

# Telomere Analysis

The protective caps of the chromosomes as a baseline — measured in kilobase pairs.

**SAMPLE**

Dried blood card,  
fingertip

**METHOD**

Quantitative PCR

**RESULT**

Telomere length in kbp

Telomeres are the protective structures at the ends of the chromosomes. They shorten with each cell division and are regarded as a marker of cellular ageing and remaining replicative reserve.

## What is analysed?

### Result in kilobase pairs

The measurement is performed by quantitative PCR from dried capillary blood. The result is reported in kilobase pairs (kbp) and placed against an age- and sex-matched reference population.

### Sample material and laboratory

A few drops of capillary blood from the fingertip on a dried blood card — no venipuncture, no cold chain. Analysis is carried out by our cooperation partner against more than 60,000 validated reference values.

#### KEY POINTS FOR YOUR PRACTICE

- qPCR telomere values vary markedly between runs and laboratories — a single value carries no individual conclusion, only the trend does.
- Telomere length covers only one aspect of biological ageing and is not a diagnosis.
- Suitable as an entry measurement; for a full picture, add the Healthy Aging panel.

## What the report contains

**Telomere length in kbp**

Measured mean telomere length

**Biological telomere age**

The value converted into an age, contrasted with chronological age

**Reference comparison**

Placement within an age- and sex-matched reference population

**Recommendations**

Folate, vitamin B12, EGCG, methionine, physical activity

## 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.

## Who it is for

- Longevity programmes and preventive medicine, as a baseline and monitoring measurement.
- Nutritional counselling that wants to document an objective starting value.
- Workplace health programmes with a longevity focus.

**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.

