

What does MetaBase include?

Health and lifestyle profile

Blood tests

Glucose monitoring



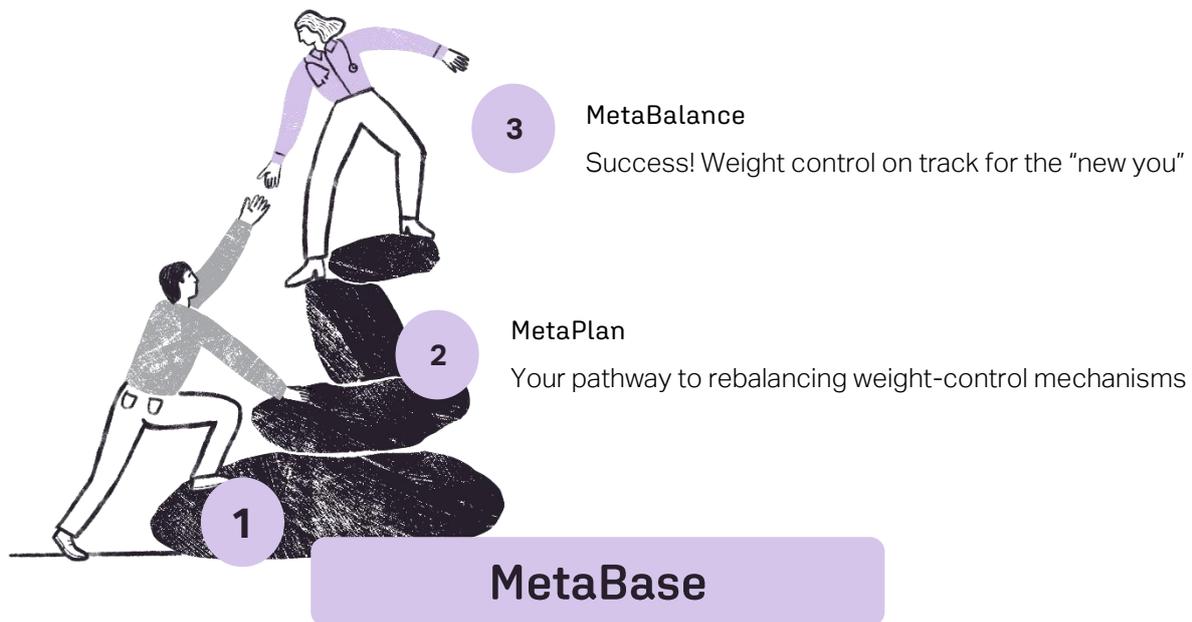
Look Good. Feel Good. Inside & Out.

The Harley Street Weight and Wellness Clinic | 116 Harley St | London W1G 7JL

The fundamentals of MetaBase

Every new journey has a starting point, and MetaBase is your start to a “new you”. Without knowing the starting point there can’t be a route to achieve your goals and aspirations.

Metabology is the *science* of weight control, and MyMetabology is based on your *personal* biology and how your nutrition and lifestyle affect this. We need to measure and understand your starting point. To do this we create a personal MetaBase comprised of blood biomarkers, glucose ups and downs over several days and a lifestyle profile.



Health and lifestyle profile

Questionnaire

- Your current nutrition, habits, health and lifestyle

Biological profile

Choice of blood tests

- Panel of 9 biomarkers from at-home finger-prick samples
 - Includes cholesterol, omega-3: omega-6, HbA1c and vitamin D
- Panel of 28 biomarkers from an in-clinic or at-home blood collection
 - Includes 9-panel biomarkers plus additional vitamins, minerals, stress and disease biomarkers

Glucose profile

Real-time monitoring of glucose levels

- 14-day, discrete, wearable glucose monitor
- Data downloaded to your smartphone

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