

# MedGem™ Resting Metabolic Rate Testing

## **What is MedGem™?**

MedGem™ is a FDA approved device that provides accurate and scientific measurement of the number of calories you burn each day at rest (resting metabolic rate).

## **What is Metabolism and Resting Metabolic Rate?**

Metabolism is the body's process of combining nutrients with oxygen to produce energy. The energy, measured in calories, provides fuel for body functions. Resting Metabolic Rate (RMR) is the number of calories your body needs to maintain basic body functions at rest.

## **Why Measure Resting Metabolic Rate (RMR)?**

Resting metabolism varies from person-to-person depending on a person's lean body mass (LBM). In addition, each person's metabolism will change over time as a result of weight loss, age, exercise, or change in body composition.

## **Why guess when you can measure?**

Before MedGem™ dietitians and healthcare professionals could only use generalized formulas created in 1919 to estimate RMR, which often prove unreliable and contribute to inappropriate weight gain or loss.

Understanding your unique metabolism and monitoring changes provide essential control in managing your nutritional needs, weight, and general fitness. Once you know your RMR, you can develop a sound nutrition plan to help you achieve your health goals.

## **What do you have to do?**

MedGem™ is a simple and painless 7-10 minute breath analysis. You simply seal your mouth around the MedGem™ mouthpiece and breathe in and out, like always!

## **Is the MedGem™ testing covered by my health insurance?**

Yes. In most cases MedGem™ testing is covered by your insurance company. Contact us and we will verify in advance.

### **Client instructions prior to the test:**

- Rest for 10-15 minutes prior
- Abstain from eating for 4 hours
- Abstain from exercise for 4 hours
- Abstain from caffeine for 3 hours
- Abstain from supplements or medications for 2 hours
- Abstain from nicotine for 1 hour



Moving towards a  
**healthier you!**