



KNOW WHAT YOU'RE MADE OF

Single Assessment:
Free to members
\$10 for potential members

Protocol for testing:

- Stay well hydrated prior to testing
- Do not eat for 4 hours prior to testing
- Do not exercise 12 hours prior to testing
- Do not consume alcohol 24 hours prior to testing
- Do not drink caffeine on the day of your test
- Remove all jewelry
- Females should avoid testing during menstrual cycle

Do NOT test:

- If you are pregnant
- If you have a pacemaker

