

Stanford University: “A higher Prysm Score shows **better biological aging.**”

1. Metabolic	-5.2yrs	7. Lung	-4.2yrs
2. Heart	-5.1yrs	8. Immune	-4.2yrs
3. Inflammation	-5.0yrs	9. Hormone	-3.7yrs
4. Kidney	-4.7yrs	10. Liver	-3.1yrs
5. Brain	-4.5yrs	11. Musculoskeletal	-3.0yrs
6. Blood	-4.5yrs	As measured by epigenetic change	

Key Findings

- *Stanford University: "A **higher Prysm Score** shows **better biological aging.**"*
- *People with high Prysm scores tested **~4.3 years younger** on average across 11 body systems (as measured by epigenetic testing) compared to those with low scores.*

Study conducted by Dr. Anne Chang of Stanford Medicine

