PNOĒ

Improve your health with Gold standard metabolic testing

24% 72% 85% 81%

Trusted By

WHOOP™

TRX®

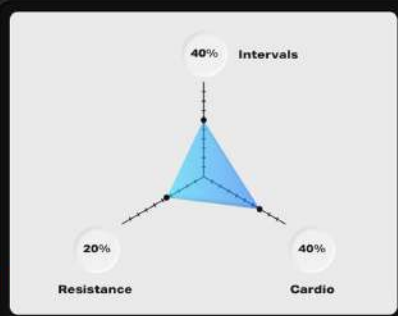SPARTAN RACE™
WORLD'S BEST OBSTACLE RACE

Gold standard accuracy

The PNOĒ metabolic analyzer has been independently validated by a multi-center committee of research groups from Rutgers University, Georgetown University, and VA Medical Center in Maryland as the most accurate portable metabolic analyzer on the market.

RUTGERS
THE STATE UNIVERSITY OF NEW JERSEY

Georgetown University

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
VA Maryland Health Care System

MiT Massachusetts Institute of Technology

UCLA

"To get the clinical-grade accuracy PNOĒ offers, one would previously have to go to a lab to get tested. Now, PNOĒ's at-home services provide the same data and insights from the comfort of your home."

Annie Thorisdottir
2X Fittest Woman on Earth

"PNOĒ is awesome because it gives detailed info on your metabolic efficiencies and inefficiencies."

Matt Chan
Crossfit Legend,
x6 Crossfit Games, Finishing 2nd in 2012
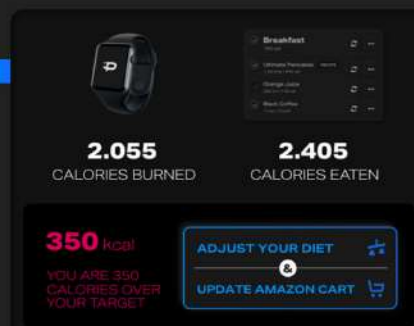
Overcome your limiting factor

Exercise depends on how well your muscles, lungs, and heart pump oxygen (O2) into your body and clear carbon dioxide (CO2). When your body reaches its limit, it means one or more of these systems is starting to breakdown.

Maximize fat burn

PNOĒ provides a window into your cellular health that can be used to optimize training zones to increase your fat burn.

Key Insights

> Metabolic rate

> VO2 Max

> HR training zones

> Fat Max HR zone

> Breathing training

> Optimal breakdown of Cardio, HIIT, Resistance training

Take the guesswork out of nutrition planning

PNOĒ determines how fast or slow your metabolism is working, how well your body is burning fat and how many carbs your body needs to maximize fitness and nutrition goals.

Breath holds the answer to optimal nutrition & training

By analyzing your breath, or the conversion of O2 to CO2, we can build a complete metabolic profile for you to provide personalized nutrition and workout guidance.

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"Making random guesses about our physiology can lead to inefficient training. Sometimes it pays to be more precise."

Daniel Rama
Internationally renowned Yoga Teacher World-Famous for his Becoming Balance handstand training

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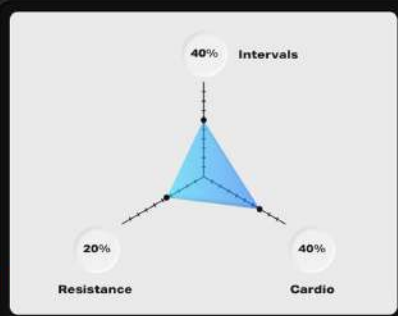**Annie Thorisdottir**
2X Fittest Woman on Earth

"I use PNOĒ to quantify my improvements and find my limitations in real training conditions with clinical-grade accuracy. PNOĒ helped me take the lab outside."

Antony "Le Tigre" Costes
Professional Triathlete, Équipe de France, Ironman & 70.3 Champion, PhD Biomechanics

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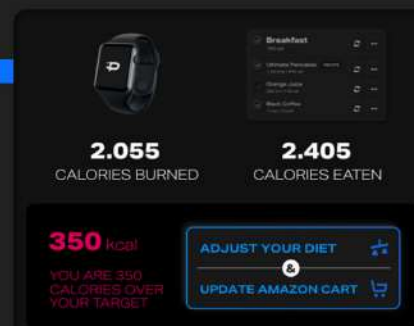
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Posture Score (%) 85

Calories (kcal) 580

ZONE 4
165 bpm

Workout precision 82%

Overview

- Breathing & Cognition
- Respiratory Capacity & Capability
- Breathing & Stability
- Cardiovascular Fitness
- Aerobic Fitness
- Recovery
- Fat Burning Efficiency
- Mechanical Efficiency
- Metabolic Efficiency

> Metabolic rate

> VO2 Max

> HR training zones

> Fat Max HR zone

> Breathing training

> Optimal breakdown of Cardio, HIIT, Resistance training

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2.055 CALORIES BURNED

2.405 CALORIES EATEN

Breakfast

350 kcal
YOU ARE 350 CALORIES OVER YOUR TARGET

ADJUST YOUR DIET & UPDATE AMAZON CART

Breath holds the answer to optimal nutrition & training

By analyzing your breath, or the conversion of O2 to CO2, we can build a complete metabolic profile for you to provide personalized nutrition and workout guidance.

O2 / CO2

Lungs   Heart   Metabolism

40% Intervals
20% Resistance
40% Cardio