MEASURE | OPTIMIZE | PERFORM | LONGEVITY

PNOE MAX SESSIONS

ADVANCED METABOLIC & CARDIORESPIRATORY TESTING

Comprehensive, non-invasive testing that measures your resting metabolic rate, VO_2 max, and respiratory efficiency to provide personalized insights for better energy, performance, and long-term health.

RESTING METABOLIC RATE

Measures the number of calories your body burns at rest to optimize nutrition and body composition.

VO_2 MAX

Assesses your cardiovascular fitness and aerobic capacity to improve endurance, performance, and longevity.

RESPIRATORY EFFICIENCY

Analyzes how efficiently your body uses oxygen and fuel to enhance training, recovery, and overall health.

PERSONALIZED INSIGHTS

Data-driven recommendations to guide training, nutrition, and recovery for your goals.



SESSION DETAILS

APPOINTMENT TIME
45–60 minutes
(per session)

PROCESS
Wear a comfortable mask while walking on a treadmill. A short, gradual exercise test is performed to measure metabolic and cardiovascular markers.

RESULTS
Detailed report including resting metabolic rate, VO_2 max, respiratory efficiency, and personalized recommendations.

ANALYZE | BALANCE | OPTIMIZE | THRIVE

BIOMEFX TEST

ADVANCED GUT MICROBIOME ANALYSIS

A comprehensive **stool** test that analyzes your gut microbiome, digestive health, and metabolic markers to uncover imbalances and create a personalized plan for better digestion, immunity, energy, and overall wellness.

ANALYZES GUT HEALTH
Identifies imbalances in gut bacteria, digestive function, and inflammation.

SUPPORTS IMMUNITY
A healthy gut microbiome strengthens immune function and overall resilience.

OPTIMIZES METABOLISM
Provides insights into nutrient absorption, metabolism, and weight management.

PERSONALIZED PLAN
Actionable recommendations for diet, supplements, and lifestyle based on your results.



TEST DETAILS

APPOINTMENT TIME
Simple at-home collection kit

PROCESS
Collect sample at home and send to lab

RESULTS
Typically 2–3 weeks

WHAT YOU RECEIVE
Detailed report with personalized recommendations for diet, supplements, and lifestyle

WHAT IT ANALYZES

- Gut Bacteria Diversity
- Digestive Function
- Inflammation Markers
- Nutrient Absorption
- Metabolic Health
- Immune Function
- Food Sensitivities & Intolerances
- Gut-Brain Connection