

Three Tests to Aide in Assessing Longevity

Determining how long you might live is quite a complex task. It involves considering not only your physical health and lifestyle but also your mental well-being.

Here are links to three lab tests that offer insights into how your health and lifestyle choices could affect your longevity:

[The DNA Company](#): Learn more about yourself on a biological level with the advanced **DNA 360** lab test. This test looks at an incredible 4.7 billion data points from your saliva, making it one of the most advanced on the market. After you take the test, you will receive thirty-eight detailed health reports and an exclusive longevity report. This report gives you practical advice that could help you live a healthier life for an extra ten years.



[KBMO Diagnostics](#): Fit 176 (Food Inflammation Test): A patented multi-pathway delayed food sensitivity test, this test utilizes patented technology to measure both IgG and Immune Complexes, which are the most common food-related pathways in the body. The Gut Barrier Panel (GB Panel) helps medical providers evaluate if patients have leaky gut, and or food sensitivities.



[Viome](#): Unlock your body's innate ability to restore health and boost longevity at a molecular level with Viome's most advanced microbiome & cellular health test, **Full Body Intelligence**. The test is scientifically backed and provides you with 50+ Comprehensive Health Scores personalized nutrition recommendations. Discover which foods might be triggering inflammation and imbalance throughout your gut and your body. Gain insights into the most beneficial supplements, gut biotics, and oral biotics for you. Support health functions tied to digestion, oral health, brain & cognitive function, heart health, immunity, healthy aging, etc.



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