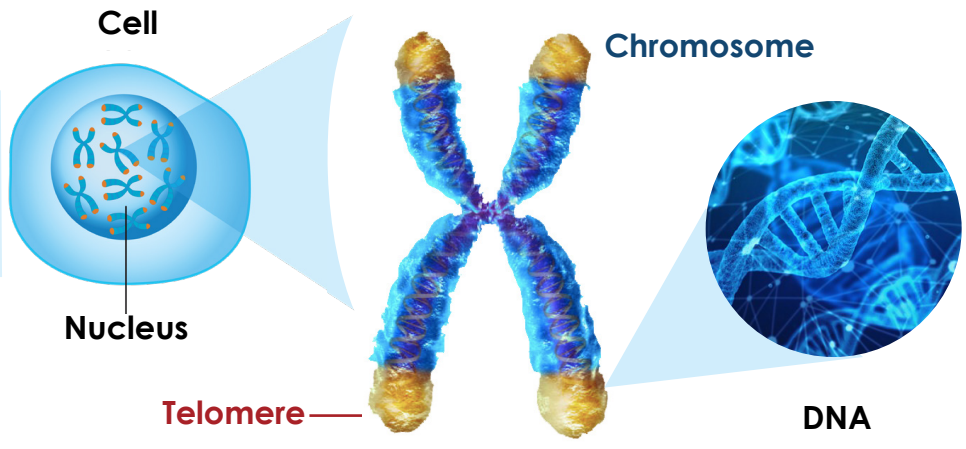
How well are you aging?

Telomeres are the best measure of biological age. New research shows how telomere support may enhance overall health, wellness and longevity.

What are Telomeres?

Every human cell has 23 pairs of chromosomes containing DNA that provide instructions for cell division and function. Telomeres are protective caps of DNA on the ends of chromosomes that have been likened to the plastic tips that prevent shoelaces from fraying.

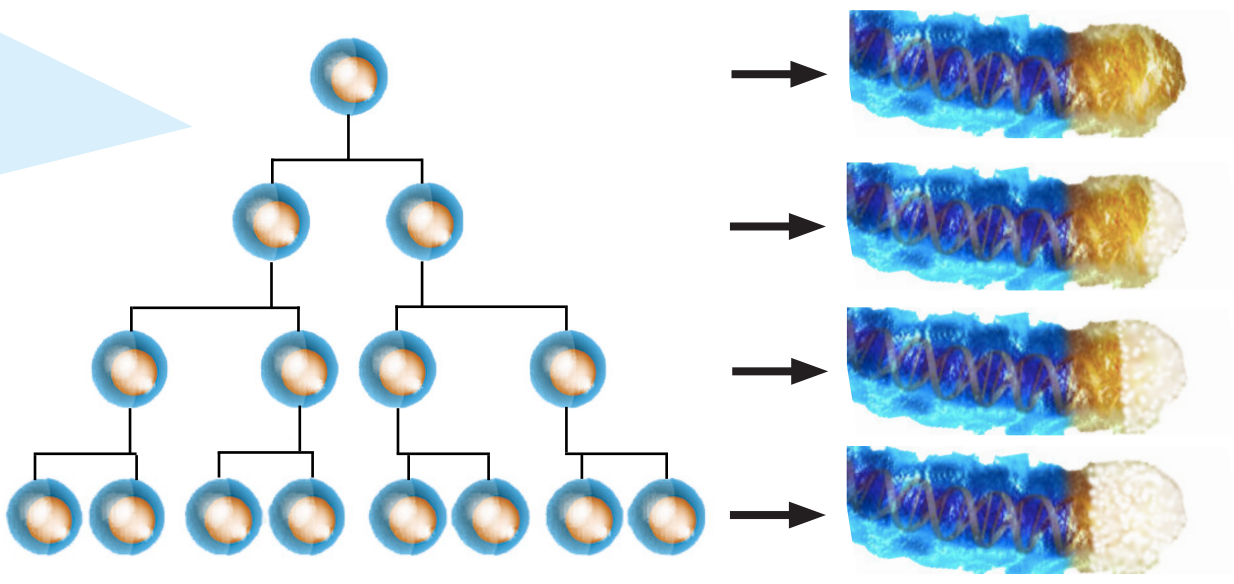


Aging begins at the cellular level

Telomeres hold remarkable information about the path of our health and may provide the single most important biomarker of aging.[4] Many studies have linked diseases of aging with short telomeres.[5]

Telomeres & the Aging Process

As the trillions of cells in our bodies constantly divide, telomeres gradually shorten, which over time may impair cell function and replication.[1] Research shows that oxidative stress damages telomeric DNA, accelerates telomere shortening and is a primary cause of premature cellular senescence that is a factor in numerous age-related diseases.[2,3]



Over time, cell division and oxidative damage shortens telomeres.

What's Your Age in TeloYears?

Researchers can now determine your age in TeloYears by comparing the length of your telomeres with the general population. Your TeloYears age may be older or younger than your real age. Age at the cellular level may be a better indicator of how well you are aging than your actual age.

The 2009 Nobel Prize in Medicine was awarded for the discovery of telomerase, an enzyme that protects telomere integrity. It prevents or reduces telomeric shortening by adding extra pieces of DNA each time cells divide.

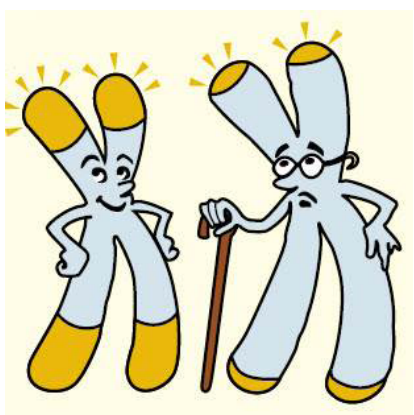
44	56	68
Younger in TeloYears	Actual Age	Older in TeloYears

How to Preserve & Lengthen Telomeres

In addition to healthy lifestyle choices, minimizing oxidative damage is the most important action individuals can take to maintain telomere health and length.

What is Oxidative Stress?

As the body turns food into energy, a natural byproduct is unstable molecules called free radicals. High concentrations of a specific type of free radicals known as reactive oxygen species (ROS) can result in oxidative stress and inflammation that damages cells.



How ROS Damages Telomeres

ROS-induced oxidative stress can degrade telomeres by both inhibiting telomerase and directly eroding telomeric DNA.[6] Damage to telomeres can create "zombie cells" that are still alive but can't function. These cells can impair tissue healing and immune function, as well as promote inflammation.[7]

Telos95® Supports Telomere Health & Longevity

Telos95® is a blend of highly therapeutic natural polyphenols sourced from proprietary grapevine and organic olive leaves, rich in potent antioxidants that fight free radicals that can damage cells and shorten telomeres. Telos95 helps slow the aging process of healthy cells.[8]

In a randomized, peer-reviewed clinical trial of 50 healthy volunteers, blood samples taken before and after the study period were analyzed to determine average telomere length (ATL). TeloYear ages were assigned based on a comparison of ATLs of individuals the same age and gender.

7.43 Years

Reduction in TeloYears.

Study participants taking 95 mgs of Telos95 daily reduced their cellular age by an average of 7.43 years. (Subjects taking 190 mgs reduced their cellular age 8.52 years.)[9]

6 Months

Results in Just Six Months.

Study subjects taking Telos95 daily actually showed increases in median telomere length compared with baseline measurements.[10]

Learn More

Telos95 is an ideal functional ingredient for foods, beverages and supplements. Visit us at www.infinitinutraceuticals.com

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1 *Leucocyte telomere length and risk of cardiovascular disease: systematic review and meta-analysis. BMJ 2014;349:g4227.*
2 *Telomeric 8-oxo-guanine drives rapid premature senescence in the absence of telomere shortening. Nature Structural & Molecular Biology. Vol 29, 639–652. July 2022.*
3,7 *Cells become zombies when the ends of their chromosomes are damaged, Apple News. Aug 2022*
4,5 *Telomere length measurement as a clinical biomarker of aging and disease. Critical Reviews in Clinical Laboratory Sciences. Volume 55, 2018 - Issue 7, pgs 443-465.*
6 *Oxidative Stress, Oxygen Free Radicals and Telomere Shortening. A Biomarker of Ageing Determined by Environmental and Genetic Factors. Research Gate. May 2010.*
8-10 *A randomized-controlled clinical study of Telos95®, a novel antioxidative dietary supplement, on the shortening of telomere length in healthy volunteers. HealthMED - Volume 13 / Number 1 / 2019.*