



PREPARATION PROTOCOL Compleat REST

About the test

Resting metabolic rate (RMR) testing is currently considered the "gold standard" for assessing rate of metabolism. It is the most accurate method for analyzing energy requirements. It uses precise data rather than estimates based on commonly accepted formulas. Until now, it has been mainly available in laboratory settings.

Indirect calorimetry uses the metabolic criterion of gas exchange. This method is based on the assumption that energy used by body is derived from oxidation of nutrients (carbohydrates, fats and proteins). In these reactions, oxygen is consumed and carbon dioxide is released in amounts proportional to the energy expended.

Test procedure

- Test is conducted while lying down and lasts about 10-15 minutes.
- Results are provided in the form of a report.

How to prepare for the test?

You can take the RMR test at any time (just ensure that the follow-up test is done at the same time).

Before the test, fasting is required, meaning you can only drink water for at least 5 hours prior to the test:

- do not drink coffee or any other stimulating drinks
- avoid intense exercise (for more than 1 hour) at least 24 hours before the test
- if you are taking any medications, do not change anything
- dress comfortably
- arrive at the test at least 10 minutes earlier to ensure you are properly relaxed when starting the test

How often should the test be repeated?

- for active weight management (weight loss/muscle mass building): every 8-12 weeks
- for others: once a year

Any Questions?

If you have any questions, feel free to contact us:

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