

# Epigenetic and genetic analyses from one drop

Six analyses from capillary blood, processed by our European partner laboratory — a measurable basis for your consultation.

**SAMPLE**

**Dried blood card,  
fingertip**

**LABORATORY**

**Partner lab, EU**

**PORTFOLIO**

**6 analyses, one route**

Polaris Diagnostics Europe GmbH is extending its diagnostic portfolio with six analyses from capillary blood. They complement point-of-care testing on the Igloo reader with the layer it does not cover: individual predisposition and regulatory processes that change over time.

## The principle

### Sample material: dried blood card

A few drops of capillary blood from the fingertip are applied to a dried blood card. No venipuncture, no centrifuge, no cold chain — sampling is possible in the practice or at home.

### Genetics and epigenetics — two layers

Genetic variants describe lifelong, unchangeable predisposition. Epigenetic markers — microRNA patterns and DNA methylation — describe the current regulatory state and respond to nutrition, exercise, sleep and strain. That is precisely why they can be measured over time.

### Laboratory and reference data

Analysis is carried out by our cooperation partner, a specialised European laboratory with more than 15 years of research in this field. Results are placed against more than 60,000 validated reference values. Quality management to ISO 9001:2015.

**KEY POINTS FOR YOUR PRACTICE**

- A consultation tool, not a diagnosis — these analyses do not replace clinical assessment.
- An initial and a follow-up measurement after 4 to 6 months form a plannable programme.
- One sampling route, one card type, one laboratory partner for all six analyses.

## The six analyses

**Metabolic Health**

Metabolic type, eating behaviour, weight regulation — for nutritional counselling.

**Healthy Aging**

Telomeres, ageing markers, inflammation, DNA stability — for longevity and prevention.

**Biological age clock**

Biological age from three microRNAs — a compact single value.

**Telomere Analysis**

Telomere length in kbp as a baseline, with reference comparison.

**Stress Monitor**

Stress regulation across six microRNAs — for workplace health and resilience.

**Healthy Sport**

Load, recovery, injury risk — for sports medicine and coaching.

## The workflow in your practice

- 1 Hold the consultation; document the information given and the consent obtained.
- 2 Sampling: prick the fingertip, apply blood to the card, let it dry.
- 3 Send the card to the partner laboratory in the prepared envelope.
- 4 Laboratory analysis of the genetic or epigenetic markers.
- 5 Digital report with traffic-light rating and specific recommendations.
- 6 Review and action plan; follow-up measurement after 4 to 6 months at the earliest.



## Commercial terms

### PRICING AND TERMS

- B2B terms on request — tiered pricing by volume and contract model.
- Request a quotation: [contact@polarisdx.net](mailto:contact@polarisdx.net) or +49 152 2858 0999.

Note: the analysis is a consultation and monitoring tool, not a medical diagnosis and no substitute for clinical assessment. Results are placed against a reference population.

