

MetaLab



MetaLab by Confidia Health Institute™ is the first of its kind for metabolic testing. Its development is firmly grounded in scientific principles and inspired by a passionate commitment to innovation. At MetaLab by Confidia Health Institute™, we have developed a comprehensive, state-of-the-art series of tests designed to provide you with a roadmap for optimal health without relying on guesswork.

MetaLab offers seven lab-grade tests:

- Autonomic Nervous System and Arterial Stiffness
- Body Composition
- Cognition
- Strength
- VO2 Max
- Resting Metabolic Rate
- DEXA scan

Our goal is not only to increase lifespan but also to improve health span. MetaLab by Confidia Health Institute™ is more than a facility, it's a mission. A place where cutting-edge diagnostics down to the cellular level meet individualized solutions. A hub where prevention, performance, and longevity intersect.

Metabolic Health?

You might be wondering, what is metabolic health and why is it important to our everyday lives? Metabolic health refers to the state of your body's metabolic system. When that system is out of sync, we develop what's called metabolic syndrome, a cluster of abnormalities that massively increases your risk of chronic disease. In the U.S., 6 out of 10 people, that's 160 million Americans that have at least one chronic disease. Globally, 1 in 3 adults now have metabolic syndrome. That's one-third of the planet at increased risk for cancer, dementia, diabetes, and heart disease. In fact, metabolic syndrome multiplies your risk of developing diabetes by five times and doubles your risk of dying from cardiovascular disease, the number one killer in America for over a century. The main point is as follows, only 12 to 20% of adults in the U.S. are metabolically healthy. Think the younger generations are safe? Think again. A 2024 study from the Centers for Disease Control and Prevention reported the following on Gen Z, 20% already have metabolic syndrome, 25% are obese, and 41% have at least one chronic illness.

Solutions?

You're probably asking: Am I metabolically healthy? If I'm not... What can I do about it? The answer is simple... MetaLabWe don't guess. We test. We analyze. We strategize. We give you your blueprint for longevity. With this data, you will have precise guidance on what to do in the gym and at home to achieve peak mental clarity, physical wellness and longevity. Our dedicated team monitors progress over time and provides continued coaching to assist with health goals. Results will become evident as you work towards feeling your best. So, the only question remaining is are you ready to take control of your health with a purpose? Then join us at MetaLab and...

LET'S WIN THE DAY TOGETHER!

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