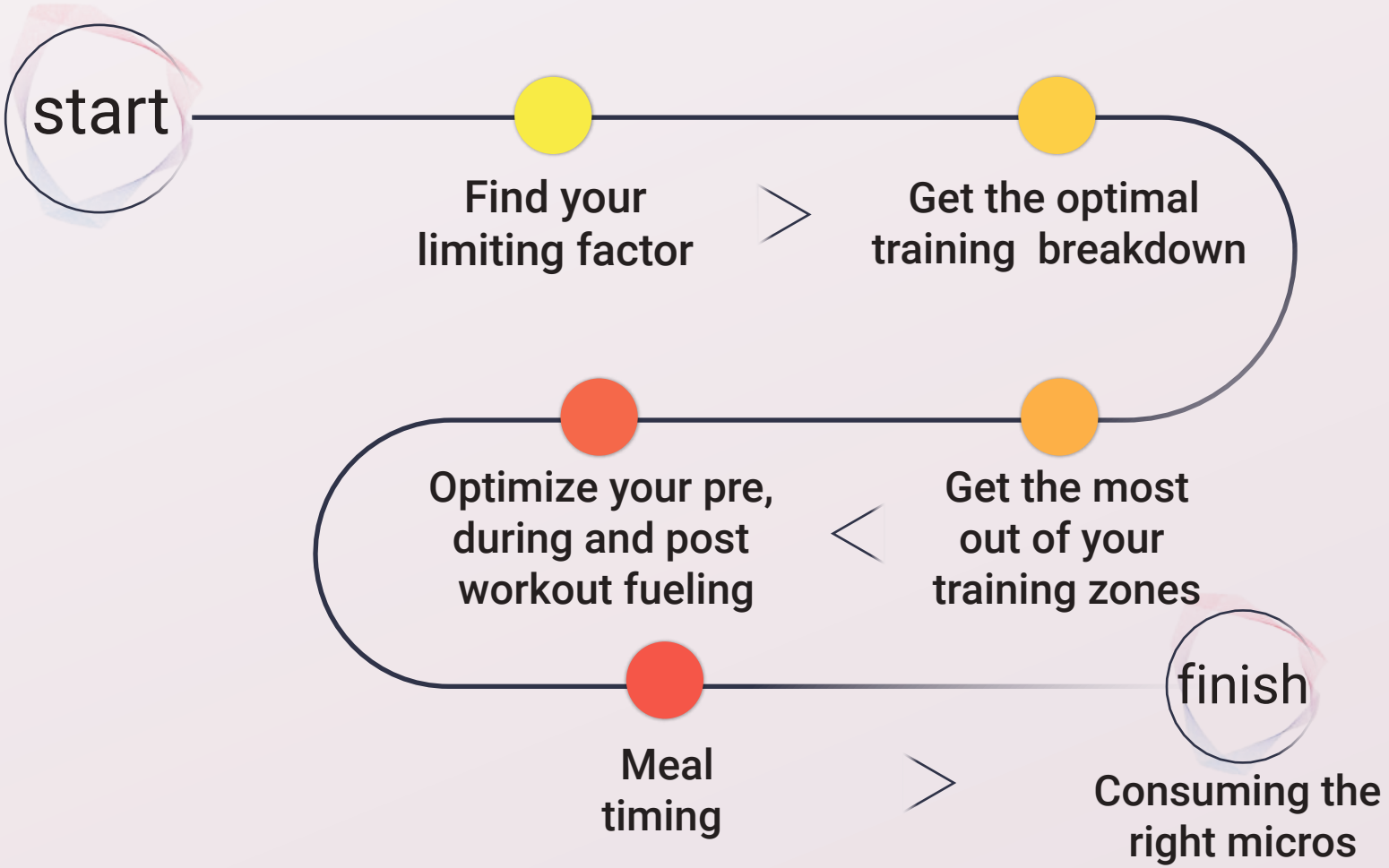
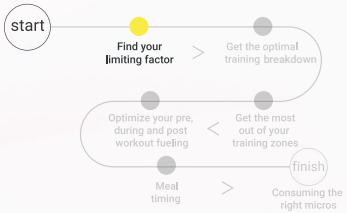
Performance

Your body is a complex machine.
Learn how PNOĒ can uncover its deficiencies and help you fix them.



Find your limiting factor

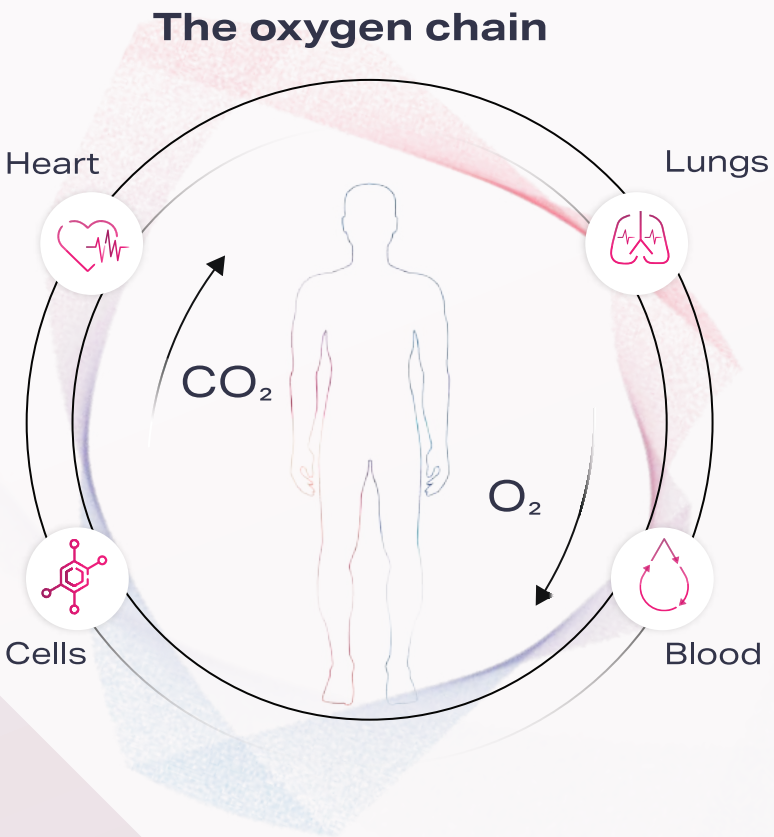


Oxygen is the "performance" molecule as it's the necessary element cells need to produce the energy to move.

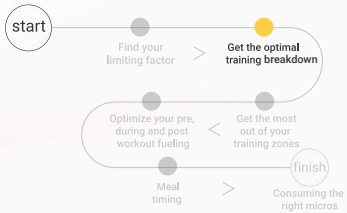
Four systems participate in oxygen utilization by your cells: The lungs, heart, bloodstream, and cells.

By analyzing the oxygen flow through these systems, you can determine the most critical blockers of your performance.

PNOĒ provides the gold standard in analyzing oxygen flow through your body and identifying your limiting factors.



Get the optimal training breakdown



Depending on which system(s) is facing a problem, the workout program you need to follow differs as each type of training remedies a different limitation.

Resistance training

It includes various types of weight lifting, and its main effect is to improve joint and muscle strength.

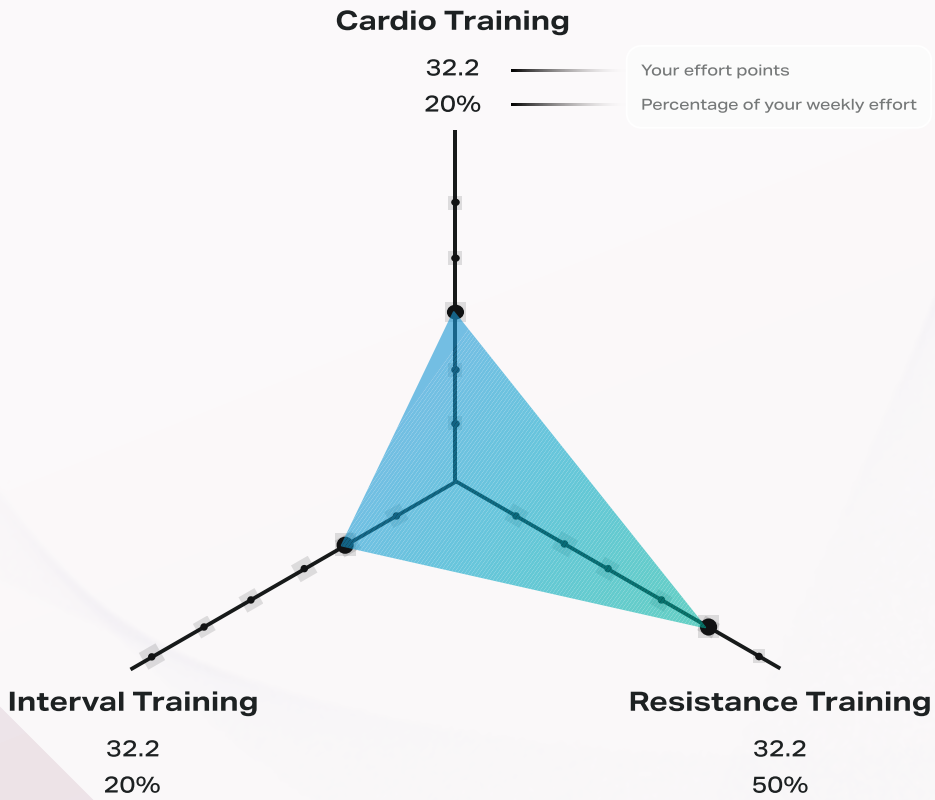
Cardio training

It includes continuous cardio (e.g., running or cycling) exercise in Zone 2. Its main effect is that it trains your cells in burning fat, promotes recovery, and enhances endurance in all types of training.

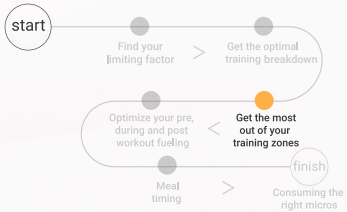
Interval Training

It includes cardio that transitions between Zone 3, 4, and 5. Its main effects are improving fat burn efficiency and heart and lung fitness.

By identifying your limitations, PNOĒ recommends the optimal training breakdown that addresses them.



Get the most out of your training zones



The percentage of carbohydrates and fats used throughout the day and during the training can vary vastly from person to person.The way your body transitions between fats and carbs as training intensity increases defines your training zones.

As a result, training zones are highly personalized.

Spending the right amount of time in the correct training zone is vital for affecting the desirable effects on your biology. For example, Zone 2 training will improve fat-burning efficiency.

Training zones calculated by wearables and equations can be up to 50% off compared to your real ones.

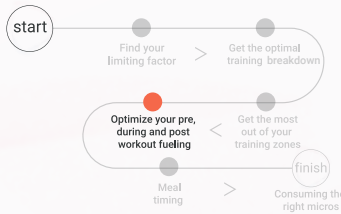
PNOĒ provides the gold standard in measuring fat and carb burn during exercise and determining your actual training zones.

ENERGY CONSUMPTION & FUELING

	kcal burn	Fat burn (%)	Carb burn (%)
Zone 5	Avg: 13 kcal/min 9-16 kcal/min	13%	87%
Zone 4	Avg: 13 kcal/min 9-17 kcal/min	8%	92%
Zone 3	Avg: 11kcal/min 9-13 kcal/min	21%	79%
Zone 2	Avg: 8 kcal/min 5-11kcal/min	48%	52%
Zone 1	Avg: 5 kcal/min 1-10 kcal/min	71%	29%

Analyze the rate with which you burn fats and carbohydrates during training and determine the optimal nutrition before, during, and after exercise.

Optimize your pre, during and post workout fueling

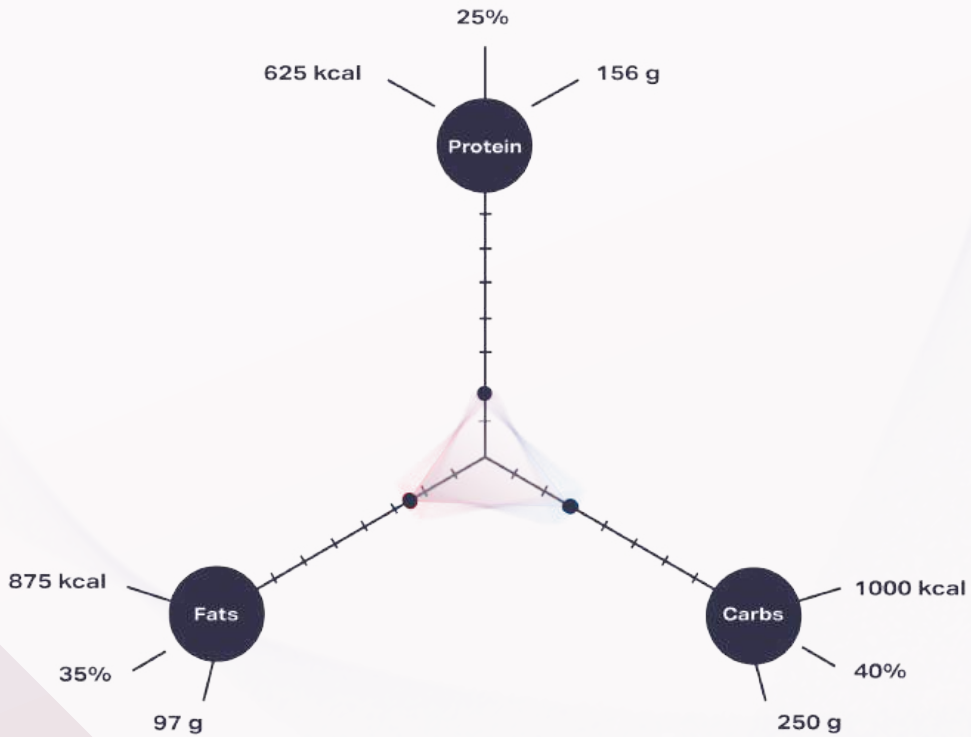


The number of carbohydrates and fats used during the day and training can vary vastly from person to person. This is because each person's metabolism is very different.

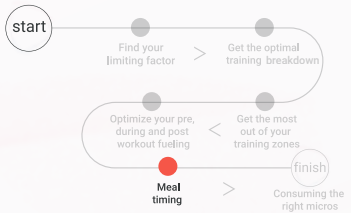
By knowing your fat and carb intake needs, you can develop a nutrition strategy that will:

- Ensure adequate fuel and energy
- Prevent blood sugar spikes and dips
- Make your cells more fat adapted

PNOĒ provides the gold standard in measuring the number of fats and carbs your body burns at rest and during training and recommends the optimal pre, during, and post-workout available only with the nutrition plan.



Meal timing

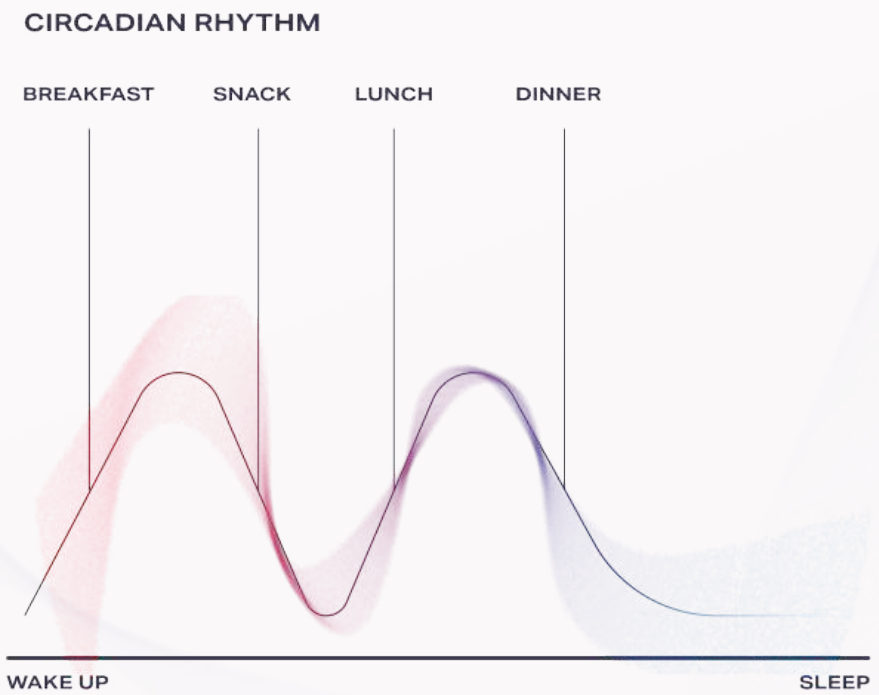


The timing of food is as important as the calories, macros, and micros you consume. Optimal meal timing can:

- Improve energy levels and focus
- Increase fat burn throughout the day
- Maximize muscle development
- Maximize recovery during sleep

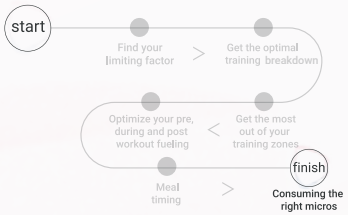
Adhering to the rules of optimal meal timing is easy as long as you have a plan.

PNOĒ's personalized nutrition plan considers all scientifically backed guidelines for maximizing your performance. You'll know how to schedule your meals, macros, calories, and micronutrients.



Your energy profile calculated based on your circadian rhythm and sleep pattern.

Consuming the right micros



Micronutrients are potent compounds that play vital roles in our body, such as:

- **Support the immune system**
- **Improve digestion**
- **Improve our mood**
- **Improve recovery**
- **Improve heart and lung function and many more**

They include vitamins, minerals and other substances and can be found in specific food items and supplements.

The dose that's optimal for you depends on your body's deficiencies.

The PNOĒ device identifies deficiencies in critical areas of your body, including the lungs, heart, and metabolism.
Our Our registered dietitians then use this information to craft a nutrition plan with the micros based on your deficiencies.

CALAMARI

Associated with better thyroid function

micros: iodine

CHICKPEAS

Source of protein, ideal for hunger regulation

micros: dietary fibers

BEATROOTS

Improve oxygen consumption

micros: nitrate

ALMONDS

Have antiatherogenic properties

micros: magnesium

Citations

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