

Congratulations on Taking Your First Step Toward Metabolic Health!

Within this report you have been given a "risk score". Below we will explain what your score means and how each test you took and "risk factor" goes into your overall score. The intention of this assessment is to give you a low-cost, in-home, simple way to determine how you should proceed on your journey toward metabolic health. Based on sound scientific research, it is an estimate of the likelihood of having or getting metabolic disease. This will help you determine if you need further testing and diagnosis, if you need some coaching to help you change your healthy lifestyle habits or if you just need to keep doing what you are doing.

What Does "Metabolic Risk" Mean?

When it comes to health, your level of "metabolic risk" is an indicator of how likely you are to have or develop metabolic dysfunction at the current time or to acquire the disease in the future. This is not a precise score. We did not perform extensive blood testing and scans for this Assessment which can be made available to you if needed.

If you are at "High Risk", it means that you are highly likely to have metabolic disease now or in the near future, even though you may not be feeling the effects of it yet. The good news is that the effects of metabolic dysfunction can be treated and prevented from progressing. If you fall into this risk level, you may require further testing and to enact the strategies to protect you from your dysfunction.

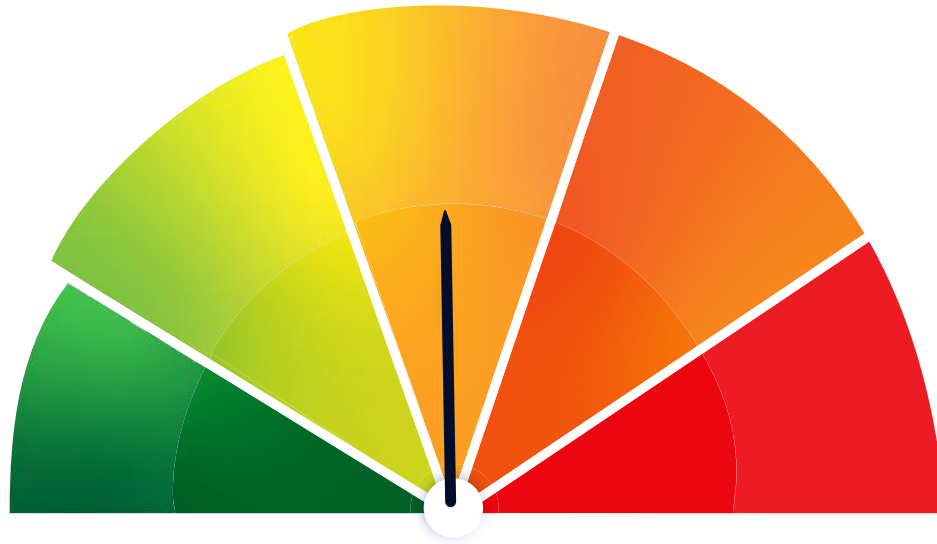
If you are at "Moderate Risk", it means you are on the path to metabolic disease if you do not change some of your risk factors. This should be a "wake-up" call to get more serious about your metabolic health and begin to deploy the strategies that defend against the onset of this disease.

"Low Risk" means that you are unlikely to acquire the disease if you continue to do what you currently do. It is important to note that any deterioration in your healthy lifestyle, the way you eat, exercise, sleep, etc., can quickly increase your risk. Aging is also a factor that weighs in. So it is very important to stay the course and monitor your risk.

How we Calculate Your Level of Risk:

We look at seven categories of risk factors that contribute to your Metabolic Risk score. Each risk factor category is weighted differently meaning that risk factors do not contribute equally to your overall risk score. For example, your healthy lifestyle habits are much more important than your family history in calculating your overall risk score, however, each factor contributes to some degree.

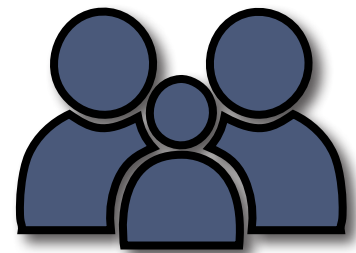
Your Metabolic Risk Level: Moderate



Below is a Description of How Each Risk Factor Contributed to Your Risk Score.

Family History

The first category, FAMILY HISTORY, looks at your genetics, if good or bad genes for metabolic health have been passed down to you. Your genes only account for about 10-35%. This risk can be amplified or reduced depending on your lifestyle. Your genes are not changeable, but the effect they have on your health is.

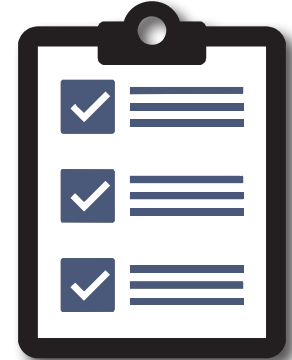


You have indicated that you have a first-degree relative with a history of prediabetes or diabetes. This increases your susceptibility to developing metabolic dysfunction that leads to prediabetes or diabetes.

Contributing Factor to Your Risk Score: Moderate

Personal History

Next, is your PERSONAL HISTORY, where we look at if you have already been diagnosed with some sort of ailment or disease. This is the category that carries the most weight out of the factors that are non-changeable. The questions in this section tell us how much known metabolic disease you may already have and include one of the most important factors, your age. As you age, the more likely it is that your insulin receptors decrease in their function, causing insulin resistance.



You have indicated that you are 45 years or older.
This increases your susceptibility to develop metabolic dysfunction.

Contributing Factor to Your Risk Score: High

Lifestyle

The third area and most significant category is lifestyle, because these are the factors that we have the most control over. Your lifestyle habits, including; how you eat, exercise, sleep, your stress levels and the toxins you are exposed to like glycemic carbs, tobacco and alcohol. This is weighted very heavily on your overall risk score, because each of these can magnify or minimize any metabolic dysfunction that you already have, or may develop in the future.



You have indicated that you have a low level of physical activity. This is a big risk factor for developing metabolic dysfunction. Activating your muscles is one of the most important protective factors to maintain our metabolism healthy and our cells sensitive to insulin.

You have indicated that you consume sugary beverages or alcohol frequently.
This may increase your susceptibility to developing metabolic dysfunction.

You have indicated that you rate your stress levels on a daily basis as moderate or high.
This may increase your susceptibility to developing metabolic dysfunction.

Contributing Factor to Your Risk Score: Moderate

Oral Glucose Tolerance

You also performed an ORAL GLUCOSE TOLERANCE TEST.

This test is a unique test that we do that gives us a clue to how you metabolize the food you eat. This shows if you are already experiencing the effects of metabolic disease based on your health lifestyle, genetics and personal history. If you are not able to metabolize your food properly it affects the functioning of every organ and cell in your body.

It is your body's source of life. This is why we say that a poorly functioning metabolism is the root of all chronic disease.



You have indicated that your Fasting blood sugar is less than 100. While this is a protective factor, it does not exempt you from having metabolic dysfunction.

You have indicated that your blood sugar level 30 min after glucose drink, is between 140-200. This may increase your risk for diabetes or metabolic dysfunction.

You have indicated that your blood sugar level after 60 minutes of glucose drink is less than 140. While this is a protective factor, it does not exempt you from having metabolic dysfunction.

You have indicated that your blood sugar level after 120 minutes of glucose drink is less than 120. While this is a protective criteria, it does not mean you may not have metabolic dysfunction.

Contributing Factor to Your Risk Score: High

BMI and Body Fat Percentage

Next we look at BMI and % of body fat. This test shows the effects of the first three risk factors we discussed and is very changeable. Research tells us that BMI over 23 puts you at a higher level of risk for metabolic disease and is one of the factors that has an impact on your risk score.

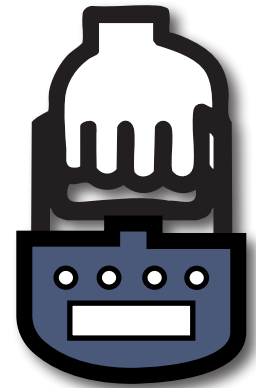


YOUR BMI: 22.4. Body Fat Percentage: You have indicated that you are a man between the ages 50-59 and that you have a body fat percentage between 24.6 and 27.9. This increases your risk for metabolic dysfunction. If you have 27.9% of body fat, you most likely have metabolic dysfunction.

Contributing Factor to Your Risk Score: Moderate

Grip Strength

Grip strength is a simple measure of overall muscle strength and is linked to metabolic health. Low grip strength is associated with poor muscle mass and a higher risk of conditions like insulin resistance, obesity, and cardiovascular disease. A healthy grip strength is a great bio-indicator for healthy aging and for metabolic health. Stronger muscles improve how your body uses glucose and burns fat. Strength training and physical activity improve grip strength, muscle health, and metabolism.

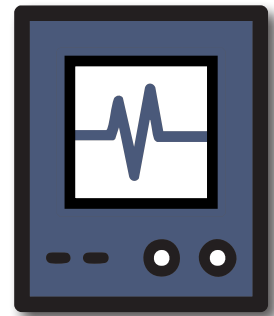


You have indicated that your grip strength is 99 lbs or over, which is a protective factor for metabolic disease.

Contributing Factor to Your Risk Score: Low

Heart Rate Recovery Test

How quickly your heart rate returns to normal after exercise indicates cardiovascular fitness and overall health. A slow recovery rate can signal poor cardiovascular health, high stress levels, or autonomic nervous system imbalance, all of which are linked to metabolic dysfunction. Faster recovery is a sign of a healthy, well-functioning heart and metabolism. Regular and appropriate exercise can improve heart rate recovery and overall metabolic health.



You have indicated that for Recovery Test you got for H2 less than 6. This is a protective factor.

Contributing Factor to Your Risk Score: Low

Recommendations

You are at MODERATE RISK for metabolic disease. It is very important that you enact strategies to reduce your risk. The good news is that your risk definitely can be reduced by enacting strategies for metabolic health.

Your risk assessment consultant will explain the options available to reduce your risk. They may include further testing, healthy lifestyle changes and/or supplementation.

Thank you for Joining our Mission to Improve the Metabolic Health of People Around the World, and we Look Forward to Staying Connected to you on Your Journey in the Future.