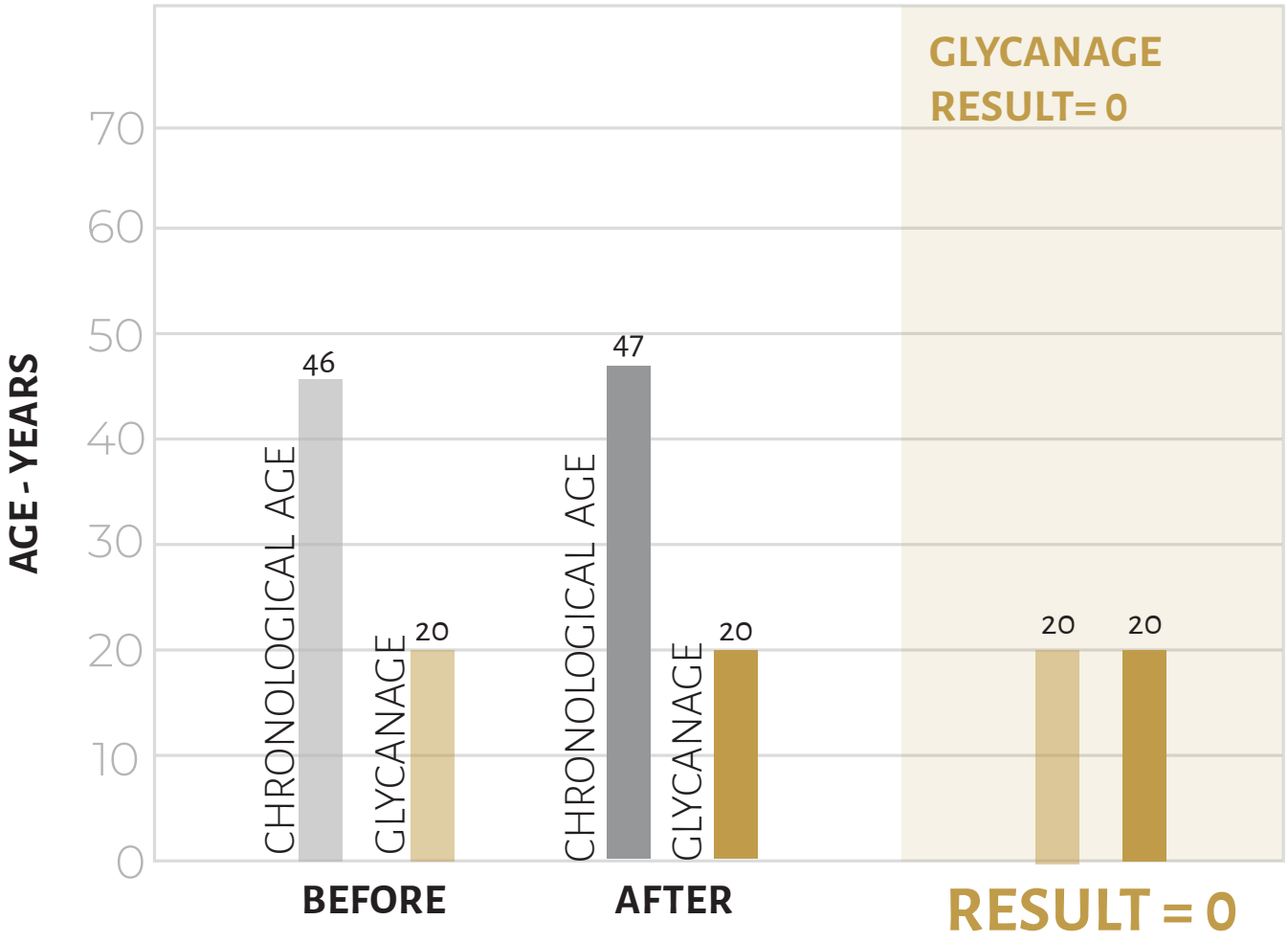
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 6**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **30/08/1973**

DATE OF SAMPLING: **23/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **46**
GLYCANAGE: **20**

DATE OF SAMPLING: **4/11/2020**
TEST RESULT DATE: **30/11/2020**
CHRONOLOGICAL AGE: **47**
GLYCANAGE: **20**

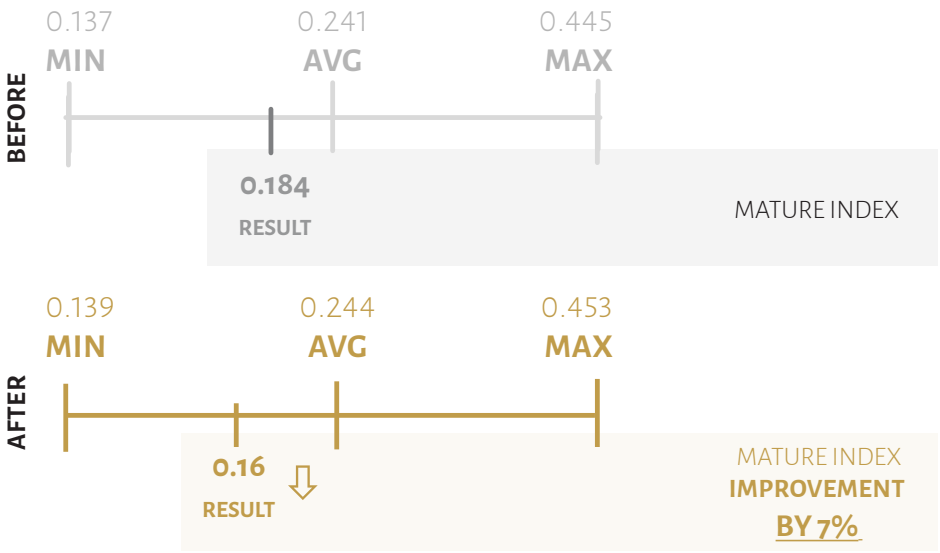


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	46	20	
AFTER	47	20	
AFTER - BEFORE	1	0	

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-1**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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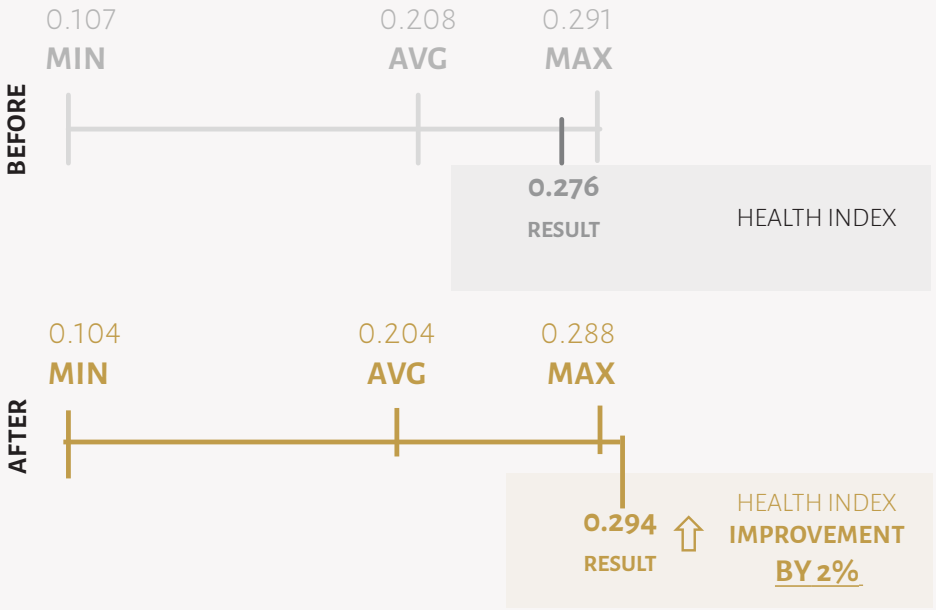
GLYCAN HEALTH - G2



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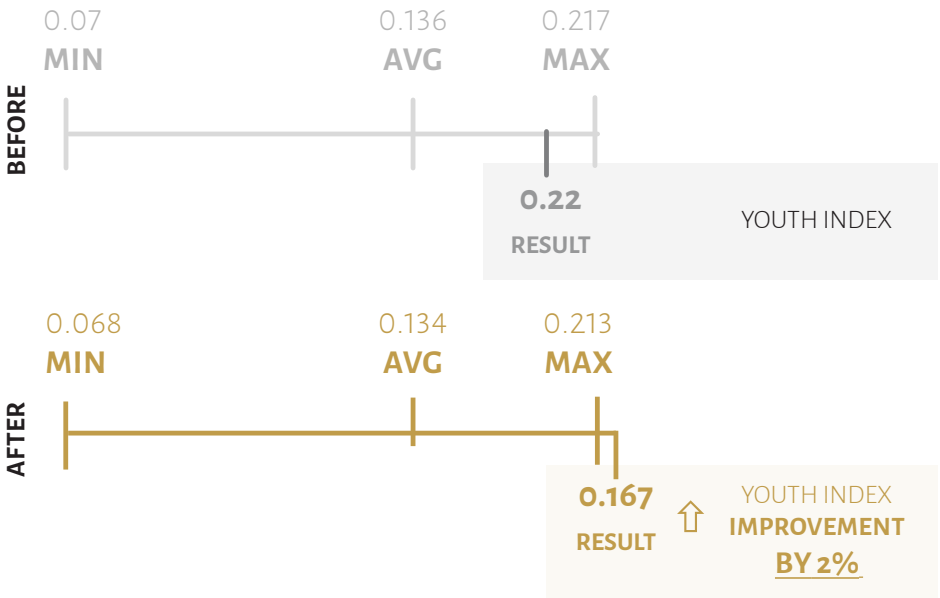
GLYCAN YOUTH-S



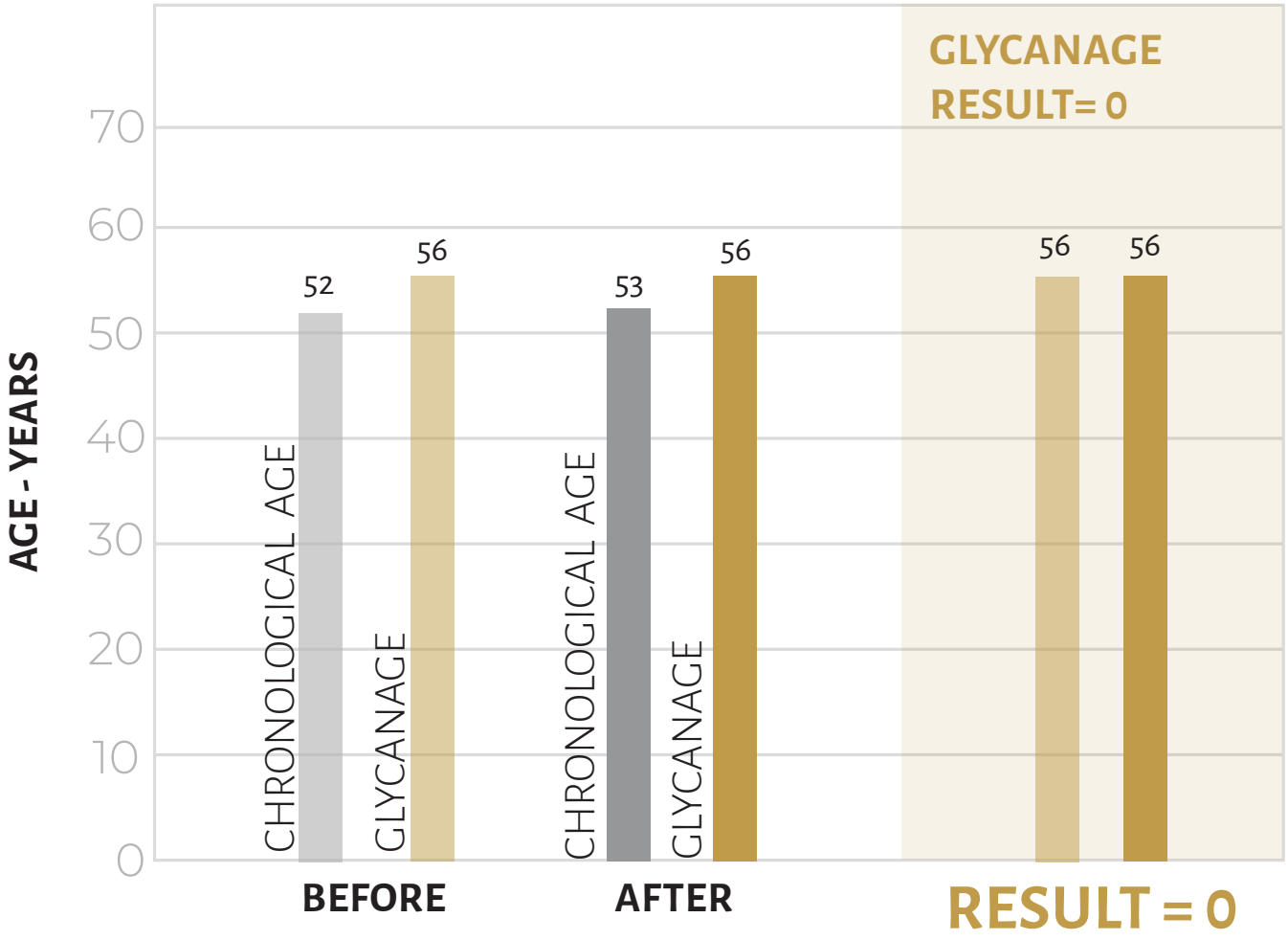
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 7**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **31/08/1967**

DATE OF SAMPLING: **21/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **52**
GLYCANAGE: **56**

DATE OF SAMPLING: **19/11/2020**
TEST RESULT DATE: **06/11/2020**
CHRONOLOGICAL AGE: **53**
GLYCANAGE: **56**

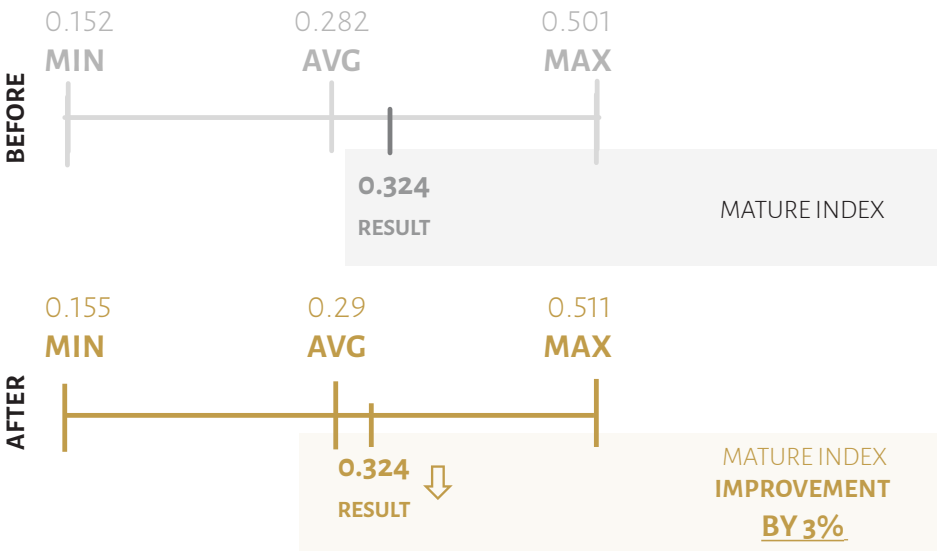


	CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	46		56	
AFTER	47		56	
AFTER - BEFORE		1		0

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-1**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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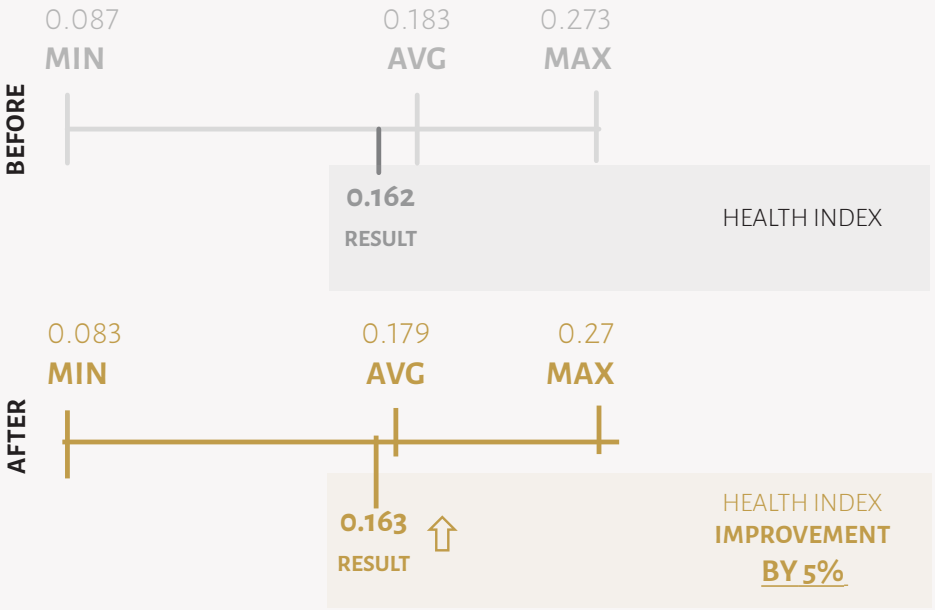
GLYCAN HEALTH - G2



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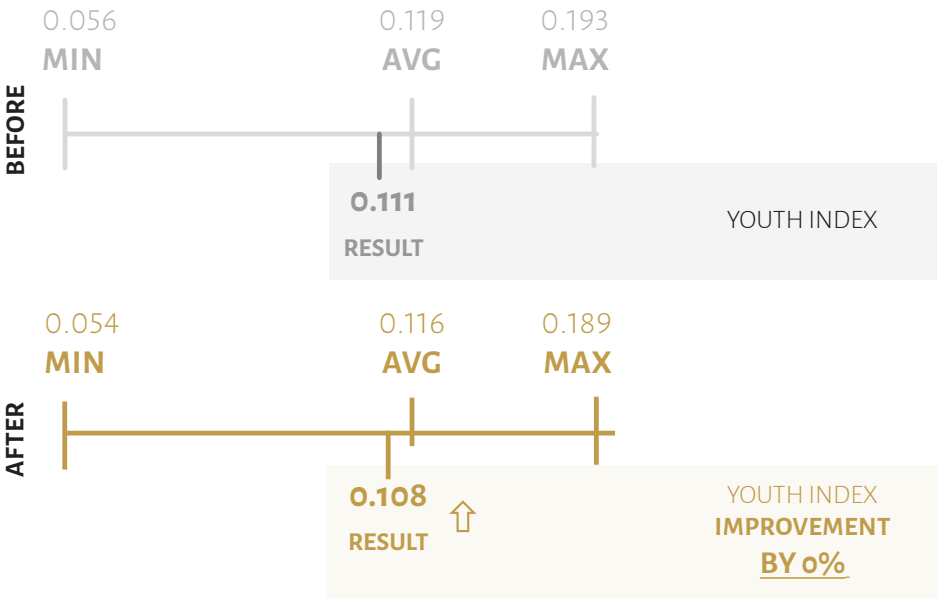
GLYCAN YOUTH-S



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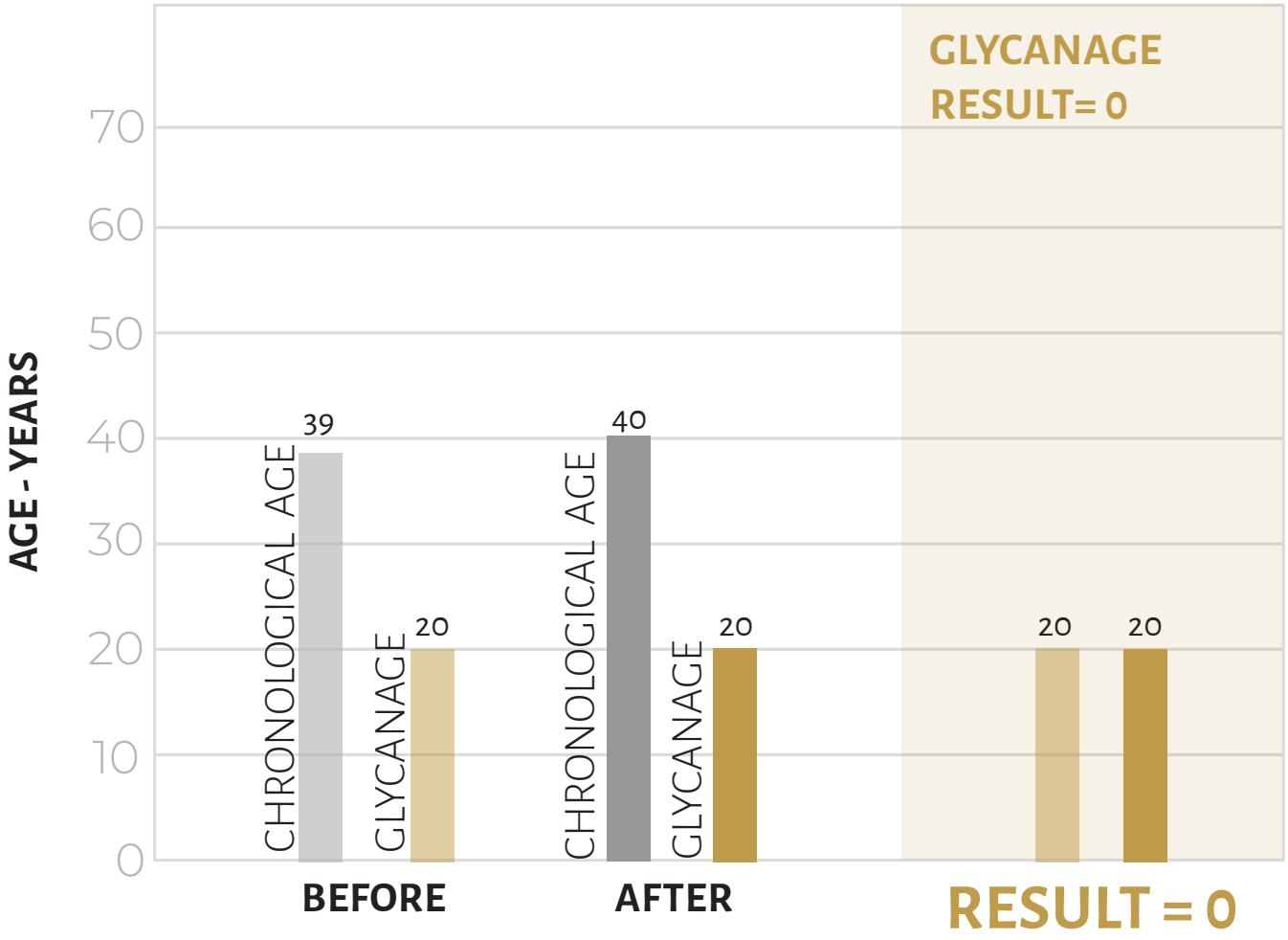
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 8**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **06/08/1980**

DATE OF SAMPLING: **22/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **39**
GLYCANAGE: **20**

DATE OF SAMPLING: **24/10/2020**
TEST RESULT DATE: **23/11/2020**
CHRONOLOGICAL AGE: **40**
GLYCANAGE:20

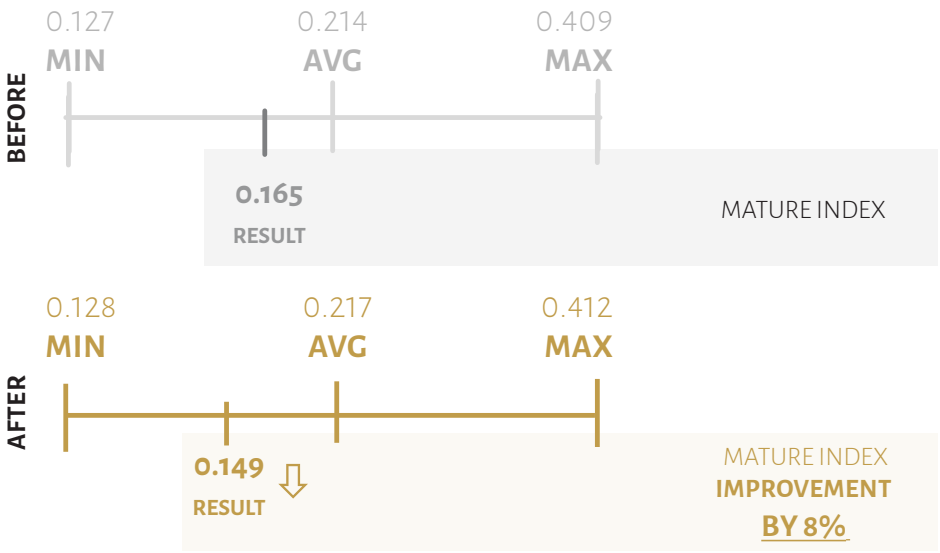


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	39		20
AFTER	40		20
AFTER - BEFORE	1		0

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-1**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - G0



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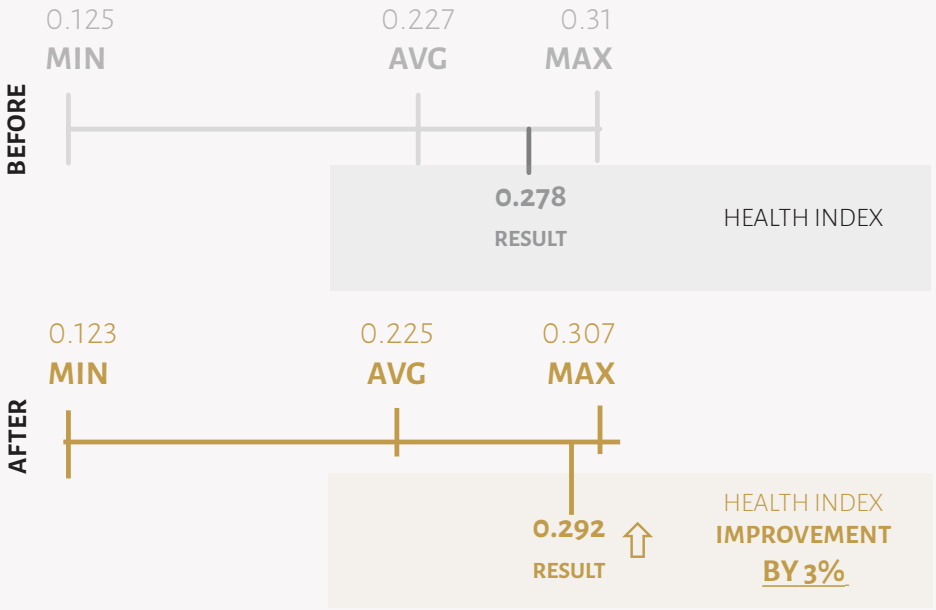
GLYCAN HEALTH - G2



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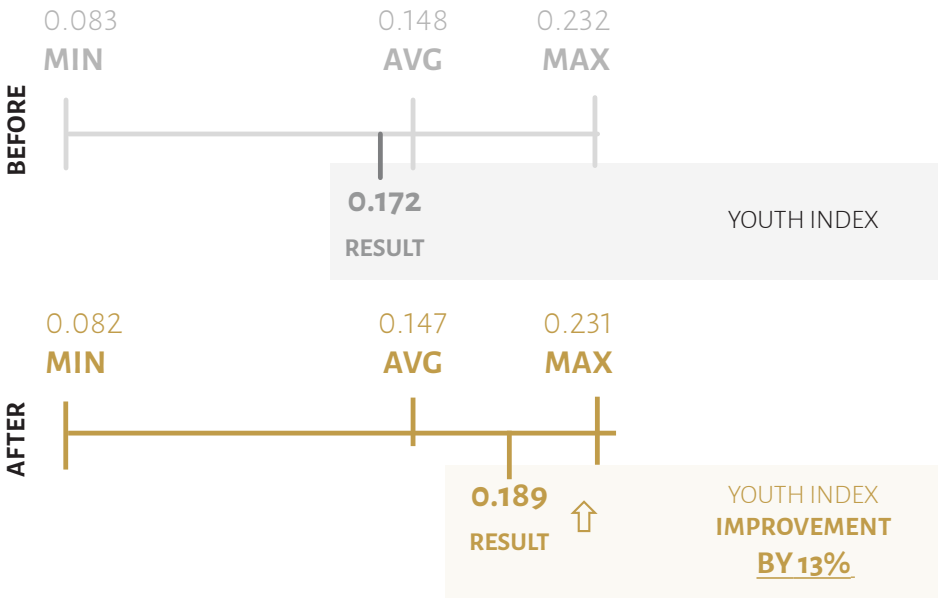
GLYCAN YOUTH-S



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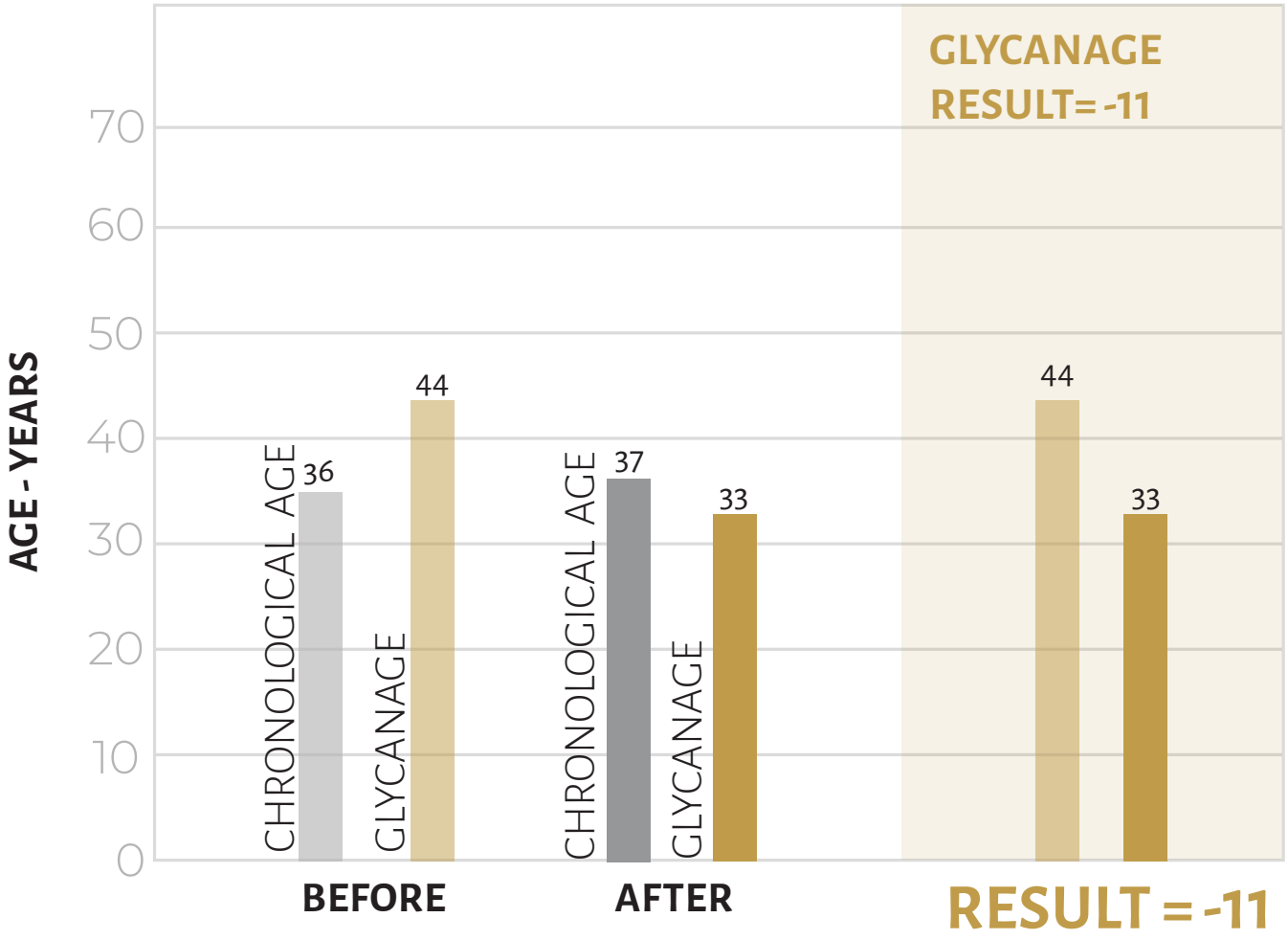
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 9**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **20/10/1983**

DATE OF SAMPLING: **20/07/2020**
TEST RESULT DATE: **11/08/2020**
CHRONOLOGICAL AGE: **36**
GLYCANAGE: **44**

DATE OF SAMPLING: **20/10/2020**
TEST RESULT DATE: **6/11/2020**
CHRONOLOGICAL AGE: **37**
GLYCANAGE: **33**

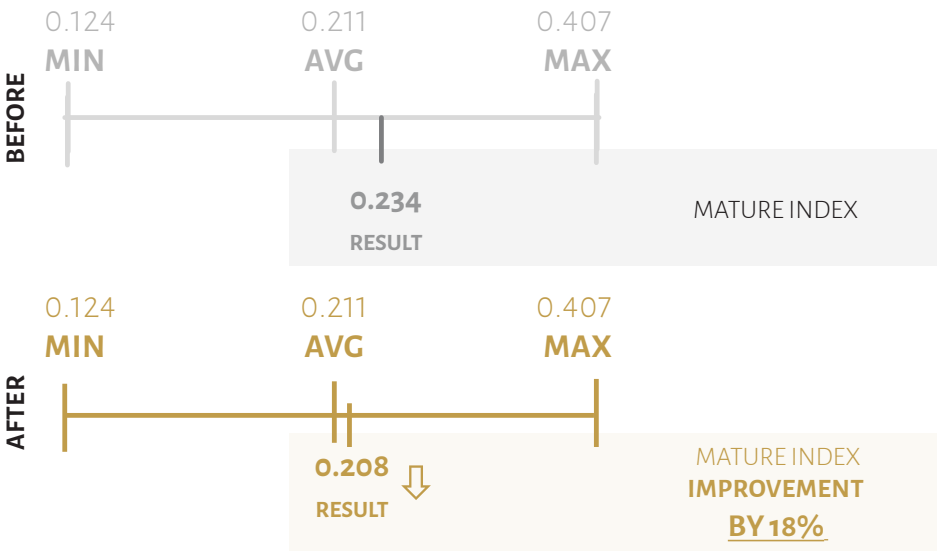


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE 36		44	
AFTER 37		33	
AFTER - BEFORE	1		-11

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-12**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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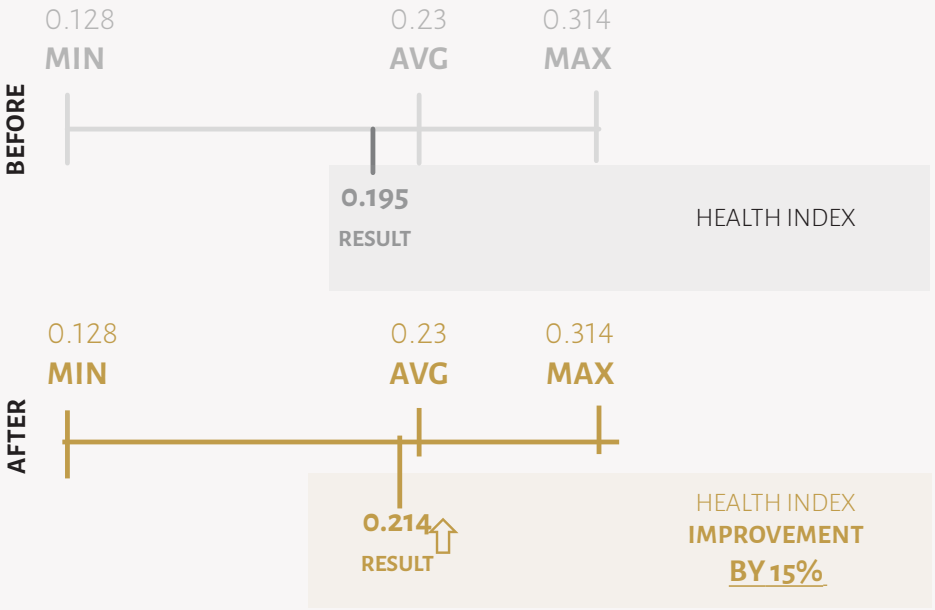
GLYCAN HEALTH - G2



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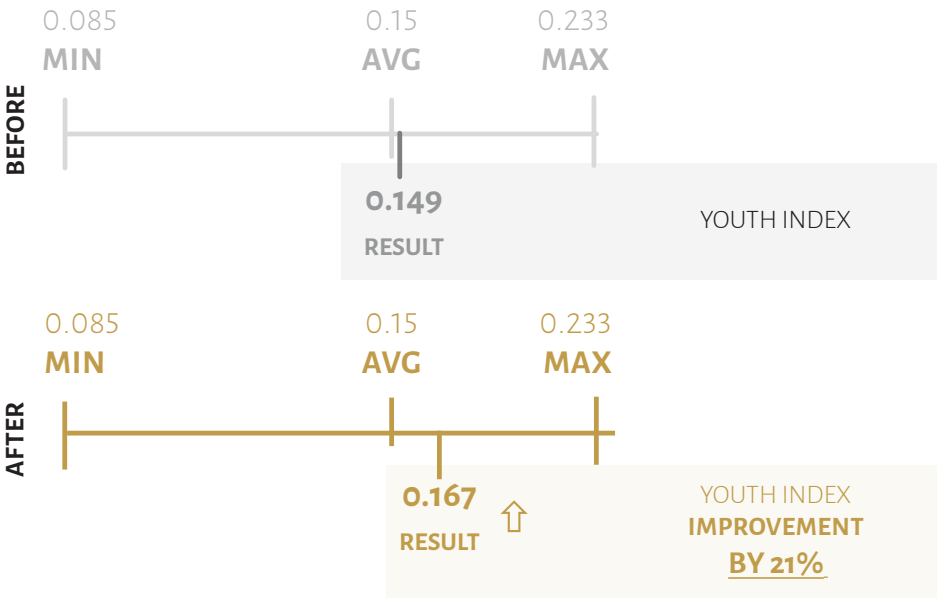
GLYCAN YOUTH-S



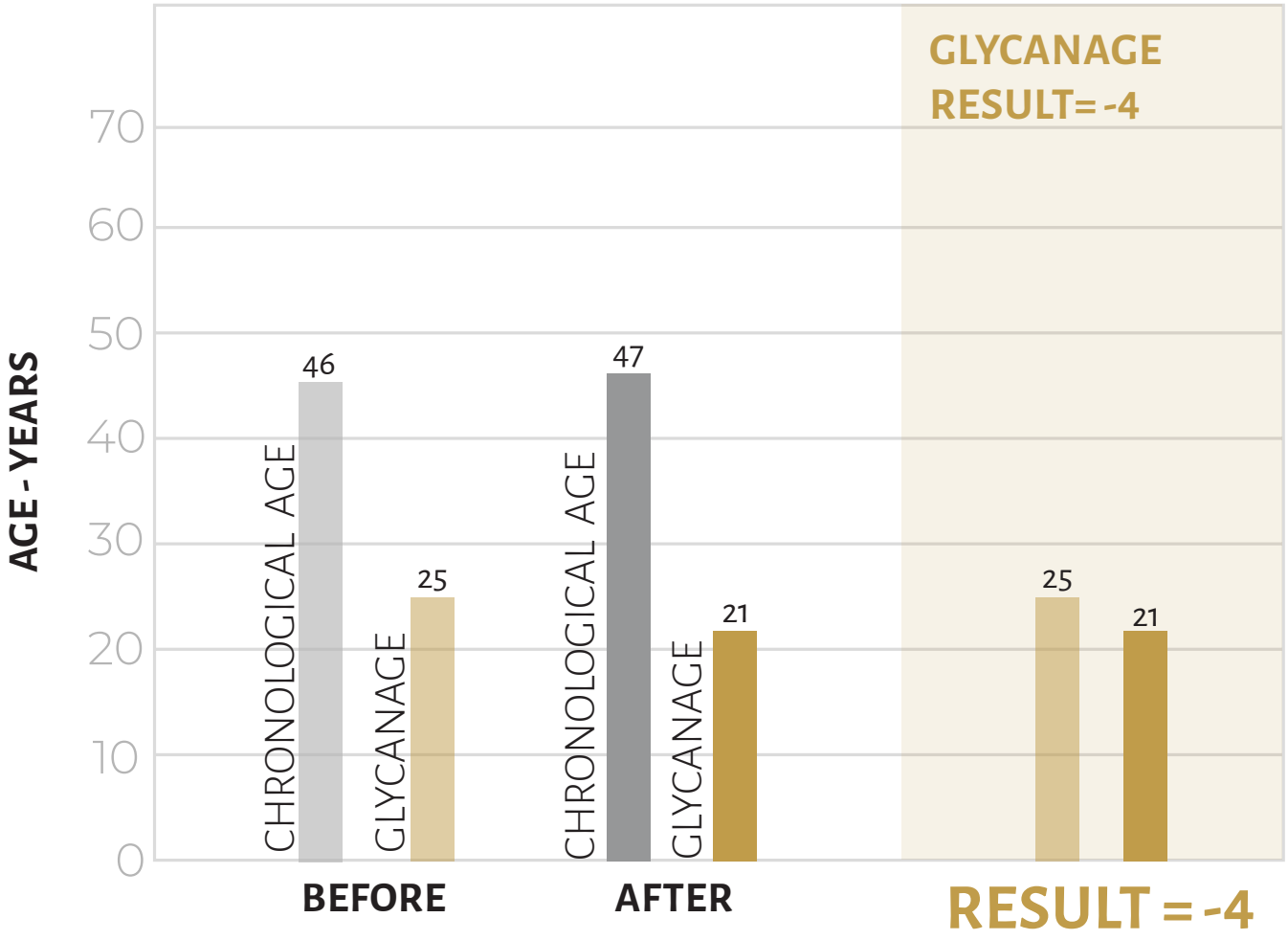
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 10**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **07/09/1973**

DATE OF SAMPLING: **30/07/2020**
TEST RESULT DATE: **24/08/2020**
CHRONOLOGICAL AGE: **46**
GLYCANAGE: **25**

DATE OF SAMPLING: **02/12/2020**
TEST RESULT DATE: **04/01/2021**
CHRONOLOGICAL AGE: **47**
GLYCANAGE: **21**

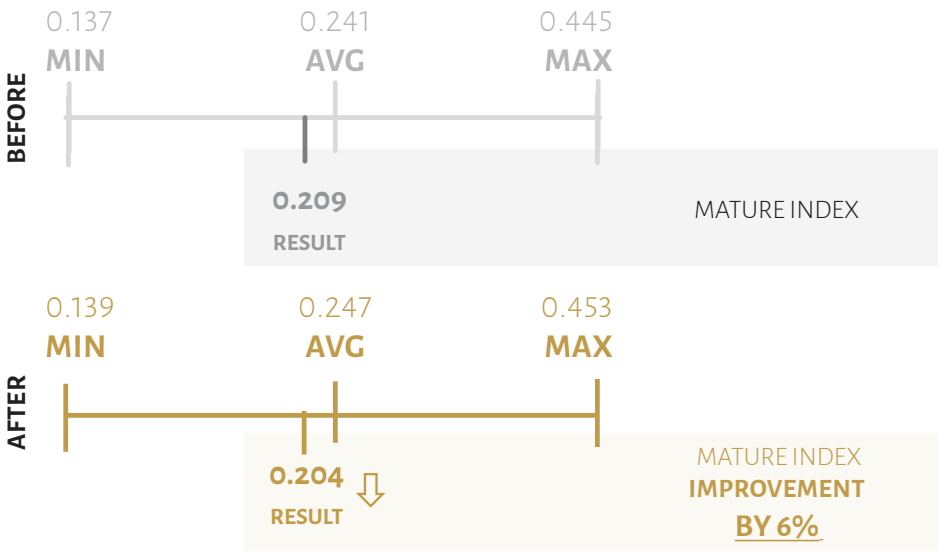


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	46		25
AFTER	47		21
AFTER - BEFORE	1		-4

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-5**

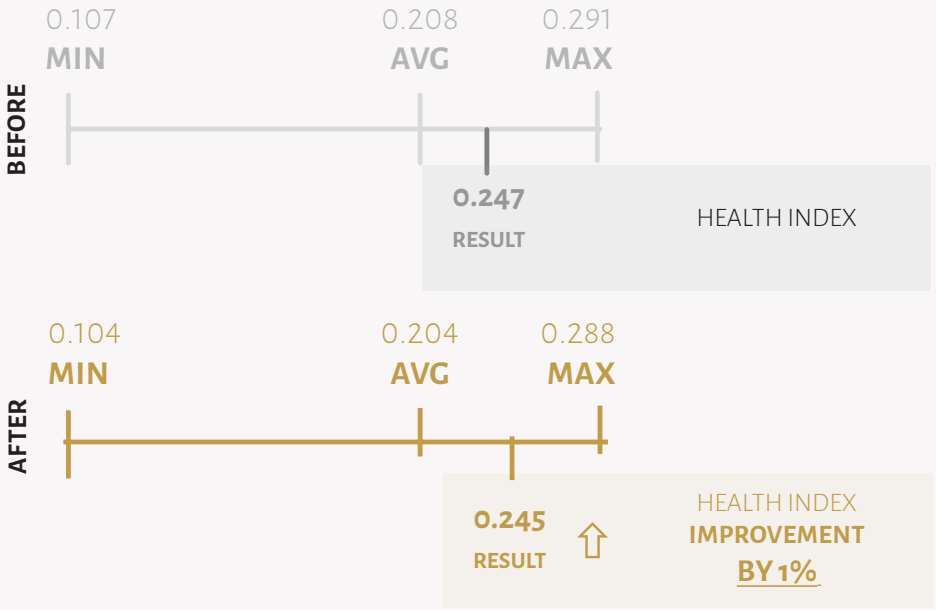
* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



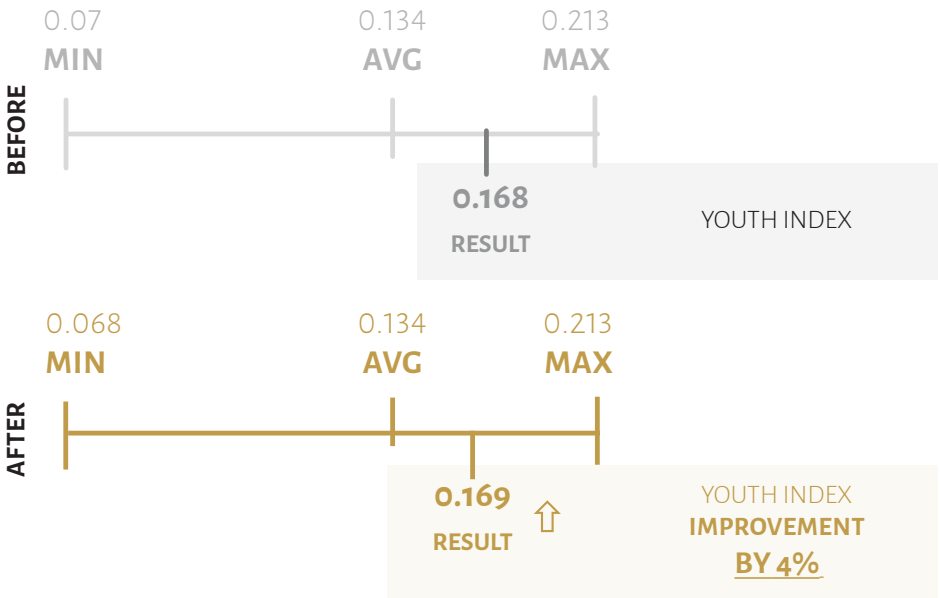
Go glycans (glycans without galactose) are known to promote inflammation (so all diseases that have an inflammatory background – this is actually way more diseases than we may think). These glycans do that by activating the complement system through the lectin pathway, thus low levels of Go are generally considered to be benefcial for general health. On average, the older a person is, the lower level of G2 and the higher level of Go **so the lower result you have - the better.**

GLYCAN HEALTH - G2



In a way, the opposite of Go. **G2 glycans** acts antiinflammatory, i.e. protective vs inflammation. As we age, our levels of G2 decrease. Decreased levels of G2 are associated with diferent autoimmune and inflammatory diseases, thus **high levels** of G2 are considered to be biomarkers of youthfulness. Also, before menopause women tend to have higher levels of G2, thus in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning their body "ages" significantly during this period and is less protected against inflammation after menopause.

GLYCAN YOUTH-S



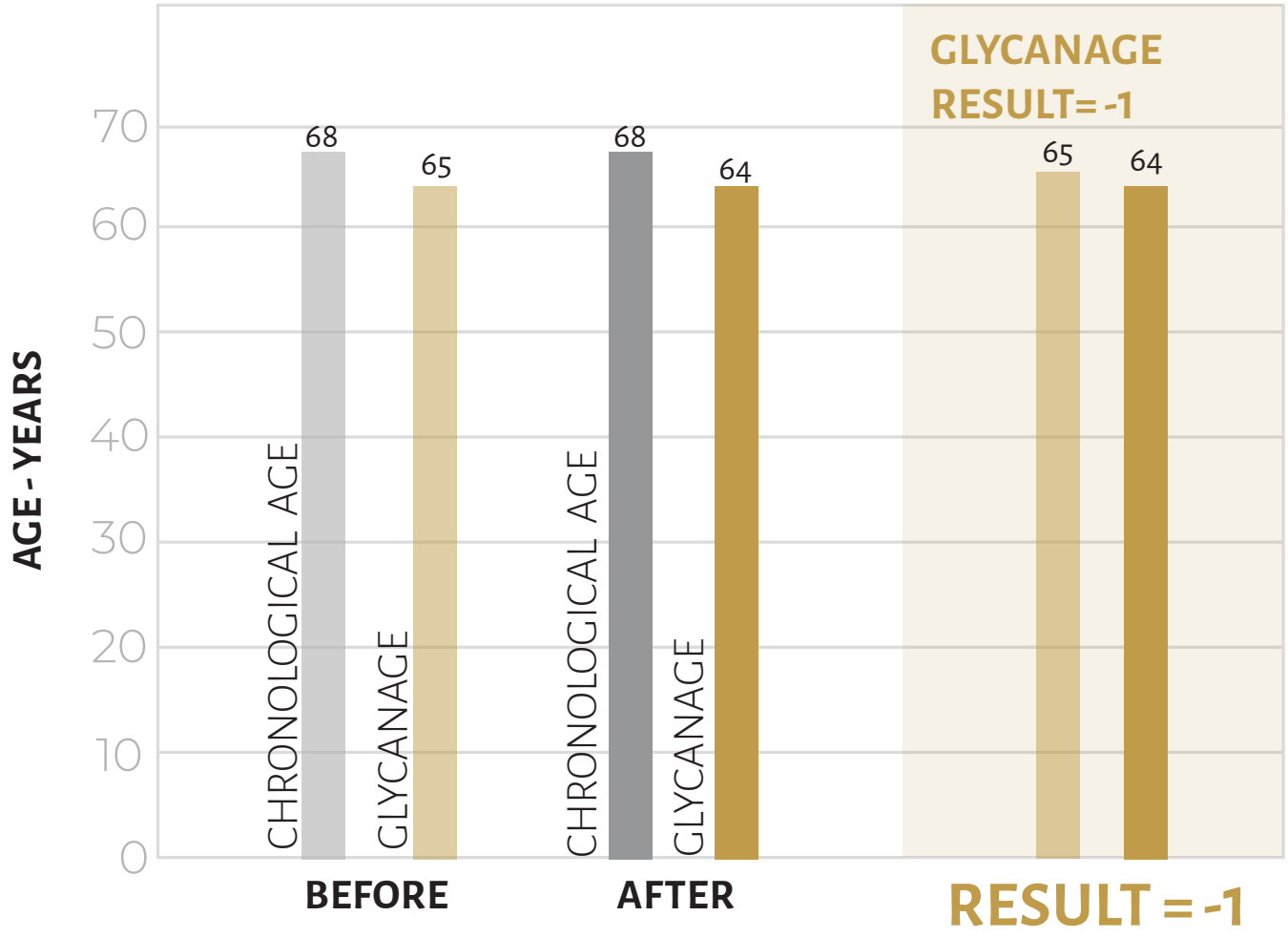
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 11**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **22/11/1951**

DATE OF SAMPLING: **27/07/2020**
TEST RESULT DATE: **24/08/2020**
CHRONOLOGICAL AGE: **68**
GLYCANAGE: **65**

DATE OF SAMPLING: **21/10/2020**
TEST RESULT DATE: **06/11/2020**
CHRONOLOGICAL AGE: **68**
GLYCANAGE: **64**

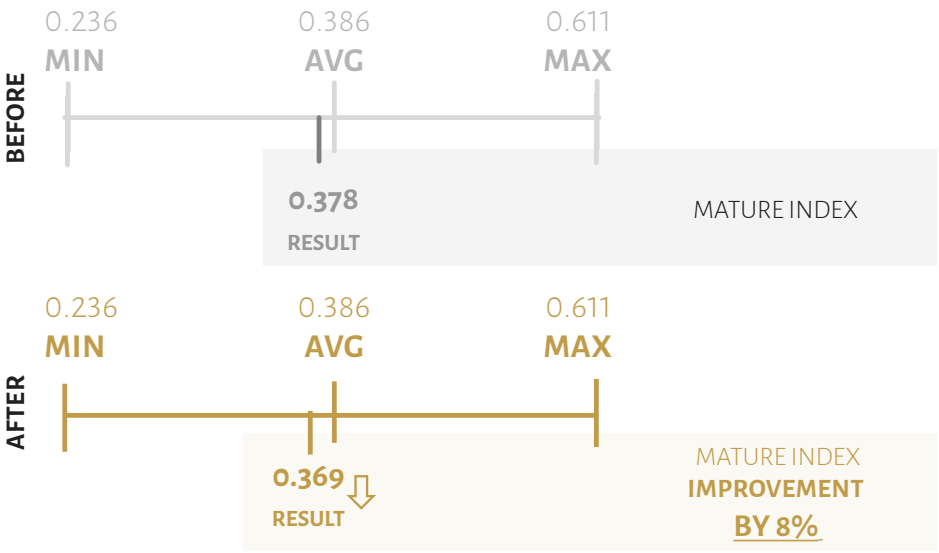


CHRONOLOGICAL AGE	RESULT 1 GLYCANAGE	RESULT 2
BEFORE 68	65	
AFTER 68	64	
AFTER - BEFORE 0	-1	

END RESULT : - (RESULT 1 - RESULT 2)	**BIOLOGICAL AGE REVERSAL**	**-1**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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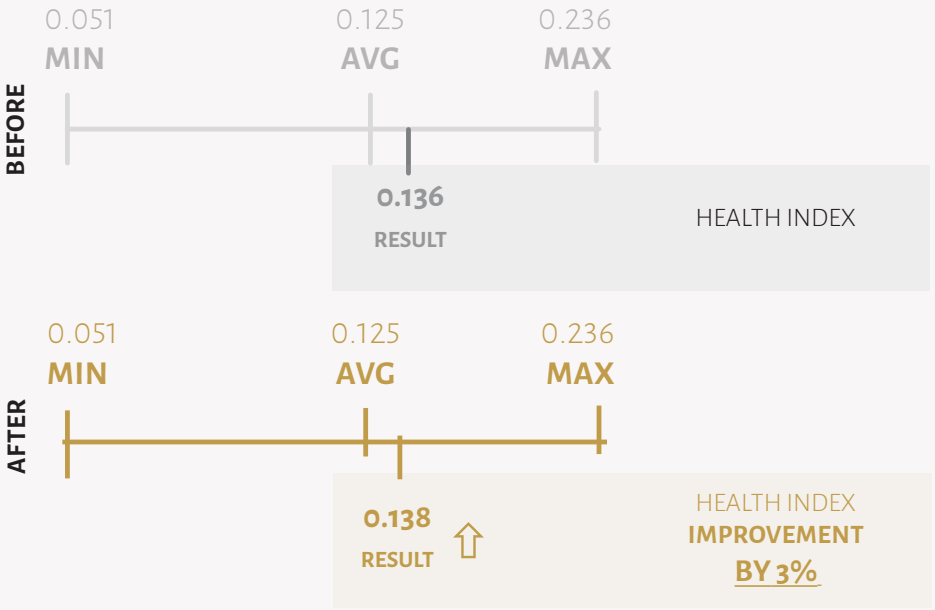
GLYCAN HEALTH - G2



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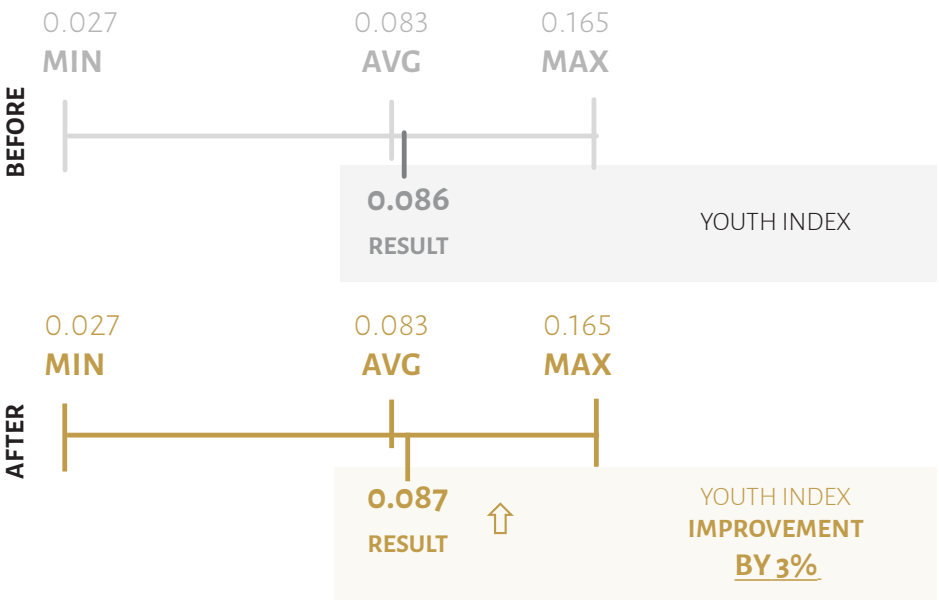
GLYCAN YOUTH-S



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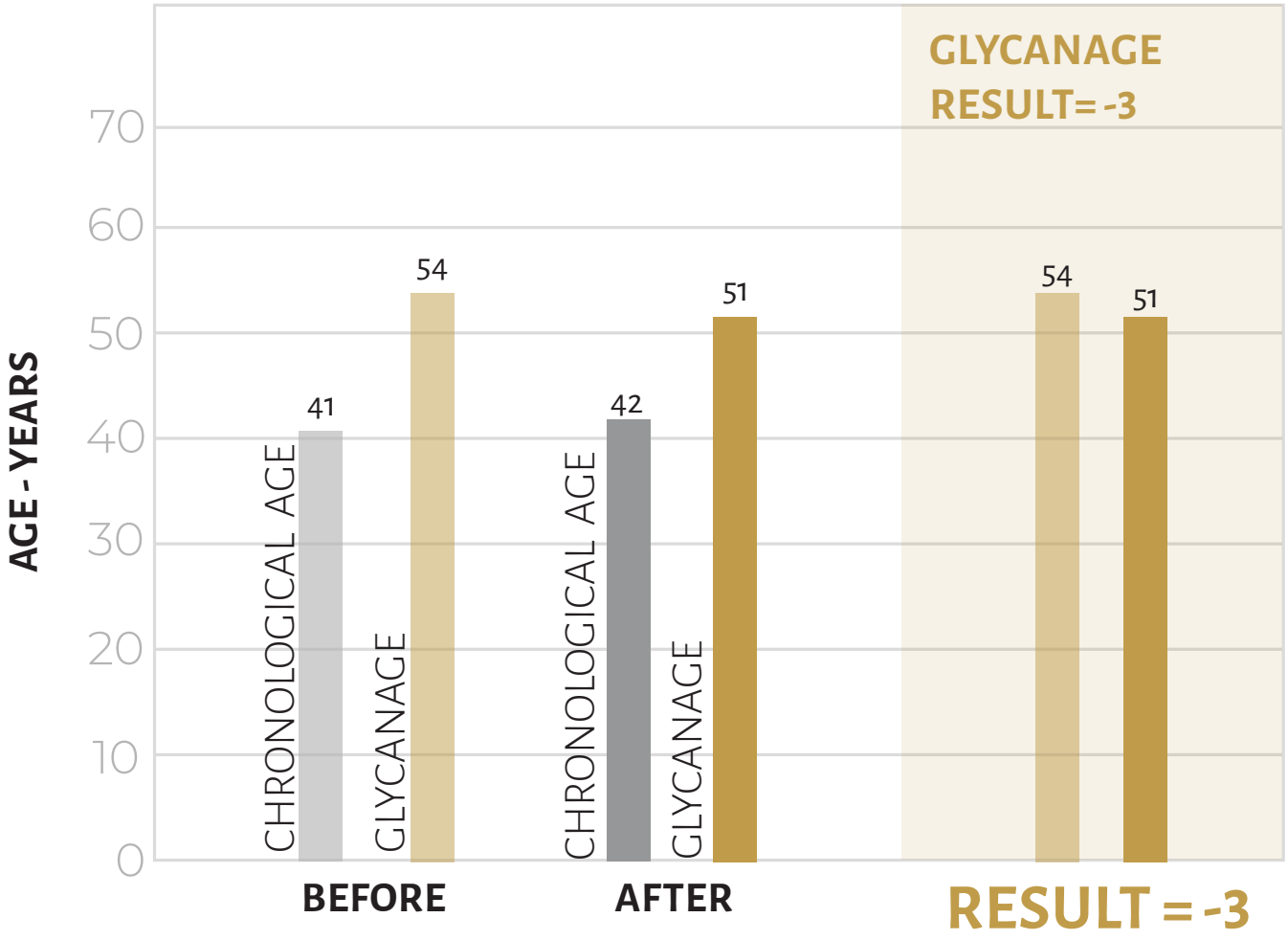
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 12**
GENDER: **MALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **06/08/1978**

DATE OF SAMPLING: **30/07/2020**
TEST RESULT DATE: **24/08/2020**
CHRONOLOGICAL AGE: **41**
GLYCANAGE: **54**

DATE OF SAMPLING: **02/12/2020**
TEST RESULT DATE: **04/01/2021**
CHRONOLOGICAL AGE: **42**
GLYCANAGE:**51**

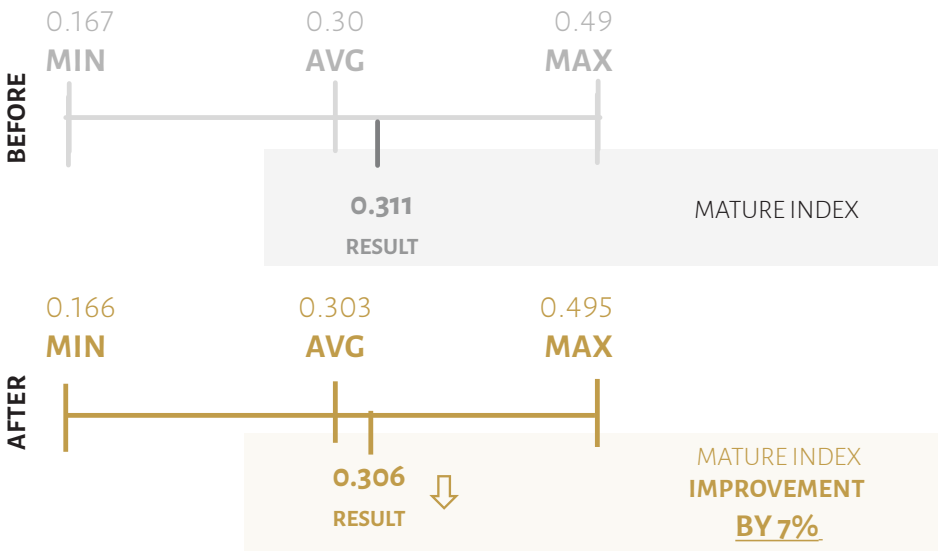


	CHRONOLOGICAL AGE	RESULT 1 GLYCANAGE	RESULT 2
BEFORE	41	54	
AFTER	42	51	
AFTER - BEFORE	1		-3

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-4**

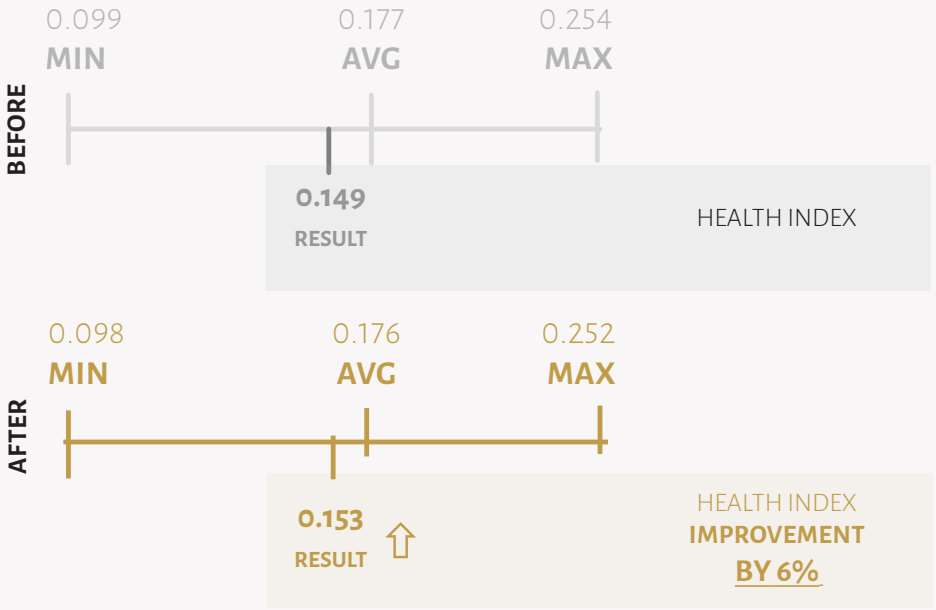
* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - G0



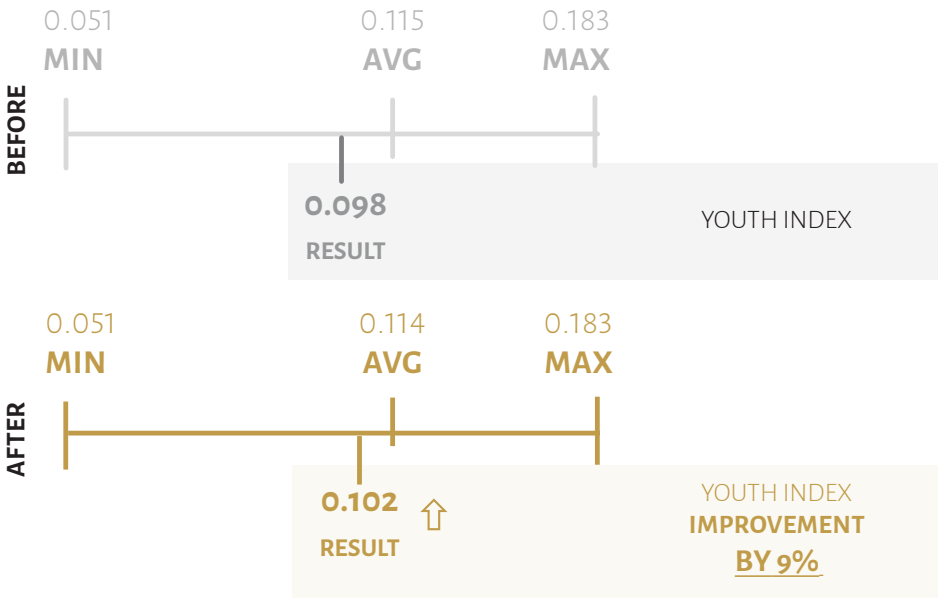
Go glycans (glycans without galactose) are known to promote inflammation (so all diseases that have an inflammatory background – this is actually way more diseases than we may think). These glycans do that by activating the complement system through the lectin pathway, thus low levels of G0 are generally considered to be benefcial for general health. On average, the older a person is, the lower level of G2 and the higher level of G0 **so the lower result you have - the better.**

GLYCAN HEALTH - G2



In a way, the opposite of G0. **G2 glycans** acts antiinflammatory, i.e. protective vs inflammation. As we age, our levels of G2 decrease. Decreased levels of G2 are associated with diferent autoimmune and inflammatory diseases, thus **high levels** of G2 are considered to be biomarkers of youthfulness. Also, before menopause women tend to have higher levels of G2, thus in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning their body "ages" significantly during this period and is less protected against inflammation after menopause.

GLYCAN YOUTH-S



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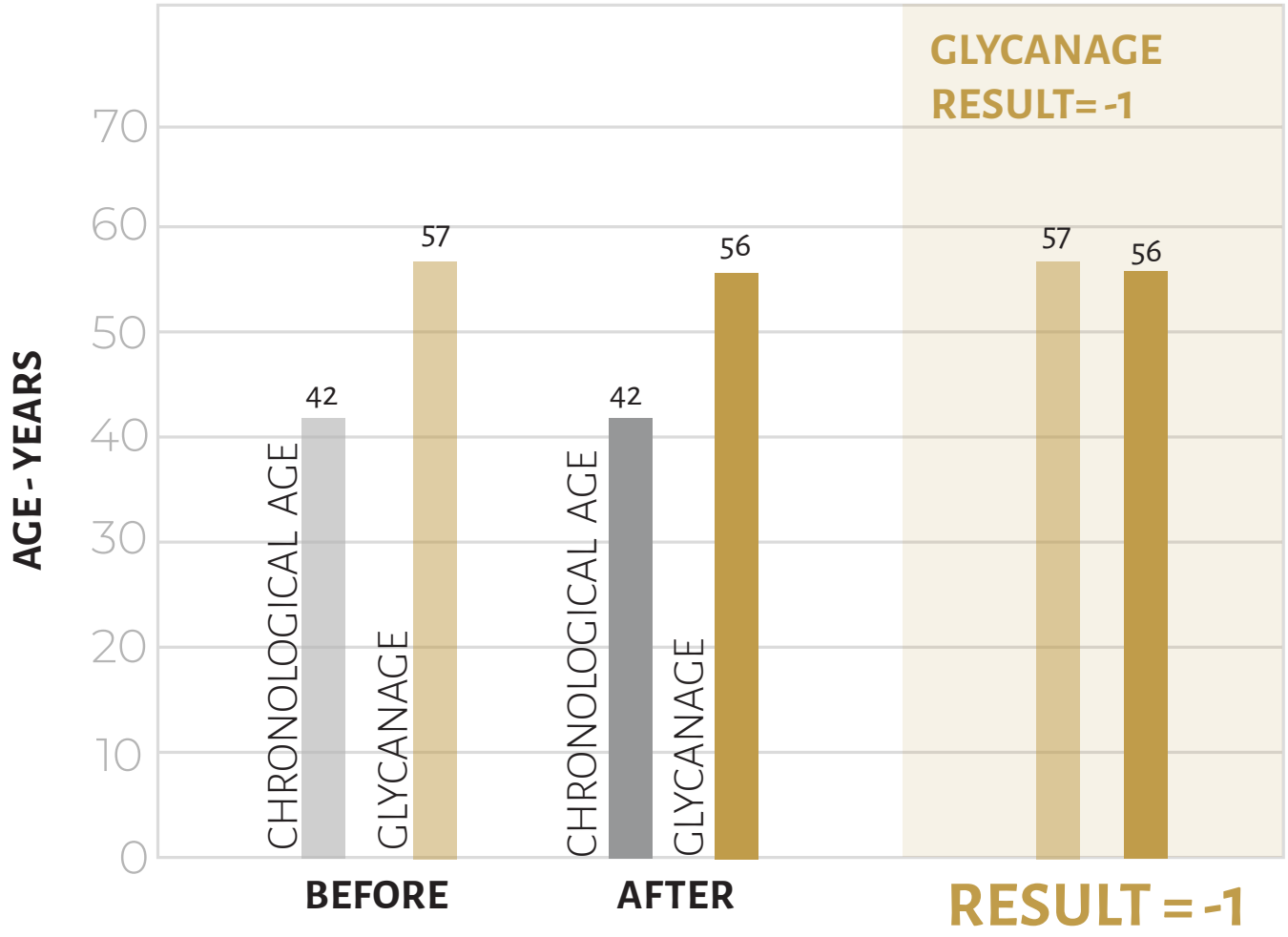
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 13**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **04/12/1977**

DATE OF SAMPLING: **28/07/2020**
TEST RESULT DATE: **24/08/2020**
CHRONOLOGICAL AGE: **42**
GLYCANAGE: **57**

DATE OF SAMPLING: **23/11/2020**
TEST RESULT DATE: **17/12/2020**
CHRONOLOGICAL AGE: **42**
GLYCANAGE:**56**

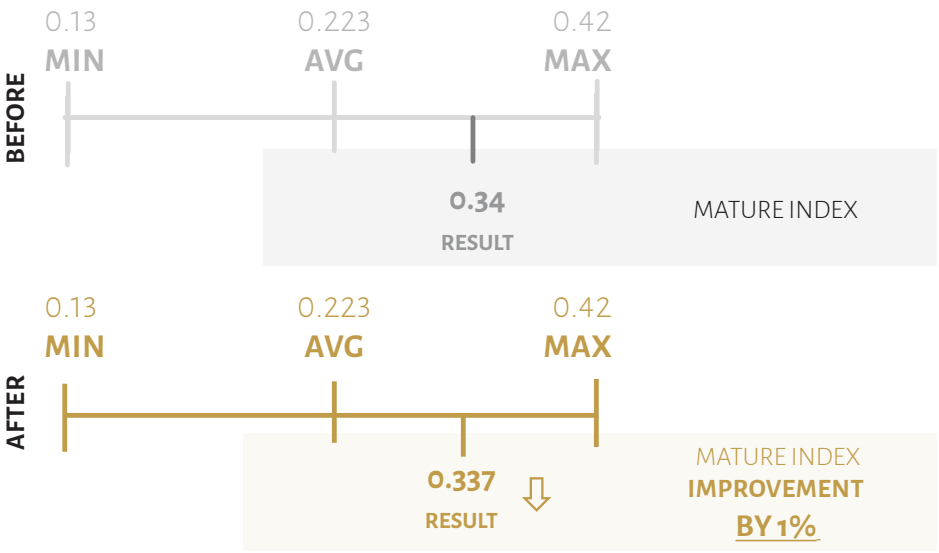


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	42	57	
AFTER	42	56	
AFTER - BEFORE	0		-1

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-1**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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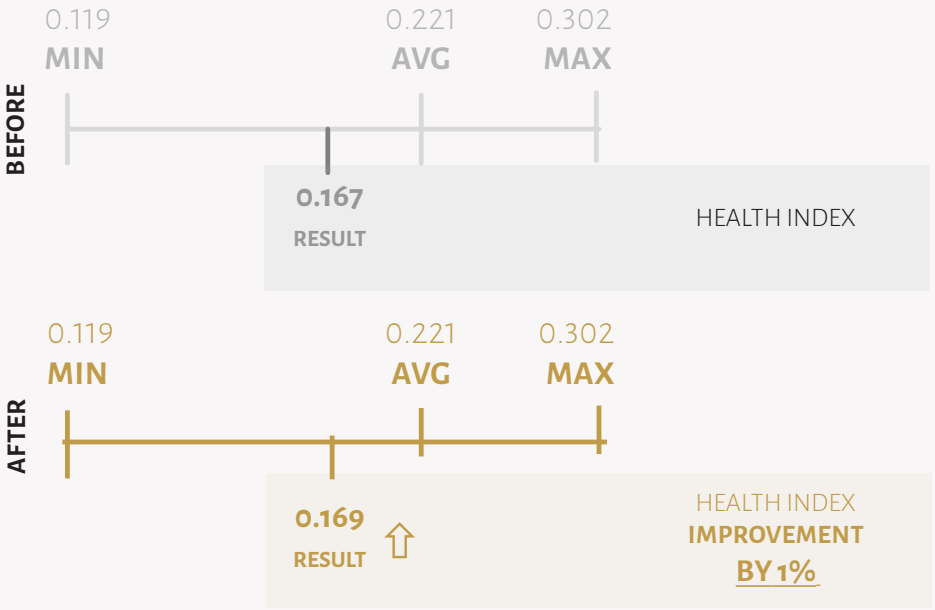
GLYCAN HEALTH - G2



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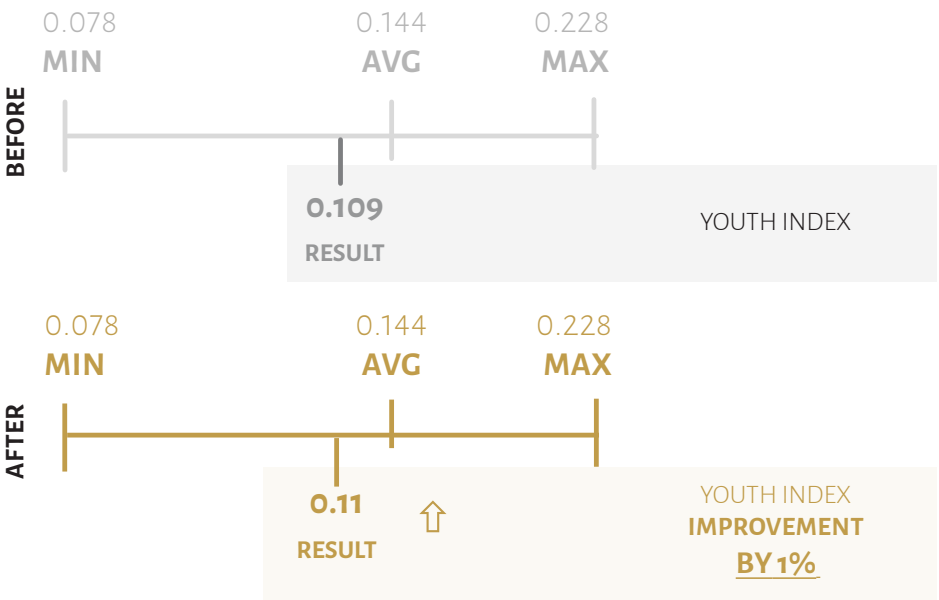
GLYCAN YOUTH-S



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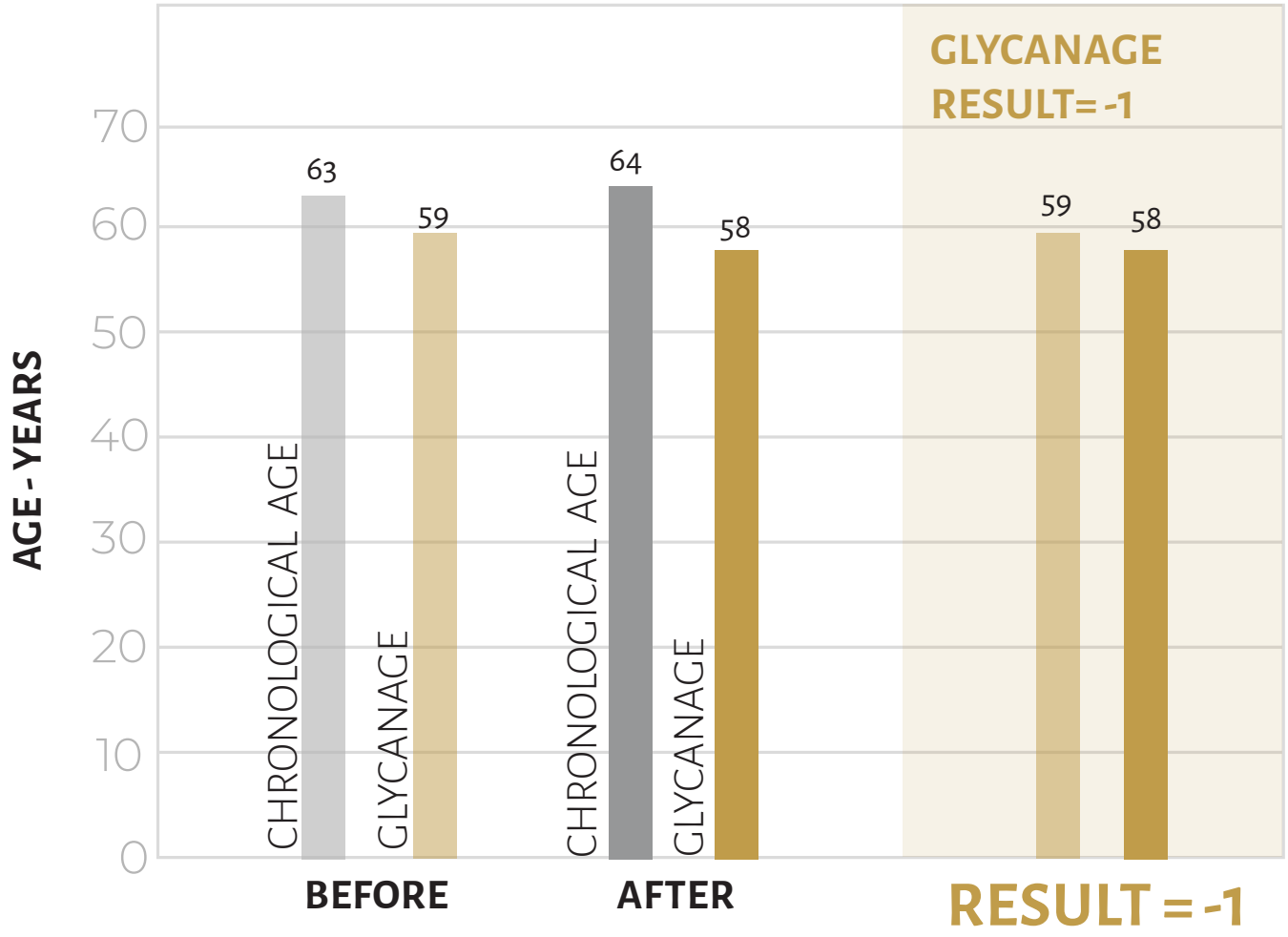
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 14**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **10/10/1956**

DATE OF SAMPLING: **27/07/2020**
TEST RESULT DATE: **24/08/2020**
CHRONOLOGICAL AGE: **63**
GLYCANAGE: **59**

DATE OF SAMPLING: **21/10/2020**
TEST RESULT DATE: **16/11/2020**
CHRONOLOGICAL AGE: **64**
GLYCANAGE:**58**

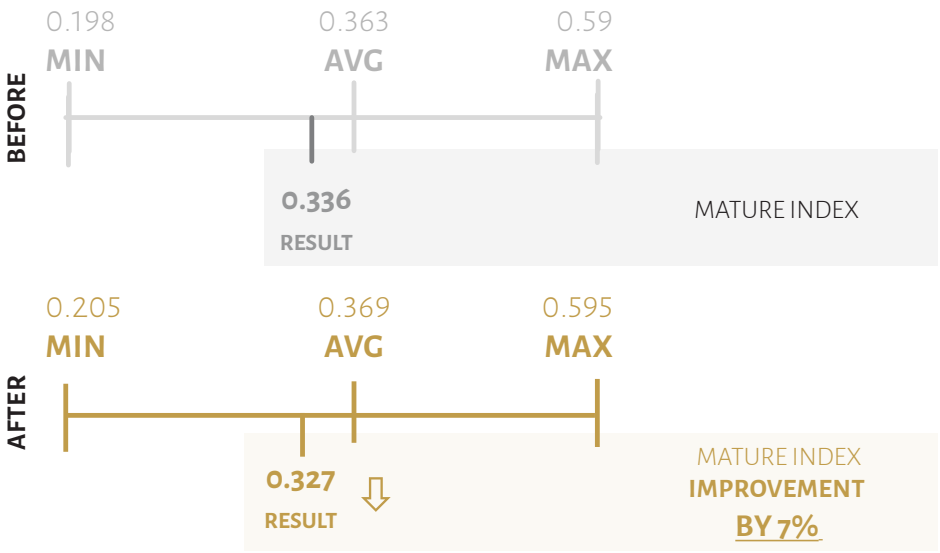


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	63	59	
AFTER	64	58	
AFTER - BEFORE	1		-1

END RESULT : - (RESULT 1 - RESULT 2)	**BIOLOGICAL AGE REVERSAL**	**-2**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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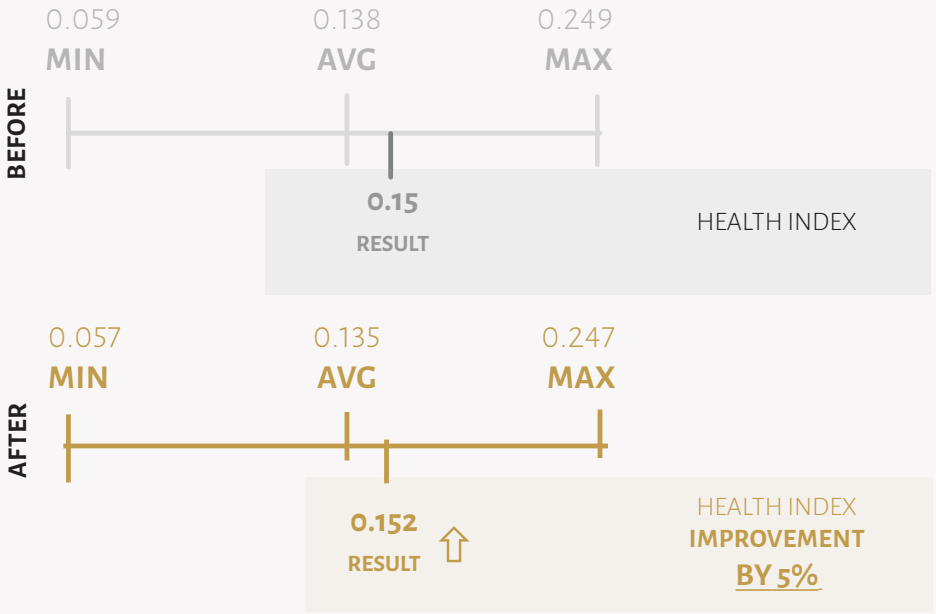
GLYCAN HEALTH - G2



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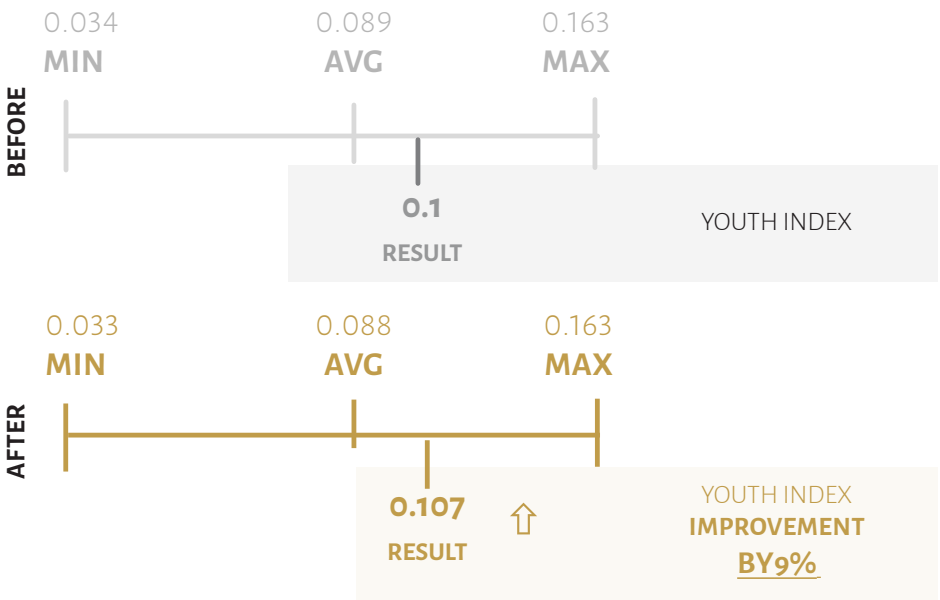
GLYCAN YOUTH-S



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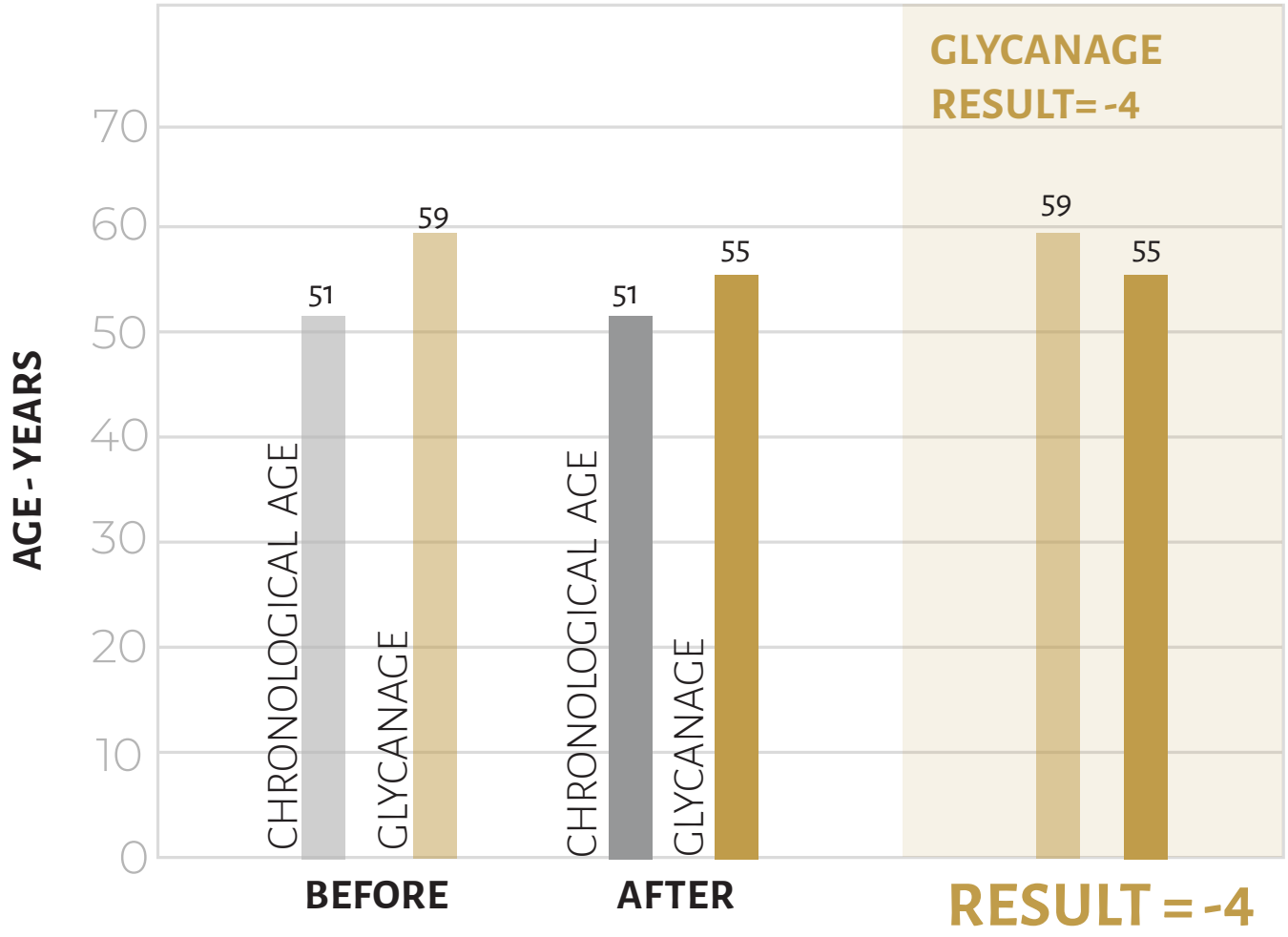
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 15**
GENDER: **MALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **16/08/1969**

DATE OF SAMPLING: **24/08/2020**
TEST RESULT DATE: **07/09/2020**
CHRONOLOGICAL AGE: **51**
GLYCANAGE: **59**

DATE OF SAMPLING: **08/12/2020**
TEST RESULT DATE: **04/01/2021**
CHRONOLOGICAL AGE: **51**
GLYCANAGE:**55**

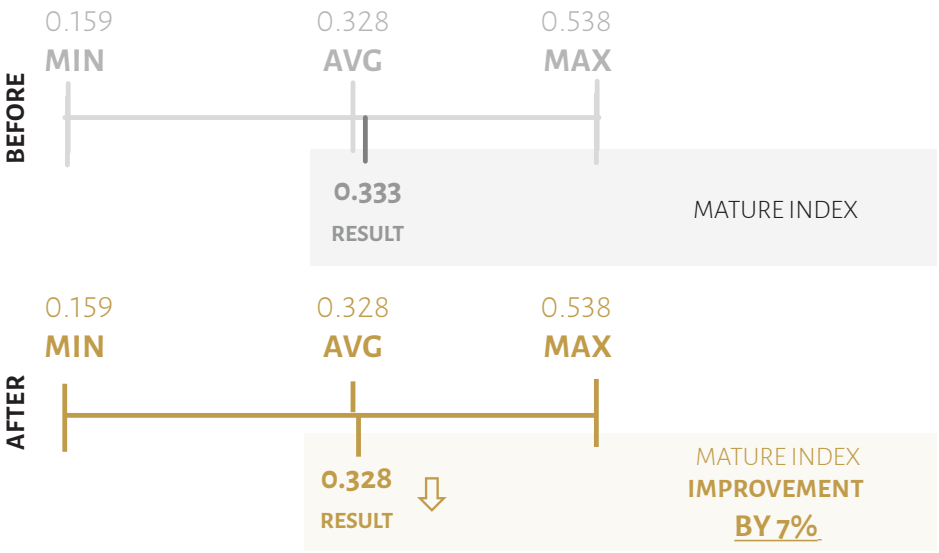


	CHRONOLOGICAL AGE	RESULT 1 GLYCANAGE	RESULT 2
BEFORE	51	59	
AFTER	51	55	
AFTER - BEFORE	0		-4

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-4**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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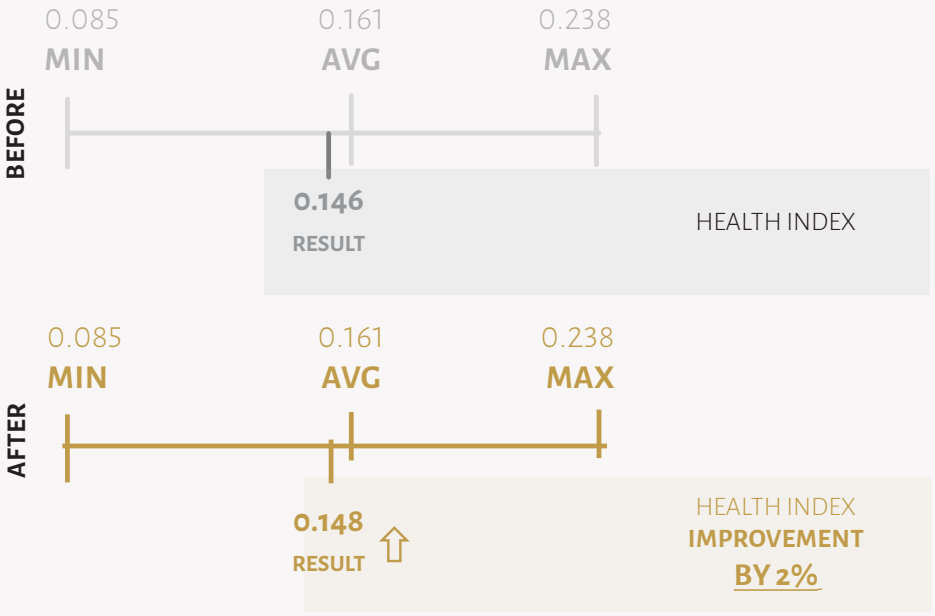
GLYCAN HEALTH - G2



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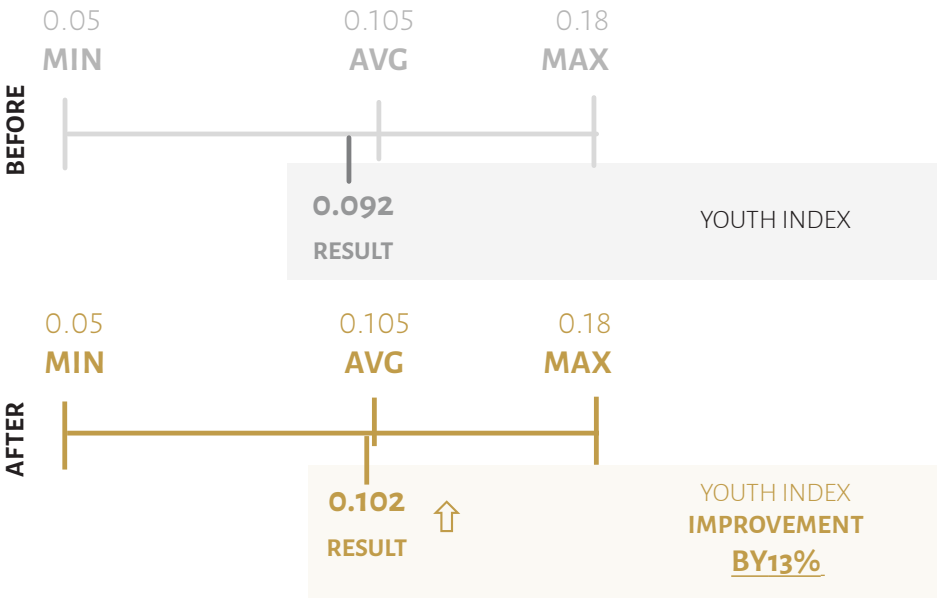
GLYCAN YOUTH-S



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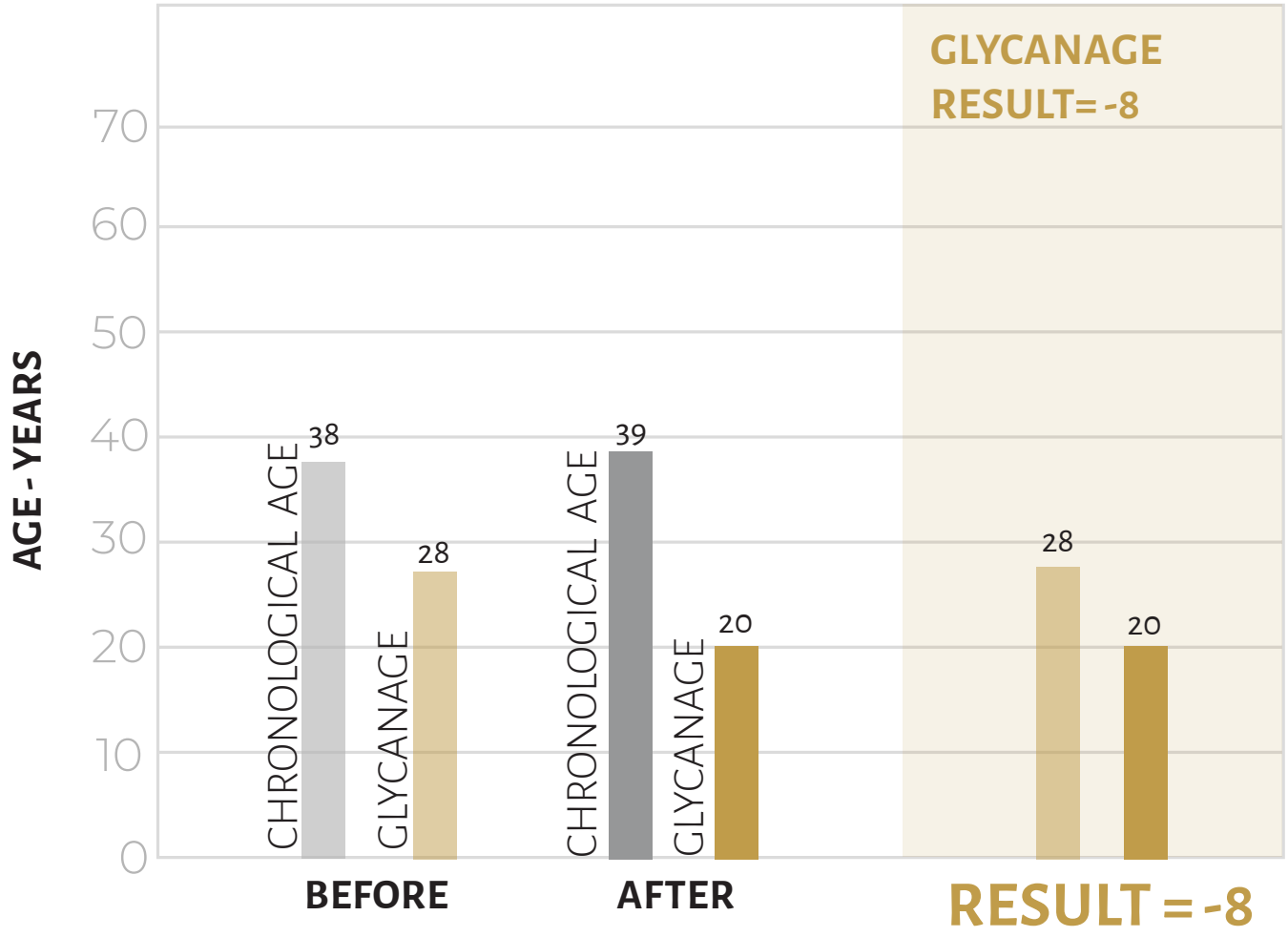
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 16**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **17/07/1981**

DATE OF SAMPLING: **29/07/2020**
TEST RESULT DATE: **21/09/2020**
CHRONOLOGICAL AGE:**38**
GLYCANAGE: **28**

DATE OF SAMPLING: **04/12/2020**
TEST RESULT DATE: **04/01/2021**
CHRONOLOGICAL AGE: **39**
GLYCANAGE:**20**

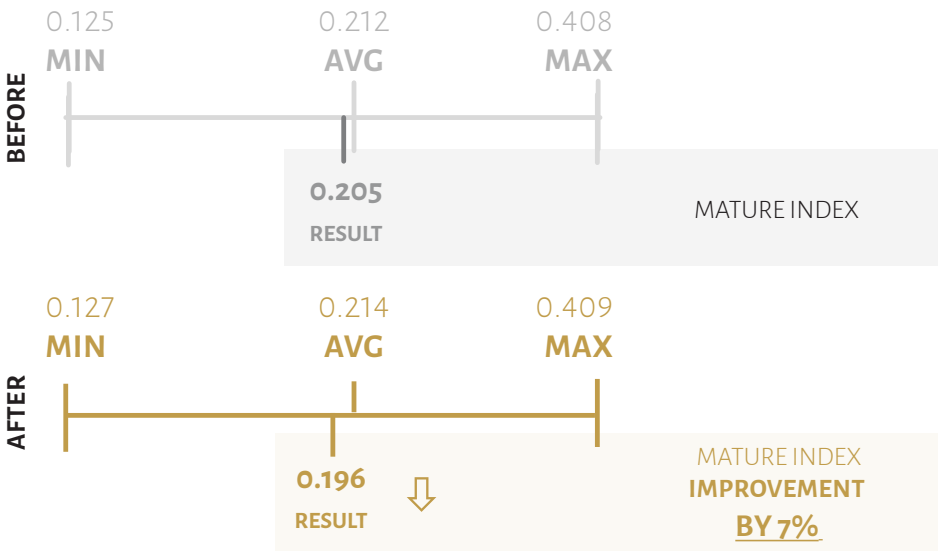


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	38		28
AFTER	39		20
AFTER - BEFORE	1		-8

END RESULT : - (RESULT 1 - RESULT 2) **BIOLOGICAL AGE REVERSAL** **-9**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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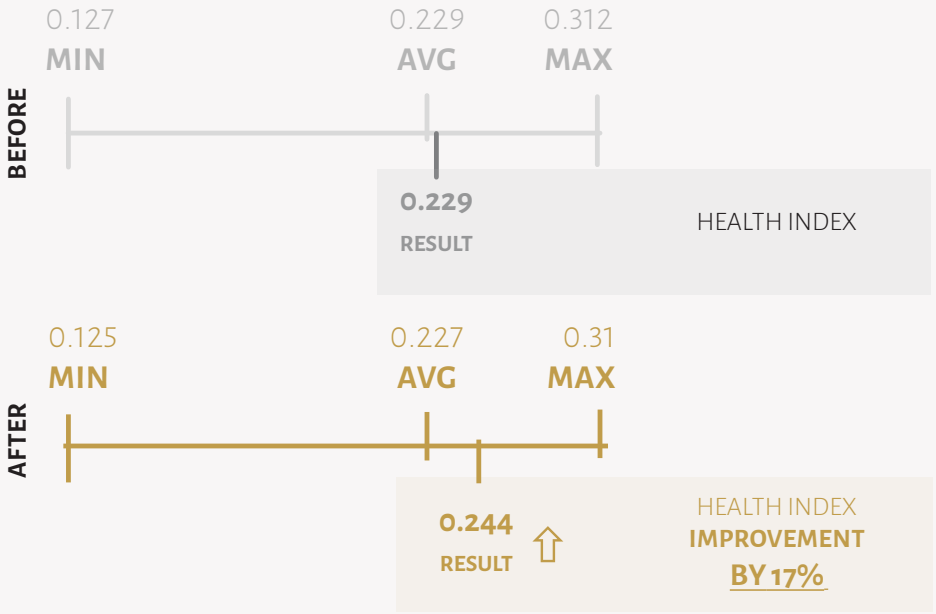
GLYCAN HEALTH - G2



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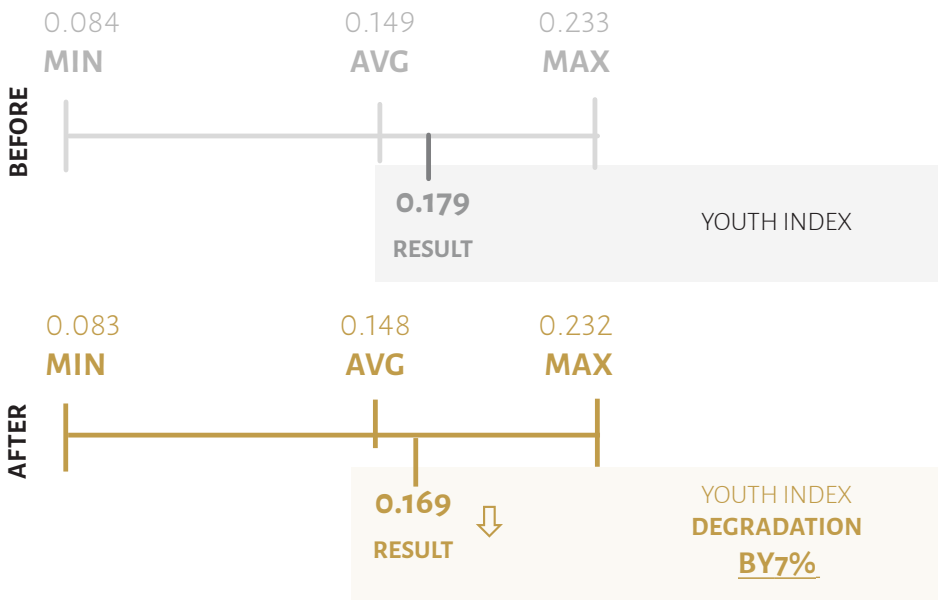
GLYCAN YOUTH-S



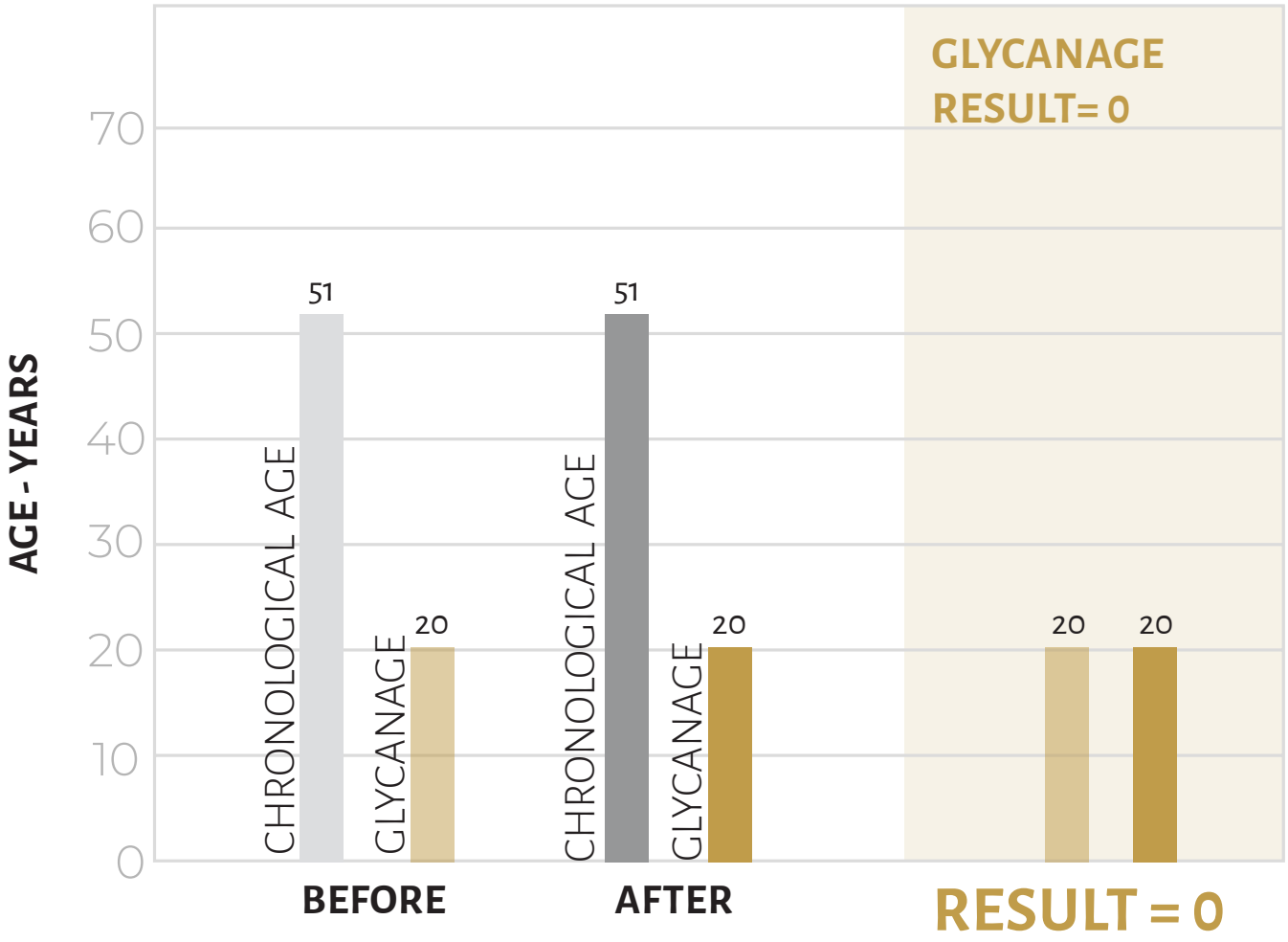
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 17**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **08/03/1969**

DATE OF SAMPLING: **16/07/2020**
TEST RESULT DATE: **29/07/2020**
CHRONOLOGICAL AGE: **51**
GLYCANAGE: **20**

DATE OF SAMPLING: **08/12/2020**
TEST RESULT DATE: **04/01/2021**
CHRONOLOGICAL AGE: **51**
GLYCANAGE: **20**

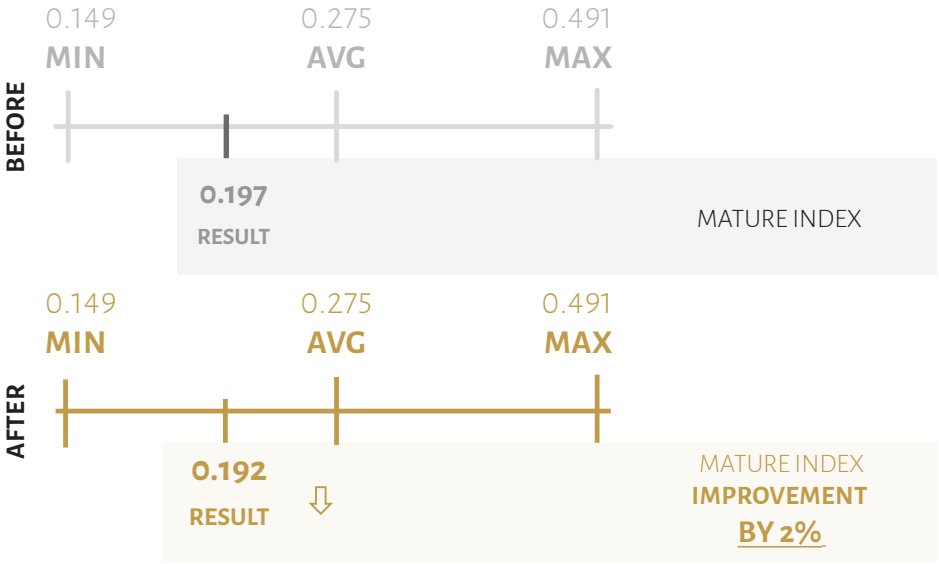


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	51		20
AFTER	51		20
AFTER - BEFORE	0		0

END RESULT : (RESULT 1 - RESULT 2)	**BIOLOGICAL AGE REVERSAL**	0

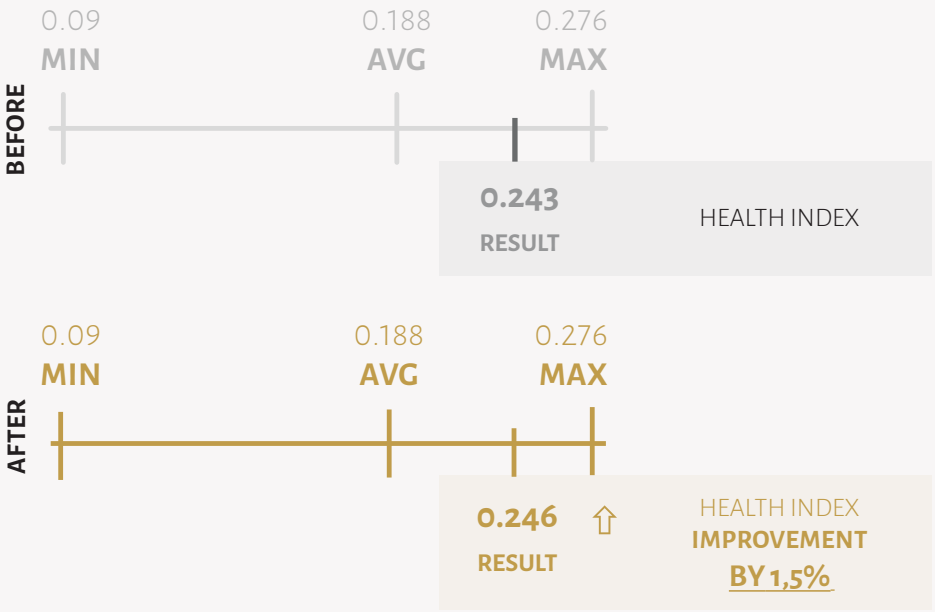
* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



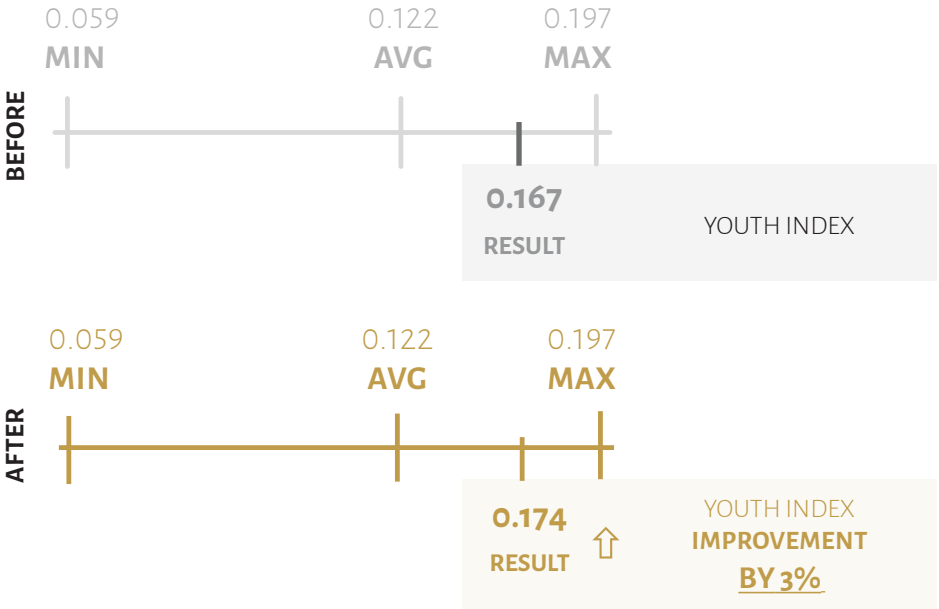
Go glycans (glycans without galactose) are known to promote inflammation (so all diseases that have an inflammatory background – this is actually way more diseases than we may think). These glycans do that by activating the complement system through the lectin pathway, thus low levels of Go are generally considered to be benefcial for general health. On average, the older a person is, the lower level of G2 and the higher level of Go **so the lower result you have - the better.**

GLYCAN HEALTH - G2



In a way, the opposite of Go. **G2 glycans** acts antiinflammatory, i.e. protective vs inflammation. As we age, our levels of G2 decrease. Decreased levels of G2 are associated with diferent autoimmune and inflammatory diseases, thus **high levels** of G2 are considered to be biomarkers of youthfulness. Also, before menopause women tend to have higher levels of G2, thus in a way being protected from inflammation. During menopause there is usually a sharp drop in G2, meaning their body "ages" significantly during this period and is less protected against inflammation after menopause.

GLYCAN YOUTH-S



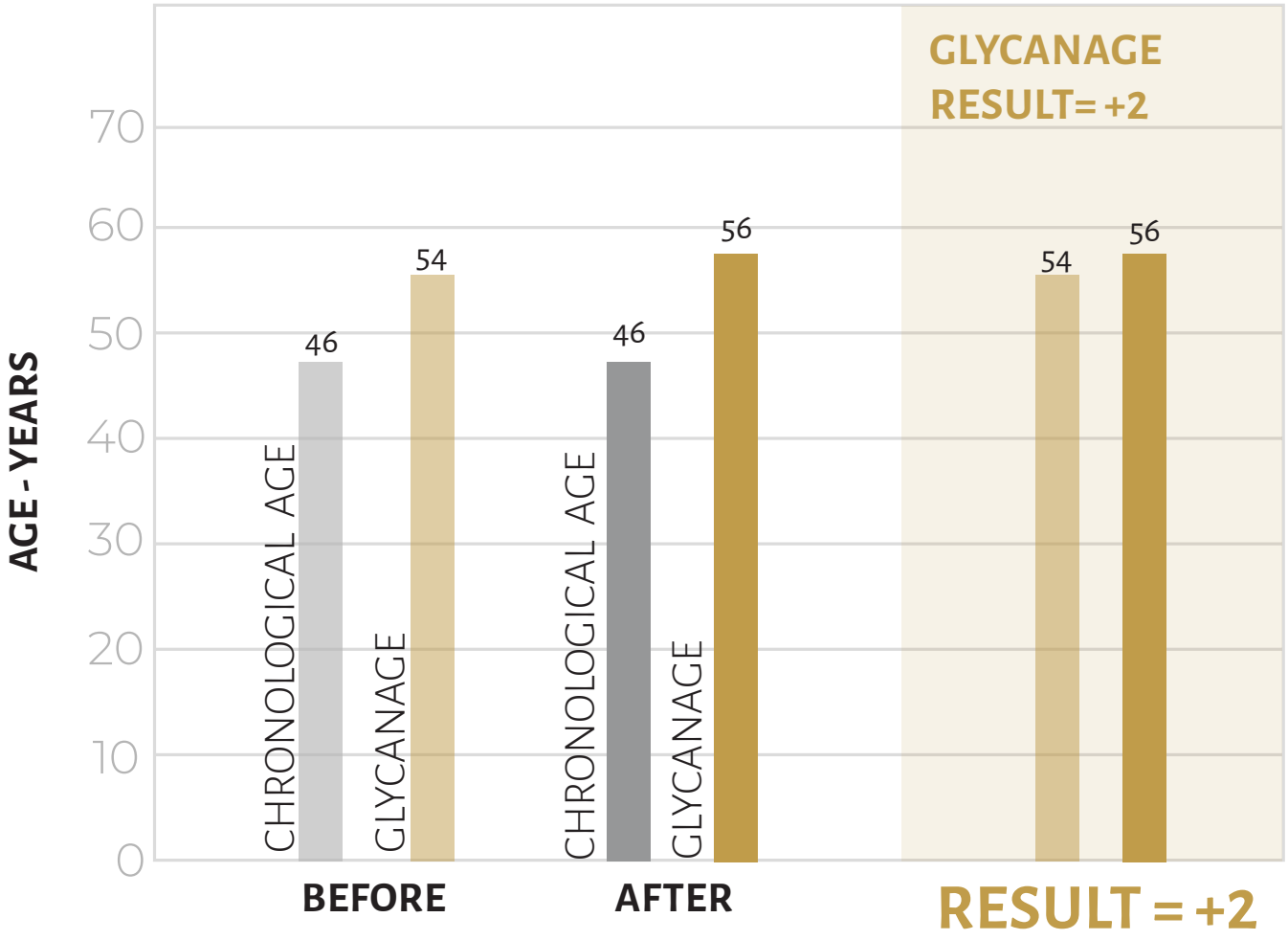
Youth glycans - S are the most immunosuppressive members of the IgG glycome and are believed to be essential for the anti-inflammatory activity of intravenous immunoglobulin preparations. **High levels of S glycans** are associated with the absence of dixerent autoimmune and inflammatory diseases and are generally considered to be biomarkers of good health. It is thought that some drugs that are actually pooled immunoglobulins from many donors owe their anti-inflammatory activity to this glycan component.

ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 18**
GENDER: **FEMALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **06/07/1974**

DATE OF SAMPLING: **16/07/2020**
TEST RESULT DATE: **31/07/2020**
CHRONOLOGICAL AGE: **46**
GLYCANAGE: **54**

DATE OF SAMPLING: **15/10/2020**
TEST RESULT DATE: **05/11/2020**
CHRONOLOGICAL AGE: **46**
GLYCANAGE: **56**

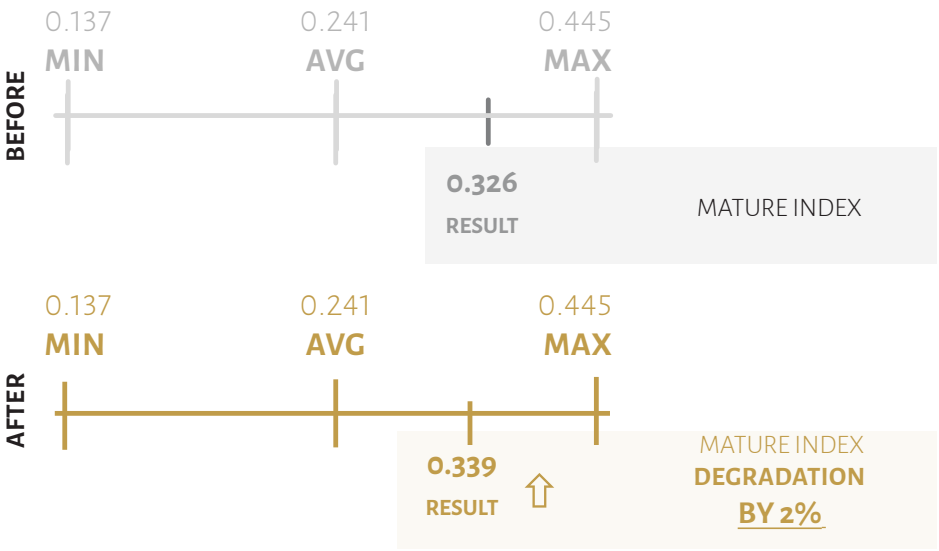


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	46		54
AFTER	46		56
AFTER - BEFORE	0		2

END RESULT : - (RESULT 1 - RESULT 2)	**BIOLOGICAL AGE REVERSAL**	**2**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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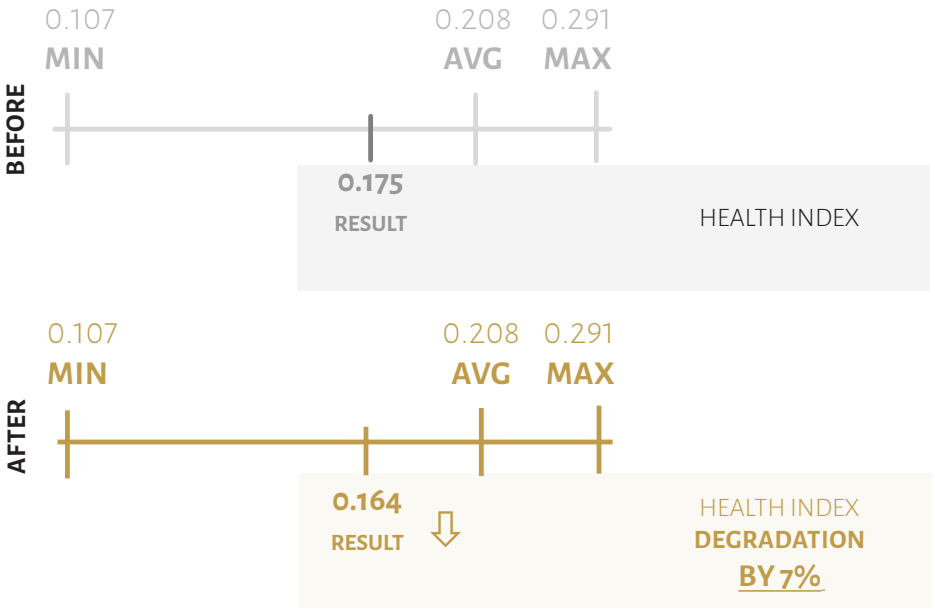
GLYCAN HEALTH - G2



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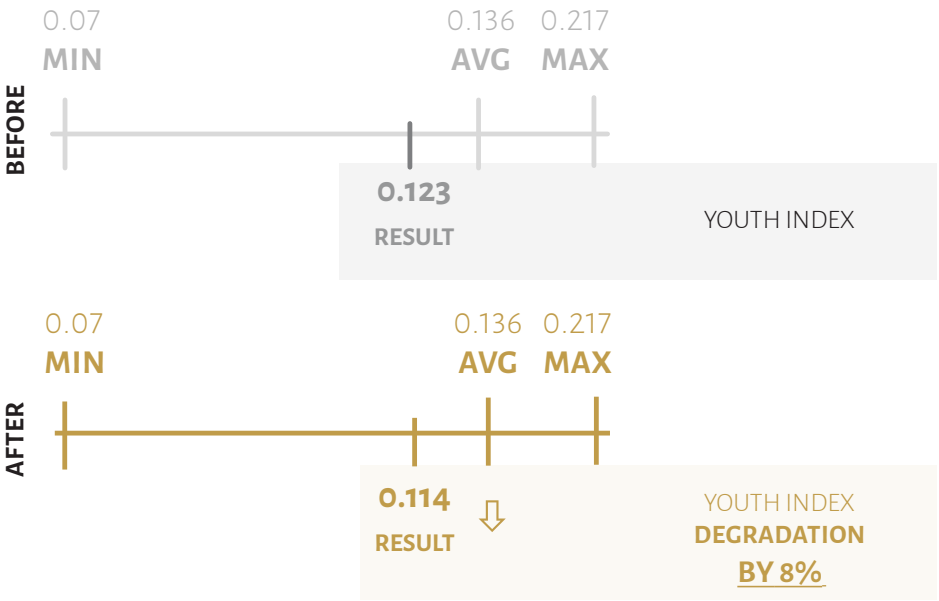
GLYCAN YOUTH-S



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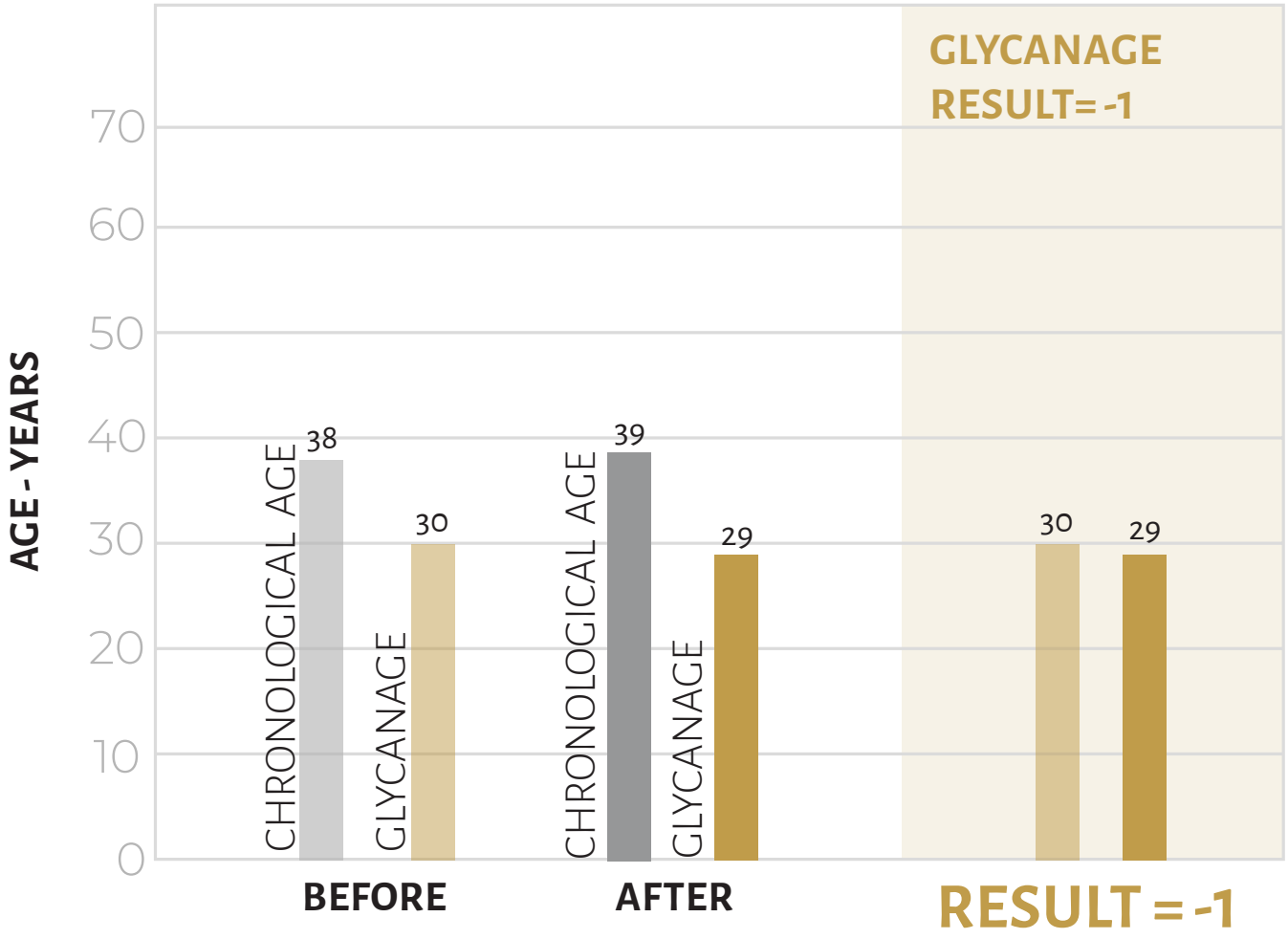
ANALEMMA
THE ARCHITECT OF LIFE

PROFILE: **SUBJECT 19**
GENDER: **MALE**
ETHNICITY: **WHITE - OTHER**
DATE OF BIRTH: **17/08/1981**

DATE OF SAMPLING: **20/07/2020**
TEST RESULT DATE: **10/08/2020**
CHRONOLOGICAL AGE: **38**
GLYCANAGE: **30**

DATE OF SAMPLING: **04/01/2021**
TEST RESULT DATE: **11/02/2021**
CHRONOLOGICAL AGE: **39**
GLYCANAGE: **29**

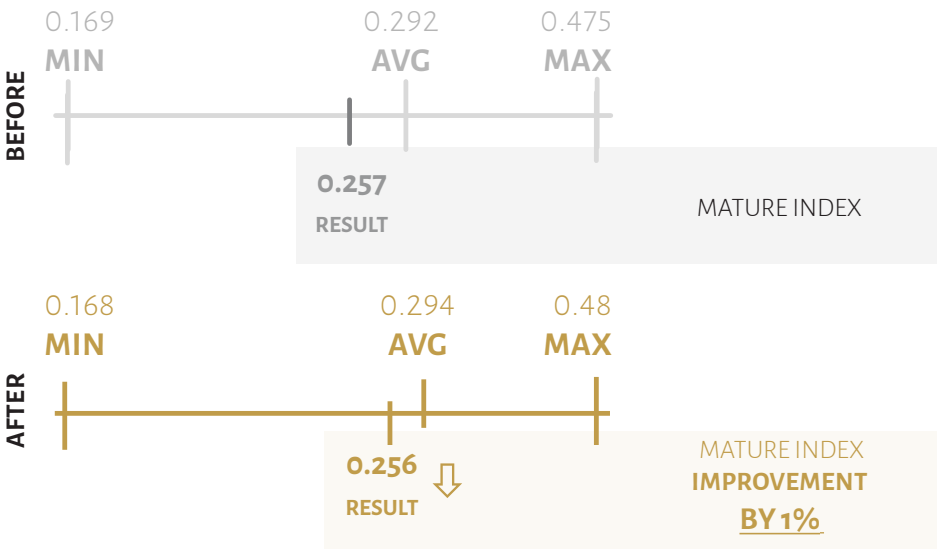


CHRONOLOGICAL AGE	RESULT 1	GLYCANAGE	RESULT 2
BEFORE	38	30	
AFTER	39	29	
AFTER - BEFORE	1	-1	

END RESULT : - (RESULT 1 - RESULT 2)	**BIOLOGICAL AGE REVERSAL**	**-2**

* Lowest GlycanAge score below which measurements are not possible - 20

GLYCAN MATURE - Go



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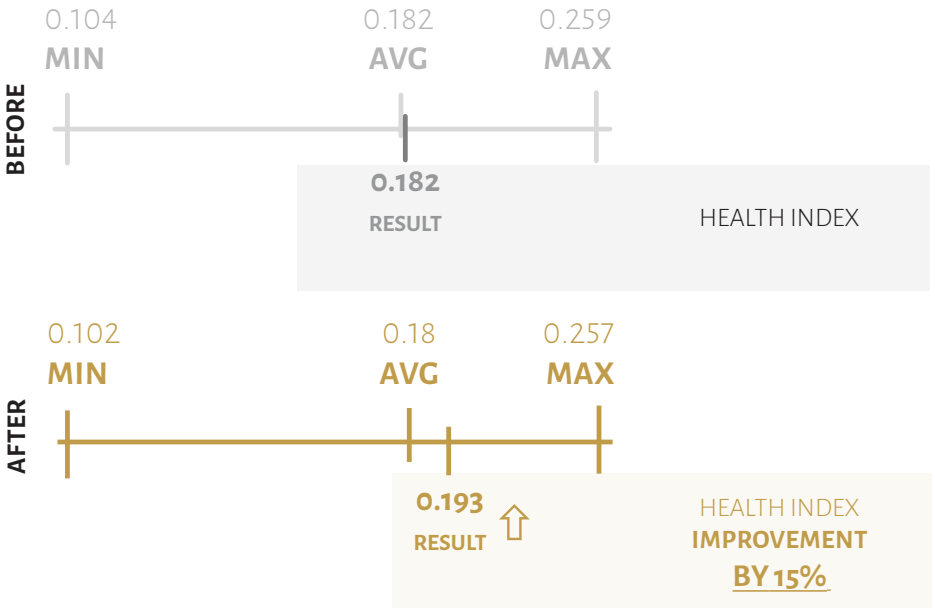
GLYCAN HEALTH - G2



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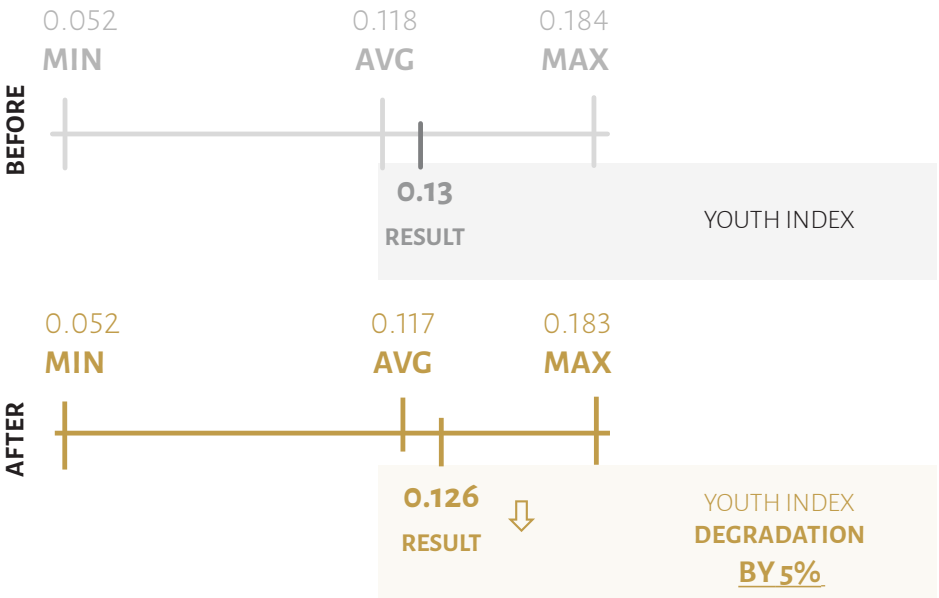

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