



# Your bio age & insights

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## You're doing really well

### YOUR OVERVIEW

Bio age

**36-38**

You are 7 years younger than your birthday age

**34-36**

Potential  
(in 6-9 months)



**44**

Birthday age



Inflammation, lipid profile, glucose, and organ function are all clearly favorable, with very low ESR, excellent triglycerides and HDL, normal LDL, and preserved kidney and liver function, which together point to slower-than-average biological aging. Robust oxygen transport

markers further support an estimated biological age around 6–8 years younger than your chronological age.

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## YOUR ANALYSIS

A guide to understand your blood test

### YOUR OVERVIEW

**Name:** Alex B.

**Sex:** Male

**DOB:** July 9, 1981

**Bio age:** 36-38

**Birthday age at time of test:** 44 years, 6 months

**BioKarma Analysis:** Apr 9, 2026

### Top strengths

- Very low ESR indicating minimal systemic inflammation.
- Favorable lipid profile with low triglycerides, high HDL, and normal LDL, supporting low cardiovascular risk.
- Strong oxygen transport markers (RBC, hemoglobin, hematocrit) within healthy ranges, consistent with good physical capacity.
- Normal fasting glucose in the lower reference range, suggesting good baseline glycemic control.
- Healthy liver and kidney function (AST, ALT, creatinine, eGFR) indicating preserved organ reserve.

### DETAILS

#### Inflammation & Immune Function

**Why it matters:**

These markers reflect systemic inflammation, which is a key driver of biological aging, cardiovascular disease, and many chronic conditions. Your ESR is very low and well within the reference range, suggesting a low level of chronic inflammation at the time of testing.

Biomarker	Definition	Result	Reference	Status
Vitesse de sédimentation (ESR) 1ère heure	The erythrocyte sedimentation rate (ESR) measures how quickly red blood cells settle in a tube and is a nonspecific marker of systemic inflammation that tends to rise with chronic disease and aging.	2 mm	(<15)	Within range

## ♥ Lipid Profile & Cardiovascular Risk

### Why it matters:

These lipids are central to cardiovascular aging because they influence arterial plaque formation and vascular health over decades. Your triglycerides, total cholesterol, HDL, and LDL are all comfortably within the lab's reference ranges, with particularly favorable HDL and low triglycerides, indicating a cardiometabolic profile consistent with a younger biological age.

Biomarker	Definition	Result	Reference	Status
Triglycérides	Triglycerides are circulating fats used for energy, and elevated levels are linked to insulin resistance, fatty liver, and cardiovascular risk.	0.55 mmol/l	(< 1.71)	Within range
Cholestérol total	Total cholesterol is the sum of cholesterol carried in all lipoproteins and helps gauge overall lipid-related cardiovascular risk.	4.65 mmol/l	(3.10 - 5.17)	Within range
HDL cholestérol	HDL cholesterol is the "good" cholesterol that helps remove excess cholesterol from arteries and is associated with lower cardiovascular and biological aging risk when higher within a healthy range.	1.76 mmol/l	(> 1.03)	Within range
LDL calculé	Calculated LDL cholesterol is the primary "bad" cholesterol particle that contributes to plaque buildup in arteries and long-term cardiovascular risk.	2.64 mmol/l	(< 4.91)	Within range

## 📈 Metabolic Health

### Why it matters:

Glucose regulation is a core pillar of biological aging, as chronically elevated blood sugar accelerates vascular damage, inflammation, and organ decline. Your fasting glucose is in the lower part of the reference range, suggesting good baseline glycemic control at the time of testing.

Biomarker	Definition	Result	Reference	Status
Glucose à jeun	Fasting glucose measures blood sugar after a period without eating and reflects baseline glucose regulation and diabetes risk.	4.33 mmol/l	(4.11 - 6.11)	Within range

## Liver & Kidney Function

Why it matters:

Liver and kidney markers are crucial for biological age because these organs handle detoxification, metabolism, and fluid balance, and their decline is strongly age-related. Your creatinine, eGFR, AST, and ALT are all in healthy ranges, indicating preserved liver and kidney function consistent with a relatively youthful physiological state.

Biomarker	Definition	Result	Reference	Status
Créatinine	Creatinine is a waste product from muscle metabolism used to assess kidney filtration function, with higher levels potentially indicating impaired kidney function.	88 µmol/l	(65 - 104)	Within range
DFG (CKD-EPI, non afro-américain)	Estimated glomerular filtration rate (eGFR) approximates how well the kidneys filter blood and is a key indicator of renal function and long-term health.	91 ml/mn/1,73m2	See staging note	Within range
Transaminase SGOT (ASAT)	AST (ASAT) is a liver and muscle enzyme, and elevated levels can indicate liver injury or systemic tissue damage.	20 U/l	(< 41)	Within range
Transaminase SGPT (ALAT)	ALT (ALAT) is a liver-specific enzyme, and increased levels often signal liver cell injury or fatty liver disease.	26 U/l	(<45)	Within range

## Hematologic Profile

Why it matters:

Blood cell indices influence oxygen delivery, energy, and immune competence, all of which shape functional aging and resilience. Your red blood cell count, hemoglobin, hematocrit, and white blood cell count are all within reference ranges, supporting good oxygen transport and a balanced immune profile without signs of anemia or overt inflammation.

Biomarker	Definition	Result	Reference	Status
<b>Hématies (RBC)</b>	Red blood cell count measures the number of circulating red cells that carry oxygen, which is essential for tissue energy supply and physical performance.	<b>5.43 Tera/l</b>	(4.28 - 5.79)	Within range
<b>Hémoglobine</b>	Hemoglobin is the oxygen-carrying protein in red blood cells, and adequate levels are vital for endurance, cognition, and overall vitality.	<b>15.9 g/dL</b>	(13.0 - 17.0)	Within range
<b>Hématocrite</b>	Hematocrit is the proportion of blood volume made up of red blood cells and reflects the blood's oxygen-carrying capacity and viscosity.	<b>47.6 %</b>	(39.2 - 48.6)	Within range
<b>Leucocytes</b>	Leukocytes (white blood cells) are immune cells that defend against infection, and abnormal levels can signal inflammation, infection, or bone marrow issues.	<b>6.86 Giga/l</b>	(4.00 - 11.00)	Within range

### Summary:

Inflammation, lipid profile, glucose, and organ function are all clearly favorable, with very low ESR, excellent triglycerides and HDL, normal LDL, and preserved kidney and liver function, which together point to slower-than-average biological aging. Robust oxygen transport markers further support an estimated biological age around 6–8 years younger than your chronological age.

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