



DR. CHERYL WINTER

VITAL HEALTH SOLUTIONS

Preparation Guidelines for Medgem® Metabolic Analysis & Body Composition Analysis

Medgem® Metabolic Analysis



- * Rest for 10-15 minutes prior to the test
- * Do not eat for at least 4 hours prior to the test
- * Do not exercise for at least 4 hours prior to the test
- * Do not drink caffeinated beverages for at least 3 hours prior to the test
- * Do not consume nutritional supplements or medications containing ephedra, Ma Huang, or pseudoephedrine for at least 2 hours prior to the test
- * Do not use nicotine for at least 1 hour prior to the test

Body Composition Analysis

- * Avoid vigorous exercise, preferably 8-12 hours prior to the test
- * Avoid alcohol, preferably within 24-48 hours prior to the test
- * Avoid eating or drinking at least two hours prior to the test
- * Lay flat for 5-10 minutes before the test



IF BOTH Procedures will be conducted on the same day, FOLLOW THESE GUIDELINES FOR PREPARATION:

- * Do not eat for at least 4 hours prior to the test or drink for at least 2 hours prior to the tests
- * Do not exercise for at least 8-12 hours prior to the tests
- * Do not drink caffeinated beverages for at least 3 hours prior to the test
- * Do not consume nutritional supplements or medications containing ephedra, Ma Huang, or pseudoephedrine for at least 2 hours prior to the test
- * Do not use nicotine for at least 1 hour prior to the test
- * Avoid alcohol, preferably within 24-48 hours of the test