This test will show how many calories you burn each day. It will help us know how many calories you need to maximize fat loss.

Age, gender, and genetics help determine our metabolism. Since these factors can’t be changed, what you can do is build muscle mass and increase activity. Food is energy, and you either use up that energy or you store it. Calories in versus calories out will determine your weight. This test will show whether your metabolism is slow, normal, or fast.

**Preparing for the test:**

1. You MUST fast for 12 hours before the test. This means that you cannot eat food or drink. You may have water only.
2. You MUST NOT exercise for 24 hours before your test.
3. You MUST avoid stimulants such as caffeine, stimulant medications, inhalers and herbal preparations that can increase your metabolism on the day of the test. Examples: Drugs used to curb your appetite for weight loss such as Phentermine, Topamax, and over-the-counter diet pills.

   Don’t drink alcohol or take any stimulants after midnight the day before your test; this will help ensure your test results are accurate.

**During the breath test:**
Just relax and sit back in a reclining chair as you breathe into a tube. This test is very easy and takes about 15 minutes.