

## Resting Metabolic Rate Test



### What is it?

Resting metabolic rate is a critical longevity biomarker that measures the energy your body uses at rest to perform essential functions like breathing, circulation, and cellular repair. This test provides insight into the rate of a patient's metabolism and their overall energy expenditure. Your resting metabolic rate is like the pilot light in a furnace — always burning, even when you're doing nothing. It keeps vital systems running: your heart beating, your lungs breathing, your cells repairing. If that flame burns low, everything runs slower — including energy, mood, and progress.

### Why is it important?

The resting metabolic rate identifies patients with a "slow metabolism". It highlights deviations caused by factors like caloric restriction, muscle loss, or metabolic adaptation. Strategies for diet, exercise, and therapeutic compounds will also be tailored based on this critical information. Resting metabolic rate gives you the metabolic truth your body's been trying to tell you, so you can stop guessing and start progressing.

At MetaLab by Confidia Health Institute™ we turn this insight into lasting and measurable change that aligns with your goals, your physiology, and your future. Join us, and...

**LET'S WIN THE DAY TOGETHER!**

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