

MedGem Protocol

Prior to your appointment in which the MedGem will be performed, the following guidelines **MUST** be followed for the most accurate testing of your RMR (Resting Metabolic Rate)

If all of the below guidelines are not met, your appointment will have to be rescheduled

- **Please arrive 15 minutes prior to your scheduled appointment-you will need to be in a RESTING state (minimal talking, moving, or fidgeting) prior to the test**
- **Ideal guidelines:**
- **Ideal time to take the test is first thing in the morning after 8-12 hours of NO eating, drinking (water ok), or consuming caffeine, nutritional supplements or medication that contains ephedra, Ma Huang or pseudoephedrine**
- **NO exercise**
- **NO nicotine**
- **If you are taking Meridia, do not take it before the MedGem. You can resume after the test**
- **Acceptable guidelines:**
- **NO eating for at least 4 hours before test (water is OK)**
- **NO exercise for at least 4 hours before test**
- **NO caffeine or stimulatory nutrition supplements or medication that contains ephedra, Ma Huang or pseudoephedrine for at least 4 hours before test**
- **If your are taking Meridia, do not take it before the MedGem. You can resume after the test**
- **No nicotine in any form for at least 1 hour before test**

Thank You!
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