



GreenCuisine

Eat well. Be well.

BodyGem Metabolic Testing

BodyGem by Microlife USA is a simple breath test in which we learn what your true metabolic rate is. We have you breath into a hand held device for 5-10 minutes and the device can then determine your resting metabolic rate.

To obtain a true Resting Metabolic Rate (RMR), it is important that your body is in a calm and relaxed state. If you have been active, stressed, or if you have recently eaten or exercised, the rate of energy expenditure (metabolism) that the BodyGem measures will be accurate for that condition, but not representative of your actual RMR. Thus, please follow the guidelines below in order to get a true RMR reading.

- ❑ You are in a calm and relaxed state for 10-15 minutes prior to a BodyGem measurement (You can sit in the office for a few minutes prior to testing).
- ❑ Do not eat for 8-12 hours.
- ❑ Do not exercise for 8-12 hours.
- ❑ Perform BodyGem measurement in the morning.
- ❑ Do not smoke or use nicotine for 1 hour.
- ❑ Do not consume caffeine or nutritional supplements or medications containing ephedra, Ma Huang, or pseudoephedrine for 4 hours.
- ❑ Measurement is performed in a quiet environment.

Please note: The procedure cannot be performed if either you have eaten or exercised in the last 4 hours. It also cannot be performed if you are taking acute medications.