



If you specifically want to lose body fat, you must know when the body is in a lipometabolic state. By measuring the resting metabolic rate (RMR) you can easily see how you can burn approx. 75% of your entire energy.



**The PhysiCal® is a high-tech measuring system – with innovative installation in the OKW SYNERGY range of enclosures**

With the PhysiCal®, a personal metabolic profile can be created and analysed with the help of a metabolic test based on the resting metabolic rate within five minutes by means of spirometry (a medical procedure for measuring and recording the oxygen and carbon dioxide concentration in exhaled air as well as air flow rates).

In this process, energy metabolism is not only calculated but measured exactly and individually. The results are recorded and analysed in a detailed result report. This method is scientifically recognised and is called indirect calorimetry.

**Respiratory gas analysis (spirometry at rest)**

In an upright sitting position, the customer inhales and exhales quietly for approx. 3 to 5 minutes using a mouthpiece. During this time, fine sensors measure the respiratory gas and transfer the data to specially designed software. The customer then receives an easily understandable analysis based on the traffic light principle as well as recommendations for compensating for any deficits detected. The PhysiCal® has not only flow sensors but also CO2 and O2 measuring sensors with the help of which the calorific profile can be determined. You receive a statement about what proportion of sugar and fat is used by the organism to provide energy. In this way, another very important value can be detected, that is, how much valuable oxygen from the inhaled air is in fact utilised by the cells. (Oxygen utilisation). The PhysiCal® measurement takes place at rest because this

# "HIGH-TECH DEVICE FOR CREATING A PERSONAL METABOLIC PROFILE."

TELMEDE GMBH, BRESLAUERSTRASSE 2,  
85386 ECHING/MUNICH, GERMANY

**SYNERGY** – A symbiosis of plastic and aluminium. 36 enclosure sizes in four basic geometrical shapes – square, rectangular, circular and oval.



## CUSTOMER APPLICATION

represents the state that a person spends most of his time in. This means that this measurement is not only a snapshot but reflects a nutritional and life profile of the last few days, allowing weight or health problems or energy deficits to be analysed. For measurement at rest, as with the PhysiCal®, exceedingly sensitive measuring sensors must be used. By measuring the resting metabolic rate (RMR) you can easily see how you burn approx. 75 % of your entire energy. Metabolism at rest or during exercise is measured using different methods. A very wide range of applications can be found in the diagnostics of the resting metabolic rate (RMR). Since this generally accounts for approx. 75% of total energy consumption, it largely determines the substrate utilisation of carbohydrates or fats.

### The results of the measurement

The PhysiCal® analysis software generates a comprehensive result report with detailed explanations. On the basis of the results of the measurement (e.g. metabolic quality, respiratory acid load and burning index), further recommendations can be made concerning nutrition, exercise and relaxation.

### CONTACT

Telmed GmbH  
Breslauerstr. 2  
85386 Eching/Munich, Germany  
Tel.: +49 (0) 89 37 06 23-0  
E-Mail: [info@telmed.de](mailto:info@telmed.de)  
[www.telmed.de](http://www.telmed.de) / [www.stoffwechselformung.de](http://www.stoffwechselformung.de)