



Your bio age & insights

← BACK TO UPLOAD

Latest Analysis (Apr 20, 2026) ▾

You have 8 analyses. Select one to view its details.

You're doing a lot of things right

YOUR OVERVIEW

Bio age

37-39

Your biological age matches your birthday age

35-37

Potential
(in 6-9 months)



38

Birthday age



Overall, your profile shows low inflammation, good metabolic control, strong liver and kidney function, and adequate micronutrient and hematologic status, all supportive of a biological age close to your chronological age. Slightly low HDL cholesterol and mildly elevated IgA and IgM suggest modest room for improvement in

cardiovascular protection and immune balance but do not indicate major aging acceleration.

Click here to sign up and see your personalized recommendations

[See your next steps →](#)

YOUR ANALYSIS

A guide to understand your blood test

YOUR OVERVIEW

Name: Sarah M

Sex: Female

DOB: July 1, 1987

Bio age: 37-39

Birthday age at time of test: 38 years, 8 months

BioKarma Analysis: Apr 20, 2026


Top strengths

- Low systemic inflammation (ESR) within a healthy range, suggesting minimal chronic inflammatory burden.
- Liver & kidney function (AST, ALT, creatinine, eGFR) all normal, indicating well-preserved detoxification and filtration capacity.
- Metabolic health with normal fasting glucose, supporting good glycemic control and reduced cardiometabolic aging risk.
- Hematologic profile (hemoglobin, hematocrit, RBC, WBC) within range, consistent with adequate oxygen transport and balanced immune status.
- Micronutrient and iron status (vitamin B12, folate, iron, transferrin saturation) adequate for energy production and DNA repair.

Areas for attention

- HDL Cholesterol
- IgA
- IgM

DETAILS

 Inflammation & Immune Function

Why it matters:

These markers reflect systemic inflammation, a key driver of tissue damage, cardiovascular disease, and accelerated biological aging. Your ESR is comfortably within the reference range, suggesting no evidence of chronic systemic inflammation at the time of testing.

Biomarker	Definition	Result	Reference	Status
ESR (Sedimentation rate)	ESR (erythrocyte sedimentation rate) measures how quickly red blood cells settle in a tube and serves as a nonspecific marker of systemic inflammation, which is linked to accelerated biological aging and chronic disease risk.	12 mm	1-25	Within range

 **Lipid Profile & Cardiovascular Risk**

Why it matters:

Blood lipids are central to cardiovascular health, which strongly influences biological aging through effects on arteries and organs. Your total cholesterol, LDL, and triglycerides are favorable, but HDL is slightly below the desirable threshold, suggesting room to improve cardiometabolic resilience despite an overall low-risk lipid profile.

Biomarker	Definition	Result	Reference	Status
Total Cholesterol	Total cholesterol measures the overall amount of cholesterol in the blood, which influences long-term risk of atherosclerosis and cardiovascular disease.	1.31 g/L	0.50-2.00	Within range
HDL Cholesterol	HDL cholesterol is the "good" cholesterol that helps remove excess cholesterol from arteries, and higher levels are generally protective against cardiovascular disease and biological aging.	0.62 g/L	>0.65	Out of range
LDL Cholesterol	LDL cholesterol is the "bad" cholesterol that can deposit in artery walls and promote atherosclerosis, strongly influencing cardiovascular and biological age risk.	0.57 g/L	context-based	Within range
Triglycerides	Triglycerides are a form of circulating fat, and elevated levels are associated with insulin resistance, fatty liver, and increased cardiovascular and aging-related risk.	0.60 g/L	0.50-1.50	Within range

Why it matters:

Metabolic markers like fasting glucose indicate how efficiently your body handles energy and sugar, which is crucial for long-term vascular and organ health. Your fasting glucose is well within the reference range, consistent with good glycemic control and a favorable impact on biological age.

Biomarker	Definition	Result	Reference	Status
Glucose	Fasting blood glucose reflects how well your body regulates sugar, with chronically elevated levels contributing to insulin resistance, vascular damage, and accelerated aging.	0.97 g/L	0.74–1.06	Within range

Liver & Kidney Function

Why it matters:

Liver and kidney markers reflect how well your body processes toxins, medications, and metabolic byproducts, which is fundamental to healthy aging. Your AST, ALT, creatinine, and eGFR are all within healthy ranges, indicating well-preserved liver and kidney function.

Biomarker	Definition	Result	Reference	Status
AST (ASAT)	AST is a liver and muscle enzyme, and elevated levels can indicate liver injury or systemic damage that may impair metabolic health and aging.	31 U/L	<35	Within range
ALT (ALAT)	ALT is a liver enzyme more specific to liver cells, and increases can signal liver stress or fatty liver, which are linked to metabolic aging.	27 U/L	<35	Within range
Creatinine	Creatinine is a waste product filtered by the kidneys, and its level helps assess kidney function, which is critical for detoxification and healthy aging.	8.0 mg/L	5.1–9.5	Within range
eGFR (CKD-EPI)	eGFR estimates how well the kidneys filter blood, and higher values indicate better kidney function and lower risk of age-related decline.	93 mL/min/1.73m ²	>60	Within range

Why it matters:

Blood counts indicate oxygen delivery and immune balance, both of which are crucial for energy, resilience, and long-term health. Your red cell indices and white blood cell count are all within reference ranges, supporting good oxygen transport and an immune profile without signs of chronic overactivation.

Biomarker	Definition	Result	Reference	Status
Hemoglobin	Hemoglobin is the oxygen-carrying protein in red blood cells, and adequate levels are essential for tissue oxygenation, energy, and healthy aging.	12.3 g/dL	11.5–15.0	Within range
Hematocrit	Hematocrit is the proportion of blood made up of red blood cells, reflecting oxygen-carrying capacity and blood viscosity, both relevant to cardiovascular and biological age.	37.8 %	34.0–45.0	Within range
Red blood cells (Hématies)	Red blood cell count measures the number of circulating red cells, which transport oxygen to tissues and support energy metabolism and resilience with aging.	4.11 T/L	3.80–5.90	Within range
White blood cells (Leucocytes)	White blood cell count reflects the overall status of the immune system, where chronic elevation can indicate inflammation that accelerates aging.	6.01 G/L	3.80–11.00	Within range

Micronutrients & Vitamins

Why it matters:

Micronutrients and iron status support energy production, DNA repair, and red blood cell formation, all central to healthy biological aging. Your B12, folate, iron, and transferrin saturation are comfortably within reference ranges, suggesting adequate micronutrient and iron balance for cellular and hematologic health.

Biomarker	Definition	Result	Reference	Status
Vitamin B12	Vitamin B12 is essential for red blood cell formation, nerve function, and DNA synthesis, and deficiency can contribute to fatigue, cognitive decline, and accelerated aging.	419 pg/mL	197–771	Within range

Folate (B9)	Folate (vitamin B9) is required for DNA synthesis and repair and homocysteine metabolism, making it important for cardiovascular health and cellular aging.	8.0 ng/mL	4.4–31.0	Within range
Iron	Serum iron reflects circulating iron available for processes like oxygen transport, and both deficiency and overload can negatively affect aging and organ health.	0.92 mg/L	0.33–1.93	Within range
Transferrin saturation	Transferrin saturation indicates how much of the iron-transport protein transferrin is loaded with iron, helping assess iron balance relevant to energy and oxidative stress with aging.	24 %	20–40	Within range

📄 Immunology

Why it matters:

Immunoglobulins reflect how the adaptive immune system is functioning, and chronic immune activation can contribute to inflammation and accelerated aging. Your IgG is normal, but IgA and IgM are mildly elevated, suggesting some degree of immune stimulation that may warrant clinical context but is only a modest aging signal in the absence of other inflammatory markers.

Biomarker	Definition	Result	Reference	Status
IgA	IgA is an antibody that protects mucosal surfaces such as the gut and respiratory tract, and abnormal levels can reflect immune dysregulation or chronic stimulation.	4.28 g/L	0.70–4.00	Out of range
IgG	IgG is the most abundant antibody in blood and provides long-term immune protection, with abnormal levels indicating potential immune deficiency or chronic activation.	13.2 g/L	7.0–16.0	Within range
IgM	IgM is an early-response antibody produced during initial immune reactions, and elevated levels can suggest ongoing immune activation or certain immune disorders.	2.81 g/L	0.40–2.30	Out of range

📄 Urinalysis & Urinary Biochemistry

Why it matters:

Urinary markers help assess kidney filtration, urinary tract health, and indirect signs of metabolic control, all of which influence long-term organ aging. Your urinary leukocytes, red cells, protein, and glucose are within reference limits, supporting healthy kidney filtration and no evidence of significant urinary tract inflammation at this time.

Biomarker	Definition	Result	Reference	Status
Leucocytes (urine)	Urinary leukocytes indicate white blood cells in the urine, and elevated levels can signal urinary tract inflammation or infection that may affect overall health.	1,000 /mL	<10,000	Within range
Red blood cells (urine)	Red blood cells in urine can indicate bleeding or irritation in the urinary tract, and persistent elevation warrants evaluation for kidney or bladder issues.	1,000 /mL	<10,000	Within range
Proteinuria	Proteinuria measures protein loss in the urine, and elevated levels can signal kidney damage, which is strongly linked to cardiovascular risk and biological aging.	0.04 g/L	<0.15	Within range
Urinary glucose	Glucose in urine reflects overflow of sugar from the blood into the urine, and persistent elevation can indicate poor glycemic control or diabetes.	0.04 g/L	0.01–0.15	Within range

Summary:

Overall, your profile shows low inflammation, good metabolic control, strong liver and kidney function, and adequate micronutrient and hematologic status, all supportive of a biological age close to your chronological age. Slightly low HDL cholesterol and mildly elevated IgA and IgM suggest modest room for improvement in cardiovascular protection and immune balance but do not indicate major aging acceleration.

See your next steps →

Bio
Karma™

[Pricing](#) [About Us](#)



BioKarma provides personalized wellness insights based on your data. It does not diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice. Always consult a licensed healthcare provider for medical decisions.

©2026 BioKarma™ All rights reserved