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biological age is a concept to determine at what rate your body is degenerating and what is the entropy of your body tissues your biological age depends upon the factors like your anxiety level sleeping

biological age refers to an estimate of your age based on various biomarkers that assess your physical and functional state rather than your chronological age the number of years you ve lived it

discover your true biological age with our free science backed calculator get your results in minutes and learn actionable steps to improve your healthspan and longevity

while your birth certificate states your chronological age your body may tell a different story enter the biological age calculator a powerful health assessment tool that estimates how old your body

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