

VO2 Max



What is it?

At the core of longevity is the ability of cells to efficiently generate energy while minimizing damage. At MetaLab by Confidia Health Institute™, we assess how oxygen is used to break down fats and carbohydrates into energy and gain direct insight into the health and efficiency of cellular processes. VO2 Max gives us the ability to assess mortality risk, biological age, metabolic slowdown, metabolic flexibility, mitochondrial dysfunction, diabetes risk, and personalized metrics to prescribe exercise. VO2 max is like the size of your gas tank. The bigger the tank, the farther you can go, the more stress you can handle, and the longer you last. A small tank runs empty fast — leaving you winded, fatigued, or at risk.

Why is it important?

VO2 max is directly and inversely associated with all-cause mortality, surpassing traditional risk factors like smoking, diabetes, and coronary artery disease. Each biomarker we collect along the way provides critical insights for crafting truly customized longevity programs. VO2



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Max is not just a number—it's a health indicator, a performance marker, and a personal benchmark for longevity. At MetaLab by Confidia Health Institute™, our VO2 Max test gives you the data you need to move smarter, live longer, and perform at your best—no matter your starting point.

Whether you're training for a race, trying to reverse a chronic condition, or just want to feel more alive day-to-day, this test can show you exactly where you are and how to get where you want to be. Now...

LET'S WIN THE DAY TOGETHER!

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