

NAME	DATE OF BIRTH
Lola	14 March 1984
AGE AT COLLECTION	SEX ASSIGNED AT BIRTH
42.5	Female
TEST	REPORTS
TruAge + TruHealth	TruAge · AdvancedTruAge · TruHealth
SAMPLE COLLECTED	RESULT REPORTED
2 September 2026	9 September 2026
RESULT REFERENCE	
SAMPLE-REPORT	

Your biological age and wellness results

Your sample was read for the chemical marks on DNA that change as we age. Statistical models turn that pattern into the estimates in this report, each placed against the laboratory’s reference cohort of other people. The pages that follow explain what each one is and how to read it.

Chronological age

42.5 years

OMICm Age

38.9 years

3.6 years below your chronological age

Overall systems age

40.1 years

2.4 years below your chronological age

Pace of ageing

0.87

Sample processed and analysed by TruDiagnostic’s laboratory. Lola presents the laboratory’s estimates and their positions within its balanced reference cohort.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory’s estimates.

What these are Estimates read from the methylation pattern of one sample. Where the name is a familiar one, such as a vitamin or a cholesterol fraction, the figure is what that pattern predicts for it.	Who you are compared with People of the same sex and a similar age, drawn from the laboratory's balanced reference cohort. Each measurement is placed among them separately, so two figures for the same person can sit at opposite ends without disagreeing.	How to read a bar The shaded span is the laboratory's own range for that marker, or the middle of the cohort where it publishes none. The mark is this sample, and neither end of the scale is a target. The full guide is at the back.
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What this report covers

Every section, how many measurements are in it, and how many of those sit outside a range the laboratory published.

SECTION	MEASUREMENTS	WITH A RANGE	OUTSIDE IT
Biological age estimates	3	—	—
Body-system age estimates	11	—	—
Fitness and physical function estimates	4	—	—
Lipids and lipoproteins	21	9	2
Fatty acids	11	3	1
Glucose, energy and hormone markers	16	4	—
Amino acids and related metabolites	27	—	—
Inflammation markers	6	5	—
Immune cell profile	18	3	—
Liver, kidney and blood-cell markers	12	5	—
Vitamins, cofactors and antioxidants	16	9	1
Neurological and neurotransmitter markers	8	1	—
Tissue and cellular proteins	8	—	—
Environmental and lifestyle exposure markers	9	7	1

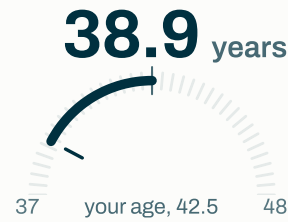
Your headline measurements

The measurements this report leads with, each set against your chronological age.

OMICm Age

An age estimate based on DNA methylation patterns linked to several types of biological measurements in the model's training data.

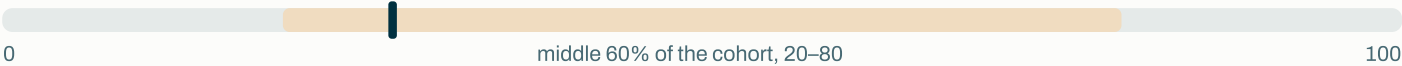
Developed with Brigham and Women's Hospital and Harvard Medical School. Published in Nature Aging, 2026.



3.6 years below your chronological age

PEOPLE OF THE SAME AGE AND SEX

27.8 PERCENTILE



Lower than 72% of people the same age and sex

Since your last sample

was 40.1 · -1.2



Overall systems age

A combined age estimate from methylation patterns associated with several body systems.

Developed by researchers at Yale. Published in Nature Aging, 2025.



2.4 years below your chronological age

PEOPLE OF THE SAME AGE AND SEX

34.5 PERCENTILE



Lower than 66% of people the same age and sex

Since your last sample

was 41.2 · -1.1

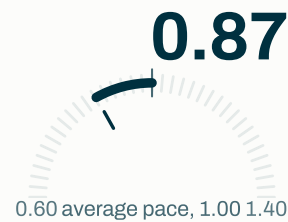


Pace of ageing

A methylation-based estimate of biological ageing pace, in biological years per calendar year.

A value of 1.0 represents the average pace in the model's training group.

Developed by researchers at Duke University and the University of Otago from the Dunedin Longitudinal Study.



PEOPLE OF THE SAME AGE AND SEX

22.1 PERCENTILE



Lower than 78% of people the same age and sex

Since your last sample

was 0.91 · -0.04

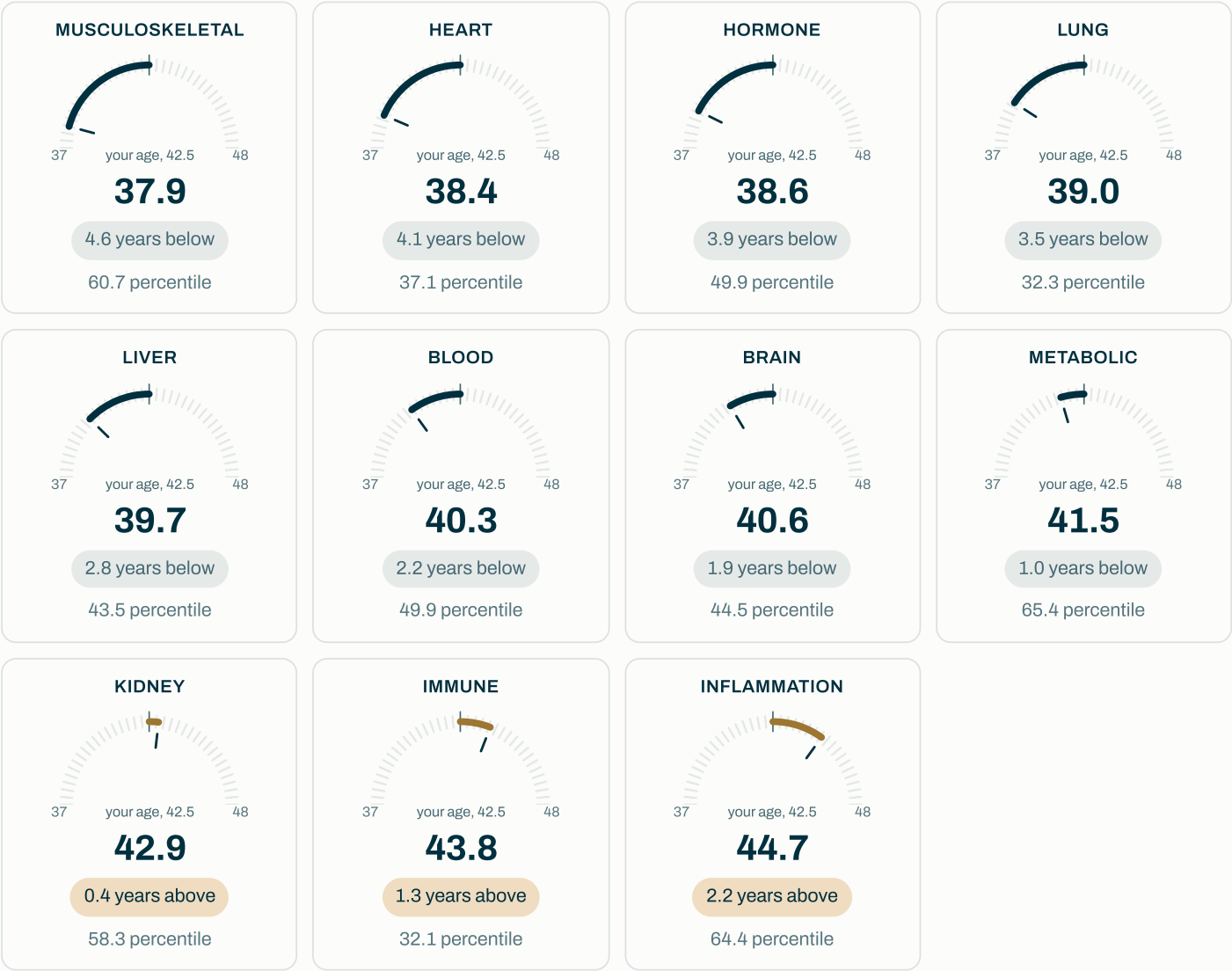


Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

Body-system ages against your chronological age

Ageing is not one process on one timetable. The same sample carries separate estimates for eleven body systems, each trained against the measurements clinicians use for that system, so they can and routinely do disagree with one another and with the headline figure.

The eleven dials are drawn to one scale, with your calendar age at the top of each. A needle further from the top is further from your age, and that distance can be compared across the set. Read it for its spread rather than for any one number.



Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

Measurements outside the laboratory's range

The laboratory publishes its own range for 46 of the measurements in this report. 5 sit outside it, listed here with the section each one is in.

LDL cholesterol	84.2 percentile	higher than 84%	Above range 0–80	Lipids and lipoproteins
Apolipoprotein B	81.7 percentile	higher than 82%	Above range 0–80	Lipids and lipoproteins
Omega-3	14.8 percentile	lower than 85%	Below range 20–100	Fatty acids
Cholecalciferol (vitamin D)	17.5 percentile	lower than 83%	Below range 20–98	Vitamins, cofactors and antioxidants
Glyphosate	85.1 percentile	higher than 85%	Above range 0–80	Environmental and lifestyle exposure markers

Living with your results

General guidance that applies to everybody, whatever your figures say.

SLEEP



Most adults settle between seven and nine hours a night. Regularity counts for as much as the total: a bedtime and a waking time that stay put across the week.

MOVEMENT



World Health Organization guidance for adults is at least 150 minutes of moderate activity a week, or 75 minutes of vigorous activity, alongside muscle-strengthening work on at least two days. Its own summary of the evidence is short: some is good, more is better.

FOOD



Dietary guidance the world over converges on the same few points: at least five portions of a variety of fruit and vegetables a day, plenty of fibre, and fish twice a week, one of them oily. The Mediterranean pattern of vegetables, pulses, whole grains, olive oil and fish is the most studied of the named eating patterns.

ALCOHOL AND TOBACCO



Both leave methylation signatures the laboratory reads directly, which is why this report carries a measure of each. Less of either is the direction every national guideline points in.

STRESS AND CONNECTION



Published work on methylation patterns includes measures of long-term stress and of social connection, alongside the behaviours above. What people find workable varies; the common thread in the research is regularity rather than intensity.

KEEPING A RECORD



Writing down what you changed and when is what makes the next result readable. Two samples six months apart say a great deal more when you can name what sat between them.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

WHAT NEXT

Testing again

One sample is a position. Two are a direction, and the interval between them is what makes the second one readable.

THREE TO SIX MONTHS

Methylation patterns move slowly. Three to six months between samples is long enough for a change to mean something; a fortnight is not. For this sample, that is any time from December 2026.

SIMILAR CONDITIONS

Time of day, a recent illness and a recent vaccination can all move methylation readings on their own. Sampling under similar conditions each time keeps the comparison about you rather than about the week.

READ THEM TOGETHER

Comparing two results is a different conversation from reading one. Where a measurement has moved, this report prints what it was alongside what it is.

Biological age estimates

Whole-body age estimates calculated from DNA methylation patterns. Different models use different training data and can give different ages for the same sample.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80

MEASUREMENT	VALUE	COHORT POSITION	POSITION
Fitness age estimate	39.2 years	3.3 years below your chronological age	
An age estimate combining methylation-based predictions related to fitness, expressed in years.			
Telomere age estimate	40.8 years	1.7 years below your chronological age	
An age estimate based on a methylation pattern associated with telomere length. Since your last sample: was 38.0 · +2.8			
PC telomere length	63.4 percentile		higher than 63%
A DNA methylation-based estimate related to telomere length. Telomeres are protective structures at chromosome ends.			

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

Body-system age estimates

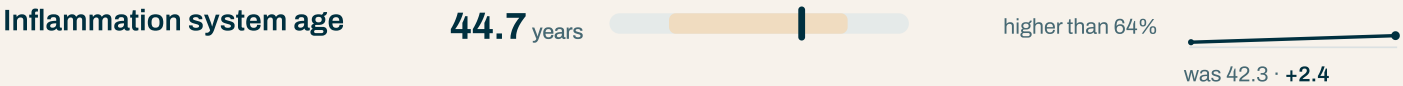
Age estimates based on methylation patterns associated with different body systems, plus a combined estimate. They are grouped by the measurements used to train each model.

The same estimates plotted above, each with its position in the cohort · Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80

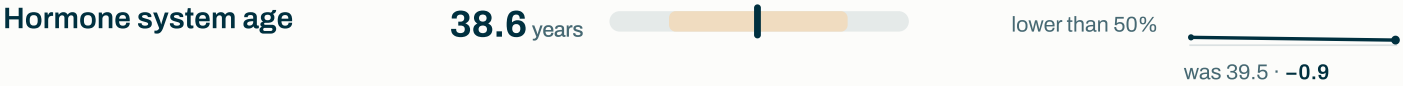
MEASUREMENT	VALUE	COHORT POSITION	POSITION	SINCE LAST SAMPLE
Heart system age	38.4 years		lower than 63%	 was 34.9 · +3.5
The heart and blood vessels move blood around the body. This estimate comes from methylation patterns associated with markers of cardiac and vascular tissue.				
Lung system age	39.0 years		lower than 68%	
The lungs move air and exchange oxygen for carbon dioxide. This estimate comes from methylation patterns associated with markers of breathing capacity.				
Brain system age	40.6 years		lower than 56%	 was 43.3 · -2.7
The brain and nervous system carry signalling between the body and the brain. This estimate comes from methylation patterns associated with markers of nerve tissue.				
Liver system age	39.7 years		lower than 57%	
The liver processes nutrients, clears substances from blood and makes many circulating proteins. This estimate comes from methylation patterns associated with liver enzymes and proteins.				
Kidney system age	42.9 years		higher than 58%	 was 42.6 · +0.3
The kidneys filter blood and regulate fluid and salt balance. This estimate comes from methylation patterns associated with markers of filtration.				
Blood system age	40.3 years		lower than 50%	
The blood system carries oxygen, nutrients and clotting factors. This estimate comes from methylation patterns associated with blood cell counts and haemoglobin.				
Immune system age	43.8 years		lower than 68%	 was 46.8 · -3.0
The immune system responds to infection and injury. This estimate comes from methylation patterns associated with the proportions of immune cell populations in the sample.				

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

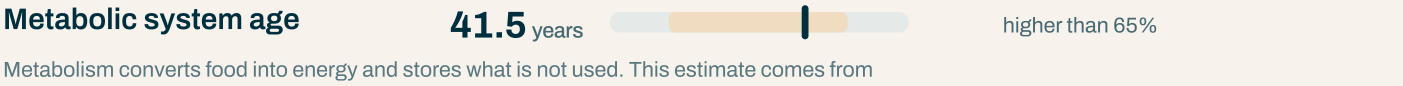
BODY-SYSTEM AGE ESTIMATES, CONTINUED



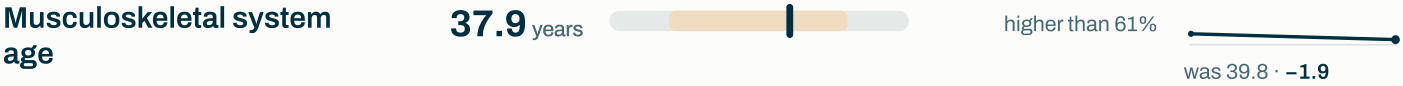
Inflammation is part of how the body responds to injury and infection. This estimate comes from methylation patterns associated with inflammatory signalling markers.



Hormones are chemical messengers regulating growth, metabolism and reproduction. This estimate comes from methylation patterns associated with hormone-signalling markers.



Metabolism converts food into energy and stores what is not used. This estimate comes from methylation patterns associated with glucose and lipid handling.



Muscles, bones and connective tissue give the body structure and movement. This estimate comes from methylation patterns associated with markers of muscle and bone.

Fitness and physical function estimates

Methylation-based estimates related to breathing volume, walking speed, grip strength and aerobic capacity.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80

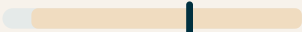
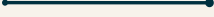
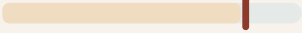
MEASUREMENT	VALUE	COHORT POSITION	POSITION
VO2 max estimate A methylation-based estimate related to maximal oxygen uptake (VO2 max), a measure of aerobic capacity. Since your last sample: was 67.3 · +4.0	71.3 percentile		higher than 71%
Grip strength estimate A methylation-based estimate related to hand-grip force.	58.2 percentile		higher than 58%
Gait speed estimate A methylation-based estimate related to walking speed.	66.0 percentile		higher than 66%
FEV1 estimate A methylation-based estimate related to forced expiratory volume in one second (FEV1): the air a person can forcefully breathe out in the first second.	54.4 percentile		higher than 54%

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

Lipids and lipoproteins

Cholesterol is carried through blood in particles called lipoproteins; other lipids help form cell membranes. These rows group methylation-based estimates of those substances and particles.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory’s own range for that marker · Related foods name sources of the substance, never a change to make

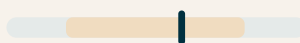
MEASUREMENT	VALUE	COHORT POSITION	POSITION	SINCE LAST SAMPLE
LDL cholesterol ↑ Above range	84.2 percentile	 laboratory's range: 0–80	higher than 84%	
Cholesterol carried on low-density lipoprotein particles.				
HDL cholesterol	62.5 percentile	 laboratory's range: 10–100	higher than 63%	
Cholesterol carried on high-density lipoprotein particles.				
Total triglycerides	44.9 percentile	 laboratory's range: 0–80	lower than 55%	 was 42.4 · +2.5
The total circulating triglycerides, the main form in which fat is carried in blood.				
VLDL-C	51.3 percentile	 laboratory's range: 0–80	higher than 51%	 was 51.9 · -0.6
Cholesterol carried on very-low-density lipoprotein particles.				
Remnant cholesterol	40.1 percentile	 laboratory's range: 0–80	lower than 60%	 was 41.0 · -0.9
Cholesterol carried on triglyceride-rich remnant particles.				
Apolipoprotein B ↑ Above range	81.7 percentile	 laboratory's range: 0–80	higher than 82%	 was 85.1 · -3.4
The structural protein carried by low-density and related lipoprotein particles.				
Apolipoprotein A1	33.8 percentile	 laboratory's range: 0–80	lower than 66%	
The main protein component of high-density lipoprotein particles.				

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory’s estimates.

LIPIDS AND LIPOPROTEINS, CONTINUED

Apolipoprotein E

58.9 percentile



higher than 59%



was 62.2 · **-3.3**

A lipoprotein component involved in lipid transport and clearance.

This is an estimate of how much of the protein is circulating, not of which of the three ApoE forms someone carries.

Apolipoprotein C2

24.9 percentile



lower than 75%



was 28.7 · **-3.8**

A small apolipoprotein that activates the enzyme clearing triglycerides from blood.

LDL particle size

55.5 percentile



laboratory's range: 0–80

higher than 56%



was 54.0 · **+1.5**

The average diameter of low-density lipoprotein particles.

HDL particle size

61.3 percentile



laboratory's range: 20–100

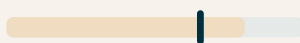
higher than 61%



The average diameter of high-density lipoprotein particles.

VLDL particle size

65.1 percentile



laboratory's range: 0–80

higher than 65%



was 62.2 · **+2.9**

The average size of very-low-density lipoprotein particles.

PCSK9

52.9 percentile



higher than 53%



A protein that regulates how many LDL receptors the liver keeps on its surface.

Statins raise the amount of this protein in blood, and PCSK9 inhibitors lower it.

Phospholipase A2

42.7 percentile



lower than 57%



An enzyme that releases fatty acids from membrane phospholipids.

Paraoxonase 1 (PON1)

44.5 percentile



lower than 56%



An enzyme carried on HDL particles with antioxidant activity.

Sphingomyelins

53.8 percentile



higher than 54%



was 49.9 · **+3.9**

A family of fats found in cell membranes, including the insulating layers around nerve fibres.

Phosphatidylcholines

71.4 percentile



higher than 71%



The most abundant phospholipid class in cell membranes.

RELATED FOODS

Egg yolk

Soya lecithin

Sunflower lecithin

Liver

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

LIPIDS AND LIPOPROTEINS, CONTINUED



Choline-containing compounds, used in cell membranes and signalling.

RELATED FOODS

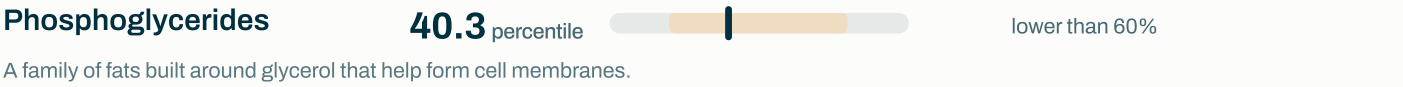
Egg yolk

Liver

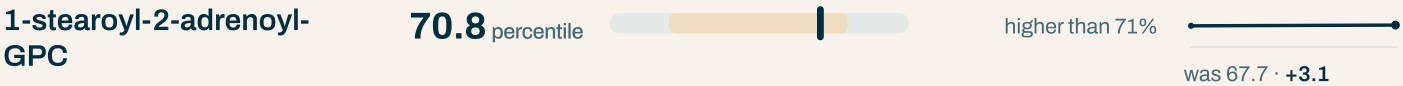
Soya beans

Peanuts

Cruciferous vegetables



A family of fats built around glycerol that help form cell membranes.



A phosphatidylcholine, one of the fats that help form cell membranes, containing stearic and adrenic fatty-acid chains.



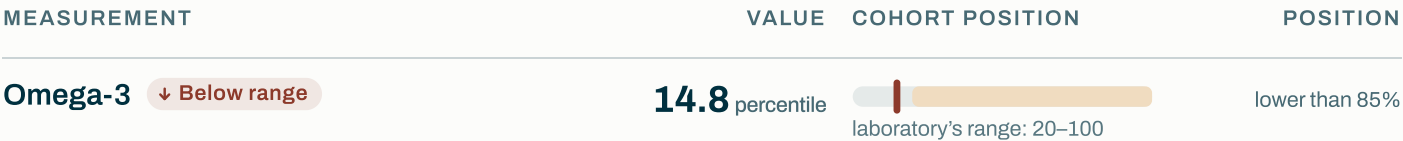
A member of the phospholipid family, the fats that help form cell membranes. It contains a 17-carbon fatty-acid chain.

Fatty acids

Fatty acids are building blocks of fats. This group includes omega-3, omega-6, saturated and unsaturated types. The values are methylation-based estimates expressed as percentiles.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory's own range for that marker ·

Related foods name sources of the substance, never a change to make



An estimate associated with omega-3 fatty acids, a family of fats that includes EPA and DHA.

RELATED FOODS

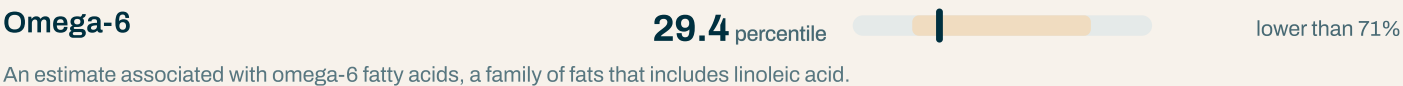
Oily fish

Algae oil

Flaxseed

Walnuts

Rapeseed oil



An estimate associated with omega-6 fatty acids, a family of fats that includes linoleic acid.

Since your last sample: was 30.4 · **-1.0**

RELATED FOODS

Sunflower oil

Corn oil

Soya oil

Walnuts

Sesame seeds



A long-chain omega-3 fatty acid concentrated in brain and retinal tissue.

RELATED FOODS

Oily fish

Fish roe

Algae oil

Shellfish

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FATTY ACIDS, CONTINUED

Eicosapentaenoic acid (EPA)

56.6 percentile



higher than 57%

A long-chain omega-3 fatty acid obtained mainly from marine sources.

RELATED FOODS Oily fish Fish oil Algae oil Shellfish

Docosapentaenoic acid (DPA)

66.1 percentile



higher than 66%

A long-chain omega-3 fatty acid intermediate between EPA and DHA.

RELATED FOODS Oily fish Fish oil Fish roe Ruminant meat

Linoleic acid

54.7 percentile



higher than 55%

An essential omega-6 fatty acid obtained from the diet.

RELATED FOODS Sunflower oil Corn oil Soya oil Sesame seeds Walnuts

Saturated fatty acids

63.2 percentile



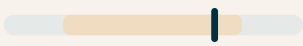
higher than 63%

The proportion of saturated fats among circulating fatty acids.

RELATED FOODS Butter Cheese Coconut oil Palm oil Fatty meat

Monounsaturated fatty acids

70.7 percentile



higher than 71%

The proportion of monounsaturated fats among circulating fatty acids.

Since your last sample: was 71.8 · -1.1

RELATED FOODS Olive oil Rapeseed oil Avocado Almonds Hazelnuts

Polyunsaturated fatty acids

41.9 percentile



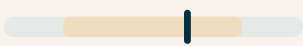
lower than 58%

The proportion of polyunsaturated fats among circulating fatty acids.

RELATED FOODS Sunflower oil Soya oil Oily fish Walnuts Flaxseed

Pentadecanoic acid

61.7 percentile



higher than 62%

An odd-chain saturated fatty acid associated with dairy fat intake.

RELATED FOODS Whole milk Butter Cheese Ruminant meat

Octadecadienedioate

42.1 percentile



lower than 58%

A dicarboxylic acid produced when fatty acids are oxidised at both ends.

Since your last sample: was 39.2 · +2.9

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

Glucose, energy and hormone markers

Glucose, ketones and related compounds help supply energy; hormones help coordinate how that energy is used and stored. These rows describe methylation-based estimates associated with those processes.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory’s own range for that marker · Related foods name sources of the substance, never a change to make

MEASUREMENT	VALUE	COHORT POSITION	POSITION	SINCE LAST SAMPLE
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HbA1c	55.4 percentile	 laboratory’s range: 0–80	higher than 55%	 was 55.7 · –0.3
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HbA1c is haemoglobin with glucose attached. A conventional HbA1c test reflects blood sugar over preceding months; this row instead contains a methylation-based estimate associated with that measurement.

Fasting glucose	44.1 percentile	 laboratory’s range: 0–80	lower than 56%	 was 47.8 · –3.7
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Glucose is the sugar carried in blood for energy. This is a methylation-based estimate associated with fasting glucose.

Leptin	22.5 percentile	 laboratory’s range: 0–80	lower than 78%	 was 19.4 · +3.1
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A hormone released by fat tissue that signals energy stores to the brain.

Adiponectin	30.5 percentile	 laboratory’s range: 20–100	lower than 70%	
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A hormone released by fat tissue involved in glucose and fatty acid handling.

IGF-1	56.9 percentile		higher than 57%	 was 56.3 · +0.6
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Insulin-like growth factor 1, a hormone involved in growth and tissue maintenance.

Growth hormone given clinically, oral oestrogen and undernutrition each move this hormone in blood.

IGF-binding protein 2	41.3 percentile		lower than 59%	 was 43.2 · –1.9
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A carrier protein that regulates how much IGF is available to tissues.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory’s estimates.

GLUCOSE, ENERGY AND HORMONE MARKERS, CONTINUED

DHEA sulfate

54.5 percentile



higher than 55%



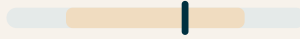
was 53.5 · +1.0

A circulating steroid hormone precursor produced mainly by the adrenal glands.

DHEA supplements and corticosteroids each move this hormone in blood.

Androsterone sulfate

60.2 percentile



higher than 60%



was 59.1 · +1.1

A sulfated metabolite downstream of testosterone.

3-hydroxybutyrate

65.3 percentile



higher than 65%

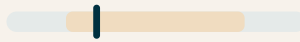


was 63.1 · +2.2

The main circulating ketone body, produced when fat is used for fuel.

Acetyl-L-carnitine

30.1 percentile



lower than 70%



was 26.4 · +3.7

A carnitine ester that carries acetyl groups, helping balance the molecules used in energy reactions inside mitochondria.

RELATED FOODS

Red meat

Poultry

Fish

Dairy

Inositol

35.3 percentile



lower than 65%



was 38.8 · -3.5

A sugar alcohol used in cell signalling molecules.

RELATED FOODS

Citrus fruit

Cantaloupe melon

Beans

Wholegrains

Nuts

Erythritol

42.3 percentile



lower than 58%



was 45.2 · -2.9

A sugar alcohol obtained from the diet and produced in small amounts by the body.

RELATED FOODS

Pears

Melon

Grapes

Mushrooms

Fermented foods

Alpha-ketoglutarate

61.4 percentile

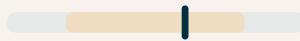


higher than 61%

A compound used in the citric acid cycle, the series of reactions cells use to release energy from fuel.

Gluconate

59.9 percentile



higher than 60%



was 62.6 · -2.7

An oxidised form of glucose involved in carbohydrate handling.

Palmitoylcarnitine

55.6 percentile



higher than 56%



was 57.0 · -1.4

A long-chain fatty acid bound to carnitine for transport into mitochondria.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

GLUCOSE, ENERGY AND HORMONE MARKERS, CONTINUED

Ribitol

61.0 percentile  higher than 61%

A five-carbon sugar alcohol related to ribose, the sugar used in RNA.

Amino acids and related metabolites

Amino acids are building blocks of proteins. Related compounds are made as the body and gut microbes process them; this section also groups related products of cellular metabolism.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80 · Related foods name sources of the substance, never a change to make

MEASUREMENT VALUE COHORT POSITION POSITION

Glycine

68.2 percentile  higher than 68%

The smallest amino acid, used in collagen and glutathione synthesis.

RELATED FOODS Gelatine Bone broth Fish Dairy Legumes

Glutamine

48.8 percentile  lower than 51%

The most abundant free amino acid in blood, used widely as a fuel.

Since your last sample: was 49.9 · -1.1

RELATED FOODS Beef Eggs Dairy Tofu White cabbage

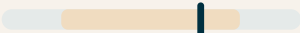
Arginine

44.2 percentile  lower than 56%

An amino acid and the substrate the body uses to make nitric oxide.

RELATED FOODS Pumpkin seeds Peanuts Soya beans Poultry Fish

Methionine

66.7 percentile  higher than 67%

An essential sulfur-containing amino acid and the body's main methyl donor precursor.

RELATED FOODS Eggs Fish Brazil nuts Sesame seeds Poultry

Cysteine

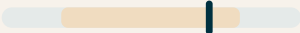
47.8 percentile  lower than 52%

A sulfur-containing amino acid and a building block of glutathione.

Since your last sample: was 51.3 · -3.5

RELATED FOODS Eggs Poultry Dairy Garlic Onions

Aspartic acid

69.8 percentile  higher than 70%

An amino acid involved in the urea cycle and neurotransmission.

Since your last sample: was 71.6 · -1.8

RELATED FOODS Asparagus Avocado Beef Eggs Legumes

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

AMINO ACIDS AND RELATED METABOLITES, CONTINUED

Asparagine

39.9 percentile



lower than 60%

A non-essential amino acid used in protein synthesis.

RELATED FOODS Asparagus Potatoes Eggs Dairy Beef

Taurine

64.1 percentile



higher than 64%

An amino sulfonic acid involved in bile salt formation and cell hydration.

RELATED FOODS Shellfish Fish Poultry Red meat Dairy

Citrulline

34.7 percentile



lower than 65%

An amino acid produced in the urea cycle and by the gut lining.

Since your last sample: was 33.4 · +1.3

RELATED FOODS Watermelon Cucumber Pumpkin Bitter melon

Betaine

53.6 percentile



higher than 54%

A methyl donor obtained from diet and from choline metabolism.

RELATED FOODS Wheat bran Beetroot Spinach Quinoa Shellfish

Spermidine

46.2 percentile



lower than 54%

A small molecule involved in cell growth and in processes that recycle components within cells.

RELATED FOODS Wheat germ Aged cheese Soya beans Mushrooms Peas

Cystathionine

41.5 percentile



lower than 59%

An intermediate formed when homocysteine is converted toward cysteine.

Homocitrulline

56.6 percentile



higher than 57%

An amino acid formed when lysine reacts with urea-derived cyanate.

Since your last sample: was 56.9 · -0.3

Dimethylarginine

54.7 percentile



higher than 55%

A methylated arginine derivative that competes with arginine in nitric oxide synthesis.

One combined figure for the symmetric and asymmetric forms.

Phenylacetylglutamine

31.6 percentile



lower than 68%

A metabolite formed when gut bacteria process phenylalanine.

Since your last sample: was 31.7 · -0.1

4-hydroxyphenylacetylglutamine

48.6 percentile



lower than 51%

A gut-microbial metabolite of aromatic amino acids.

Uridine

50.4 percentile



higher than 50%

A nucleoside used in RNA synthesis and cellular energy pathways.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

AMINO ACIDS AND RELATED METABOLITES, CONTINUED

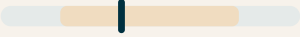
3-ureidopropionate **54.3** percentile  higher than 54%

An intermediate in the breakdown of pyrimidines.

Methionine sulfone **58.9** percentile  higher than 59%

An oxidised form of methionine.

Since your last sample: was 55.6 · +3.3

S-methylmethionine **40.4** percentile  lower than 60%

A methylated methionine derivative found in plant foods.

RELATED FOODS Cabbage Broccoli Asparagus Celery

N-acetylcarnosine **41.0** percentile  lower than 59%

An acetylated form of the dipeptide carnosine.

N-acetylhistidine **62.0** percentile  higher than 62%

An acetylated form of the amino acid histidine.

N-acetylthreonine **51.9** percentile  higher than 52%

An acetylated form of the amino acid threonine.

Since your last sample: was 48.8 · +3.1

N-acetylvaline **24.3** percentile  lower than 76%

An acetylated form of the amino acid valine.

Since your last sample: was 25.9 · -1.6

N-carbamoylvaline **39.5** percentile  lower than 61%

A carbamoylated form of the amino acid valine.

Since your last sample: was 39.2 · +0.3

N6,N6-dimethyllysine **54.3** percentile  higher than 54%

A methylated lysine residue released when proteins are broken down.

N-acetyl-isoputrescine **49.9** percentile  lower than 50%

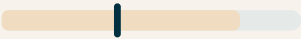
A downstream product of polyamine breakdown.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

Inflammation markers

Inflammation is part of the body’s response to injury and infection. This group contains methylation-based estimates associated with proteins involved in that response.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory’s own range for that marker

MEASUREMENT	VALUE	COHORT POSITION	POSITION
CRP A methylation-based estimate associated with C-reactive protein, an inflammation-related protein produced by the liver.	61.9 percentile	 laboratory's range: 0–80	higher than 62%
IL-6 A methylation-based estimate associated with interleukin-6, a signalling protein involved in inflammation. <i>Since your last sample: was 45.3 · -2.4</i>	42.9 percentile	 laboratory's range: 0–80	lower than 57%
Glycoprotein acetyls A combined signal associated with sugar-bearing proteins in blood.	40.9 percentile	 laboratory's range: 0–80	lower than 59%
Serum amyloid A1 An acute-phase protein released during the inflammatory response.	38.9 percentile	 laboratory's range: 0–80	lower than 61%
Myeloperoxidase An enzyme released by neutrophils during the immune response.	39.9 percentile	 laboratory's range: 0–80	lower than 60%
Inter-alpha-trypsin inhibitor H3 A plasma protein involved in the inflammatory response and tissue repair.	43.5 percentile	 laboratory's range: 0–80	lower than 57%

Immune cell profile

White blood cells have different roles in recognising and responding to threats. These rows contain methylation-based estimates related to cell populations, counts and ratios. Two kinds of row sit together here: a share of the white-cell population, and an estimated count of one cell type. They answer different questions, so the same cell type can sit high on one and low on the other.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory’s own range for that marker

MEASUREMENT	VALUE	COHORT POSITION	POSITION
White blood cell count The total number of white blood cells, the cells of the immune system. <i>Since your last sample: was 23.3 · -1.8</i>	21.5 percentile		lower than 79%
Neutrophil count The number of neutrophils, the most abundant white blood cell. <i>Since your last sample: was 58.8 · -2.7</i>	56.1 percentile		higher than 56%
Lymphocyte count The number of lymphocytes, a class of immune cell.	52.7 percentile		higher than 53%
Neutrophils (share of white cells) The estimated share of white blood cells that are neutrophils, the most abundant circulating type, as a share of all white cells.	58.6 percentile		higher than 59%
Monocytes (share of white cells) The estimated share of white blood cells that are monocytes, which mature into tissue macrophages, as a share of all white cells. <i>Since your last sample: was 57.5 · +3.0</i>	60.5 percentile		higher than 61%
Eosinophils (share of white cells) The estimated share of white blood cells that are eosinophils, a granulocyte population, as a share of all white cells. <i>Since your last sample: was 66.1 · -3.0</i>	63.1 percentile		higher than 63%
Basophils (share of white cells) The estimated share of white blood cells that are basophils, a granulocyte population, as a share of all white cells. <i>Since your last sample: was 33.7 · -0.4</i>	33.3 percentile		lower than 67%
Natural killer cells Part of the innate immune response, acting without needing prior exposure.	49.7 percentile		lower than 50%

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory’s estimates.

IMMUNE CELL PROFILE, CONTINUED

Naive CD4 T cells

43.4 percentile

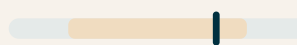


lower than 57%

Have not yet met their target; they coordinate rather than kill.

Memory CD4 T cells

69.4 percentile



higher than 69%

Retain a record of a previous immune exposure and coordinate the response to it.

Naive CD8 T cells

47.6 percentile

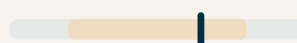


lower than 52%

Have not yet met their target; they act on cells rather than coordinate.

Memory CD8 T cells

64.5 percentile



higher than 65%

Retain a record of a previous immune exposure and act on cells carrying it.

Since your last sample: was 61.7 · +2.8

Regulatory T cells

47.0 percentile



lower than 53%

Moderate the activity of other immune cells, keeping a response proportionate.

Since your last sample: was 43.8 · +3.2

Naive B cells

52.2 percentile



higher than 52%

Have not yet met the target they are made to recognise.

Since your last sample: was 50.3 · +1.9

Memory B cells

47.4 percentile



lower than 53%

Retain a record of a previous immune exposure, so a later response to it is faster.

Neutrophil to lymphocyte ratio

43.1 percentile



lower than 57%

laboratory's range: 0–80

Compares two white-cell populations estimated from the same sample.

CD4/CD8 T cell ratio

52.3 percentile



higher than 52%

laboratory's range: 30–80

Compares two T cell populations estimated from the same sample.

Systemic immune-inflammation index

45.3 percentile



lower than 55%

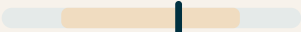
laboratory's range: 0–80

A methylation-based estimate related to an index conventionally calculated from platelet, neutrophil and lymphocyte counts.

Liver, kidney and blood-cell markers

This group brings together substances processed by the liver and kidneys, along with red-blood-cell characteristics. The values are methylation-based estimates associated with those measurements.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory's own range for that marker

MEASUREMENT	VALUE	COHORT POSITION	POSITION
Haemoglobin The protein in red blood cells that carries oxygen.	48.6 percentile	 laboratory's range: 20–100	lower than 51%
Haematocrit The proportion of blood volume made up of red blood cells. <i>Since your last sample: was 50.0 · -2.1</i>	47.9 percentile		lower than 52%
Red blood cell distribution width The variation in size between red blood cells.	56.0 percentile		higher than 56%
Creatinine A by-product of normal muscle metabolism, cleared by the kidneys.	55.4 percentile	 laboratory's range: 0–80	higher than 55%
Blood urea nitrogen The nitrogen component of urea, a waste product formed during protein breakdown and cleared by the kidneys. <i>Since your last sample: was 48.0 · +1.6</i>	49.6 percentile	 laboratory's range: 0–80	lower than 50%
Albumin A protein carried in blood that helps maintain fluid balance and transport other substances.	61.7 percentile	 laboratory's range: 20–100	higher than 62%
Alkaline phosphatase An enzyme found in liver, bone and other tissues. <i>Since your last sample: was 63.5 · -3.0</i>	60.5 percentile		higher than 61%
Urate A product of purine breakdown, cleared by the kidneys.	59.6 percentile		higher than 60%
Cystatin C A protein produced at a steady rate by most cells and cleared by the kidneys.	58.3 percentile	 laboratory's range: 0–80	higher than 58%

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

LIVER, KIDNEY AND BLOOD-CELL MARKERS, CONTINUED

Xanthine
An intermediate in the breakdown of purines.
Since your last sample: was 61.2 · -4.0

57.2percentile

higher than 57%

Allantoin
An oxidation product formed when urate reacts with oxidants.
Since your last sample: was 64.5 · +3.5

68.0percentile

higher than 68%

Carboxypeptidase B2
An enzyme involved in the balance between clotting and its breakdown.

56.4percentile

higher than 56%

Vitamins, cofactors and antioxidants

Vitamins and cofactors help enzymes work; antioxidants participate in reactions that manage oxidation. These rows contain methylation-based estimates associated with those compounds and their breakdown products.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory’s own range for that marker · Related foods name sources of the substance, never a change to make

MEASUREMENT

VALUE

COHORT POSITION

POSITION

Cholecalciferol (vitamin D)

↓ Below range

17.5percentile

laboratory’s range: 20–98

lower than 83%

Vitamin D3, obtained from sunlight exposure and diet.

- RELATED FOODS
- Oily fish

Cod liver oil

Egg yolk

Fortified spreads

Retinol (vitamin A)
Vitamin A, used in vision, immune function and cell growth.
Since your last sample: was 61.5 · -1.8

59.7percentile

laboratory’s range: 20–100

higher than 60%

- RELATED FOODS
- Liver

Cod liver oil

Butter

Cheese

Egg yolk

Alpha-tocopherol
The main circulating form of vitamin E, a fat-soluble antioxidant.
Since your last sample: was 54.4 · +0.8

55.2percentile

laboratory’s range: 20–100

higher than 55%

- RELATED FOODS
- Sunflower seeds

Almonds

Wheat germ oil

Spinach

Olive oil

VITAMINS, COFACTORS AND ANTIOXIDANTS, CONTINUED

Ascorbic acid 2-sulfate

51.1 percentile



higher than 51%

A sulfated metabolite of vitamin C.

Since your last sample: was 52.8 · -1.7

RELATED FOODS

Citrus fruit

Blackcurrants

Peppers

Broccoli

Strawberries

Ascorbic acid 3-sulfate

42.1 percentile



lower than 58%

A sulfated metabolite of vitamin C.

Since your last sample: was 40.6 · +1.5

RELATED FOODS

Citrus fruit

Blackcurrants

Peppers

Broccoli

Strawberries

Riboflavin (vitamin B2)

56.9 percentile



higher than 57%

Vitamin B2, a cofactor in energy metabolism.

RELATED FOODS

Liver

Milk

Eggs

Almonds

Mushrooms

Nicotinamide

40.3 percentile



lower than 60%

A form of vitamin B3 used to make NAD, a molecule involved in cellular energy reactions.

Since your last sample: was 37.5 · +2.8

RELATED FOODS

Liver

Poultry

Tuna

Peanuts

Mushrooms

Nicotinamide riboside

53.4 percentile



higher than 53%

A vitamin B3-related compound used to make NAD, a molecule involved in cellular energy reactions.

RELATED FOODS

Cow's milk

Whey

Brewer's yeast

Pantothenic acid (vitamin B5)

74.3 percentile



higher than 74%

Vitamin B5, a precursor of coenzyme A in energy metabolism.

RELATED FOODS

Liver

Mushrooms

Avocado

Sunflower seeds

Eggs

Pyridoxine (vitamin B6)

55.3 percentile



higher than 55%

Vitamin B6, a cofactor in amino acid and neurotransmitter metabolism.

RELATED FOODS

Chickpeas

Salmon

Poultry

Bananas

Potatoes

Lutein

58.9 percentile



higher than 59%

A carotenoid concentrated in the retina, obtained from the diet.

RELATED FOODS

Kale

Spinach

Sweetcorn

Peas

Egg yolk

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

VITAMINS, COFACTORS AND ANTIOXIDANTS, CONTINUED

Carotene diol

53.4 percentile



higher than 53%

A carotenoid found in the diet and carried in the blood.

RELATED FOODS Kale Spinach Sweetcorn Egg yolk

N1-methyl-2-pyridone-5-carboxamide

59.2 percentile



higher than 59%

A product the body forms as it breaks nicotinamide down and clears it.

RELATED FOODS Liver Poultry Tuna Peanuts Wholegrains

Ergothioneine

37.9 percentile



lower than 62%

A sulfur-containing compound obtained from the diet, notably mushrooms.

Since your last sample: was 40.5 · -2.6

RELATED FOODS Shiitake mushrooms Oyster mushrooms Black beans Oat bran Tempeh

Glutathione peroxidase 1

66.4 percentile



higher than 66%

A selenium-dependent enzyme that neutralises peroxides.

G6PD

69.4 percentile



higher than 69%

Glucose-6-phosphate dehydrogenase, an enzyme protecting cells from oxidative stress.

Neurological and neurotransmitter markers

This group contains compounds involved in nerve-cell signalling and related metabolic pathways. The values are methylation-based estimates.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory's own range for that marker

MEASUREMENT

VALUE

COHORT POSITION

POSITION

Dopamine 3-O-sulfate

55.5 percentile

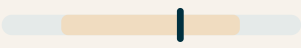


higher than 56%

A sulfated metabolite of dopamine.

Vanillylmandelic acid

59.9 percentile



higher than 60%

The main end product of adrenaline and noradrenaline breakdown.

Vanillic acid

65.4 percentile



higher than 65%

A metabolite of aromatic amino acid breakdown.

Since your last sample: was 61.4 · +4.0

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

NEUROLOGICAL AND NEUROTRANSMITTER MARKERS, CONTINUED



The first major product of tryptophan breakdown.
Since your last sample: was 37.9 · +3.1



A product of tryptophan breakdown on the pathway to NAD, a molecule involved in cellular energy reactions.



A protein concentrated in neurons and involved in synaptic signalling.



A growth factor involved in tissue repair and cell signalling.
Since your last sample: was 60.6 · -2.1



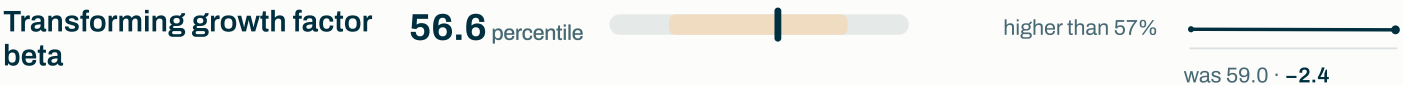
A protein precursor from which several nerve-signalling peptides are made.

Tissue and cellular proteins

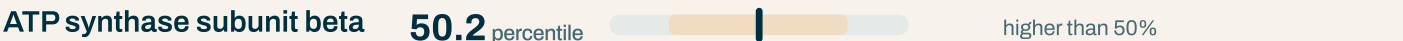
Cells use proteins to make energy, organise DNA, maintain their surroundings and communicate. These rows group methylation-based estimates associated with those proteins.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80

MEASUREMENT	VALUE	COHORT POSITION	POSITION	SINCE LAST SAMPLE
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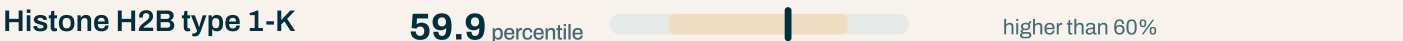
A signalling protein involved in tissue growth and repair.



Part of ATP synthase, the enzyme in mitochondria that makes ATP, the cell's usable energy supply.



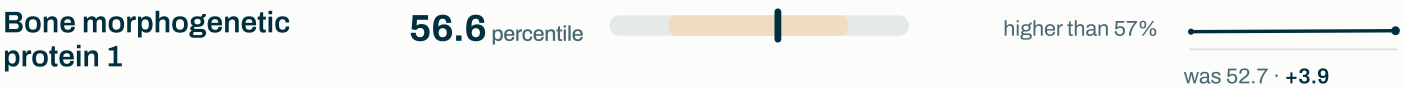
A chaperone protein that helps other proteins fold and stay stable.



A histone protein that packages DNA within the cell nucleus.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

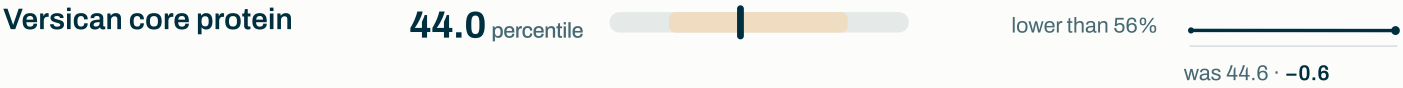
TISSUE AND CELLULAR PROTEINS, CONTINUED



A protein involved in bone formation and connective tissue remodelling.



An enzyme that breaks down RNA.



The protein component of versican, a large molecule in the supporting material around cells.



A protein that drives mitochondrial division.

Environmental and lifestyle exposure markers

Methylation-based estimates associated with environmental compounds, tobacco and alcohol.

Bars run 0–100, a percentile among people of the same age and sex · the shaded span is the middle 60% of the cohort, 20–80, unless a row states the laboratory's own range for that marker

MEASUREMENT	VALUE	COHORT POSITION	POSITION
Alcohol methylation signature	31.2 percentile	laboratory's range: 0–80	lower than 69%
A methylation signature the laboratory associates with alcohol intake. It estimates a pattern associated with intake, not an amount consumed.			
Smoking pack-year estimate	8.9 percentile	laboratory's range: 0–80	lower than 91%
A methylation-derived estimate of cumulative tobacco exposure.			
Bone lead estimate	77.2 percentile	laboratory's range: 0–80	higher than 77%
A methylation-based prediction associated with lead accumulated in bone.			
Glyphosate ↑ Above range	85.1 percentile	laboratory's range: 0–80	higher than 85%
Glyphosate is a herbicide. This row is a methylation-based estimate associated with it.			

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ENVIRONMENTAL AND LIFESTYLE EXPOSURE MARKERS, CONTINUED

PFOS

49.9 percentile

laboratory's range: 0–80

lower than 50%

Perfluorooctanesulfonic acid (PFOS) is a persistent industrial compound. This row is a methylation-based estimate associated with it.

PFOA

38.0 percentile

laboratory's range: 0–80

lower than 62%

Perfluorooctanoic acid (PFOA) is a persistent industrial compound. This row is a methylation-based estimate associated with it.

Hydroxypropylmercapturic acid

47.0 percentile

laboratory's range: 0–80

lower than 53%

A product the body forms as it clears acrolein, a compound found in tobacco smoke, some cooking fumes and vehicle exhaust.

Since your last sample: was 46.0 · +1.0

2-hydroxyfluorene sulfate

49.8 percentile

lower than 50%

A sulfated metabolite of polycyclic aromatic hydrocarbons.

4-methoxyphenol sulfate

75.4 percentile

higher than 75%

A sulfated metabolite of dietary and environmental phenols.

Since your last sample: was 72.7 · +2.7

Foods that come up

Polyphenol-rich foods	Berries, dark chocolate, green tea, olive oil, coffee.
Cruciferous vegetables	Broccoli, Brussels sprouts, kale, cauliflower, watercress.
Oily fish	Salmon, mackerel, sardines and anchovies: sources of the long-chain omega-3 fatty acids this report measures.
Fermented foods	Kimchi, sauerkraut, kefir, live yoghurt, miso.
Pulses and whole grains	Lentils, chickpeas, beans, oats, barley, rye.

Compounds discussed in ageing research

Spermidine	A polyamine found in wheat germ, aged cheese, mushrooms and soy products, and sold as a supplement.
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Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

**Nicotinamide
mononucleotide (NMN)
and nicotinamide riboside
(NR)**

Two forms of vitamin B3 precursor studied in relation to cellular energy metabolism.

**Quercetin and related
senolytics**

A flavonoid found in onions, apples and capers, studied alongside other compounds in the senescent-cell literature.

How these numbers are produced

WHAT DNA METHYLATION IS

Your DNA sequence stays the same throughout your life. Methylation is a chemical tag the body adds on top of it, and the pattern of those tags changes with age, environment and behaviour. The laboratory reads that pattern at around a million positions from one sample.

WHAT AN EPIGENETIC CLOCK IS

A clock is a statistical model. Researchers measured methylation in thousands of people whose ages and laboratory values were already known, then found the combination of positions that best predicted them. Putting your pattern through that model returns its estimate.

WHY TWO CLOCKS GIVE DIFFERENT AGES

Each model was trained on different people against different reference measurements, so each answers a slightly different question. Two estimates from the same sample can differ by several years without either being wrong, which is why this report states each one beside the group it was compared with.

How this field arrived

The models behind these estimates were described over little more than a decade.

- **2011** The first age estimate built from DNA methylation is published.
- **2013** The Hannum and Horvath clocks arrive. Horvath's is the first trained across several tissues; Hannum's is built in blood alone.
- **2016** A clock trained on cell division rather than on age alone is described.
- **2018** PhenoAge is trained on clinical laboratory measurements instead of age alone.
- **2019** GrimAge is published, trained on plasma protein markers and smoking history.
- **2020** DunedinPoAm estimates a rate of change rather than a single age.

Sample processed and analysed by TruDiagnostic. Lola presents the laboratory's estimates.

- **2021** DunedinPACE refines that rate using repeated samples from the same people.
- **2022** Principal-component clocks improve how closely two runs of one sample agree.
- **2023** OMICmAge is trained on proteomic, metabolomic and clinical measurements together.

What these measurements are

The models behind the headline figures: who built each one, on what data, and what its number is expressed in.

OMICM AGE

An age-scaled estimate computed from selected DNA methylation patterns. Developed by TruDiagnostic with researchers at the Channing Division of Network Medicine, Brigham and Women's Hospital and Harvard Medical School, and published in Nature Aging in 2026. The model uses methylation-based predictions associated with clinical, protein and metabolite measurements, developed on the Mass General Brigham Biobank and validated in two further cohorts.

BODY-SYSTEM AGES

Age-scaled statistical estimates developed by researchers at Yale by linking blood methylation patterns with groups of clinical and functional measurements for each body system. The model combines those predicted patterns into system-level estimates. All eleven come from the one blood sample.

PACE OF AGEING

An estimate of biological ageing pace from one DNA methylation sample, expressed in biological years per calendar year. A value of 1.0 represents the average pace in the training group; below 1.0 is a slower estimated pace than that average and above it is faster. DunedinPACE was developed by researchers including teams at Duke University and the University of Otago, using changes in multiple body-system measurements collected over two decades in the Dunedin Longitudinal Study. The model learns from those repeated observations; your result is a prediction from one sample.

How to read this report

Reference for the pages above: how these estimates are produced, who each percentile compares you with, and how to read the bar.

WHY THESE ARE NOT BLOOD LEVELS

Many rows carry the name of a substance, such as a vitamin, a cholesterol fraction or an inflammatory protein. Each value is what the methylation pattern predicts for that substance. The pattern moves more slowly than a level in blood, so the figure can differ from a conventional blood test taken the same day.

WHO THIS SAMPLE IS COMPARED WITH

Every percentile here compares your sample with people of the same sex and a similar age, within five years either way, drawn from a reference set the laboratory built from the Mass General Brigham Biobank and TruDiagnostic cohorts and put together to stand in for a population of ordinary health.

HOW TO READ THE PERCENTILE

A percentile places this sample among people of the same age and sex. A percentile of 61 means the measurement is higher than 61 per cent of them and lower than the remaining 39 per cent. It is a position among other people, not a score.

THE SHADED BAND ON EACH BAR

Where the laboratory publishes its own range for a marker, the bar is drawn against that range and prints the numbers it was drawn with. Where it publishes none, the shaded span covers the 20th to 80th percentile instead: the middle 60 per cent of the reference cohort, which describes where most of that group falls rather than a range anyone published. Above the 80th percentile the measurement is higher than 80 per cent of that group; below the 20th it is lower than 80 per cent of them. Neither end of the scale is a target.

A WORKED EXAMPLE

A measurement whose percentile is 61.3 puts the mark just past the middle of the bar, and the position column reads “higher than 61%”, meaning 61 per cent of the cohort measured lower. The same measurement at percentile 8 would put the mark near the left end, and the column would read “lower than 92%”. Both are the same number said in words.

HOW TO READ CHANGE OVER TIME

A change is shown only where an earlier sample exists for the same measurement, and a chart is drawn only for those. A single sample has nothing to compare against, so nothing is shown. Sampling, laboratory variation and model differences all move a number between two runs, so a small change is within what the method itself varies by.