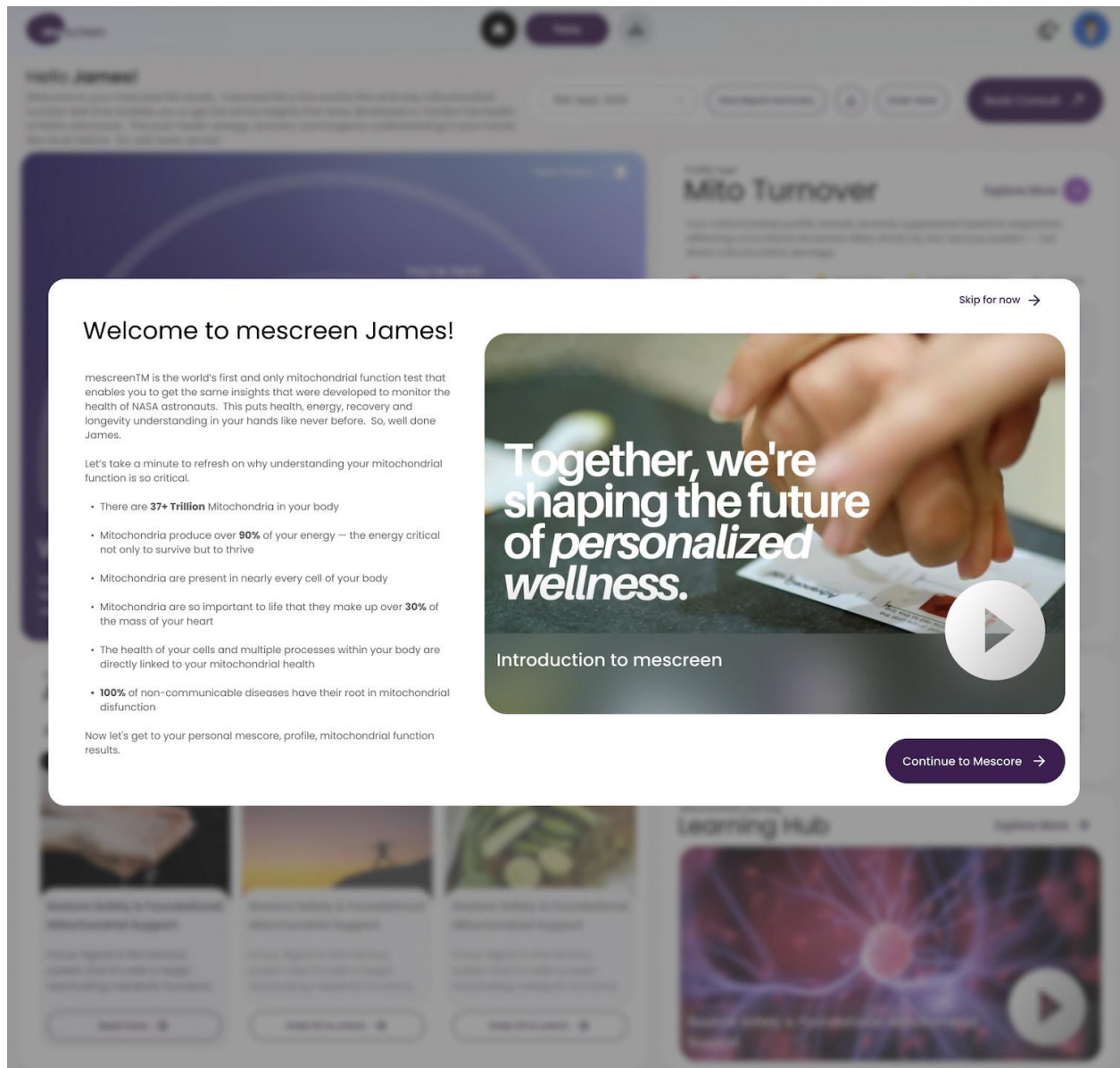


1. Site Landing & Welcome Page



2. Main Results Page with New Mescore Measure & Profile

Tests

Hello James!

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15th Sept, 2025 View Report Summary Download Order Tests Book Consult

mescore 62nd Percentile

You're here!

View Charts

What your mescore means?

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[Learn More](#)

Action Plan

Next Steps

Phase 1 Phase 2 Phase 3

Phase 1 of 3 (Months 1-3)

Restore Safety & Foundational Mitochondrial Support.

Focus: Signal to the nervous system that it's safe to begin reactivating metabolic functions.

[Read more](#)

Mito Turnover

Profile Type

Your mitochondrial profile reveals severely suppressed baseline respiration, reflecting a functional shutdown likely driven by the nervous system – not direct mitochondrial damage.

Optimal Below Optimal Lorem Ipsum High

Energy Profile

You're here

Energy Balance

You're here

Mito Ros

You're here

Mito Network

You're here

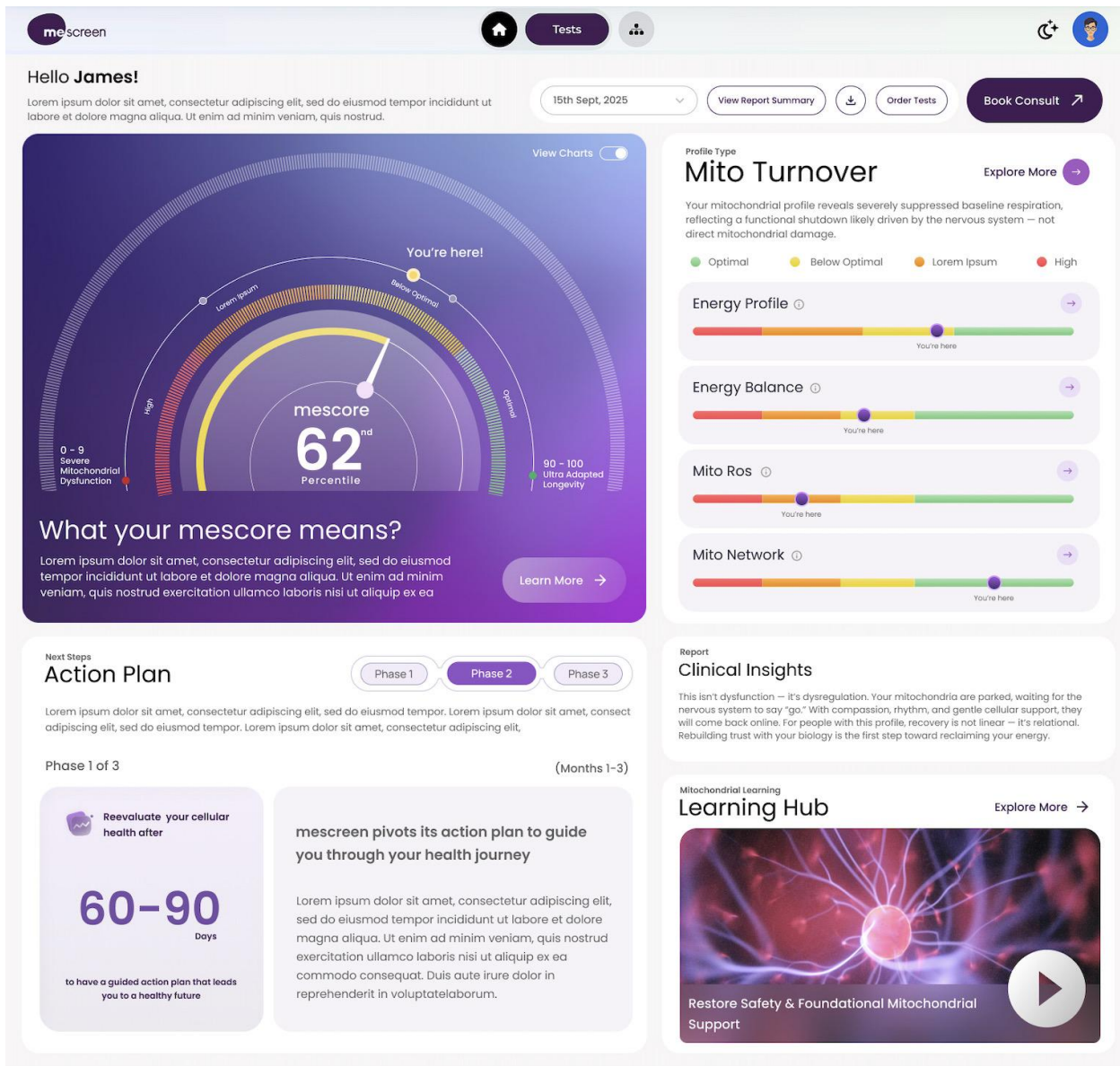
Clinical Insights

This isn't dysfunction — it's dysregulation. Your mitochondria are parked, waiting for the nervous system to say "go." With compassion, rhythm, and gentle cellular support, they will come back online. For people with this profile, recovery is not linear — it's relational. Rebuilding trust with your biology is the first step toward reclaiming your energy.

Mitochondrial Learning Hub

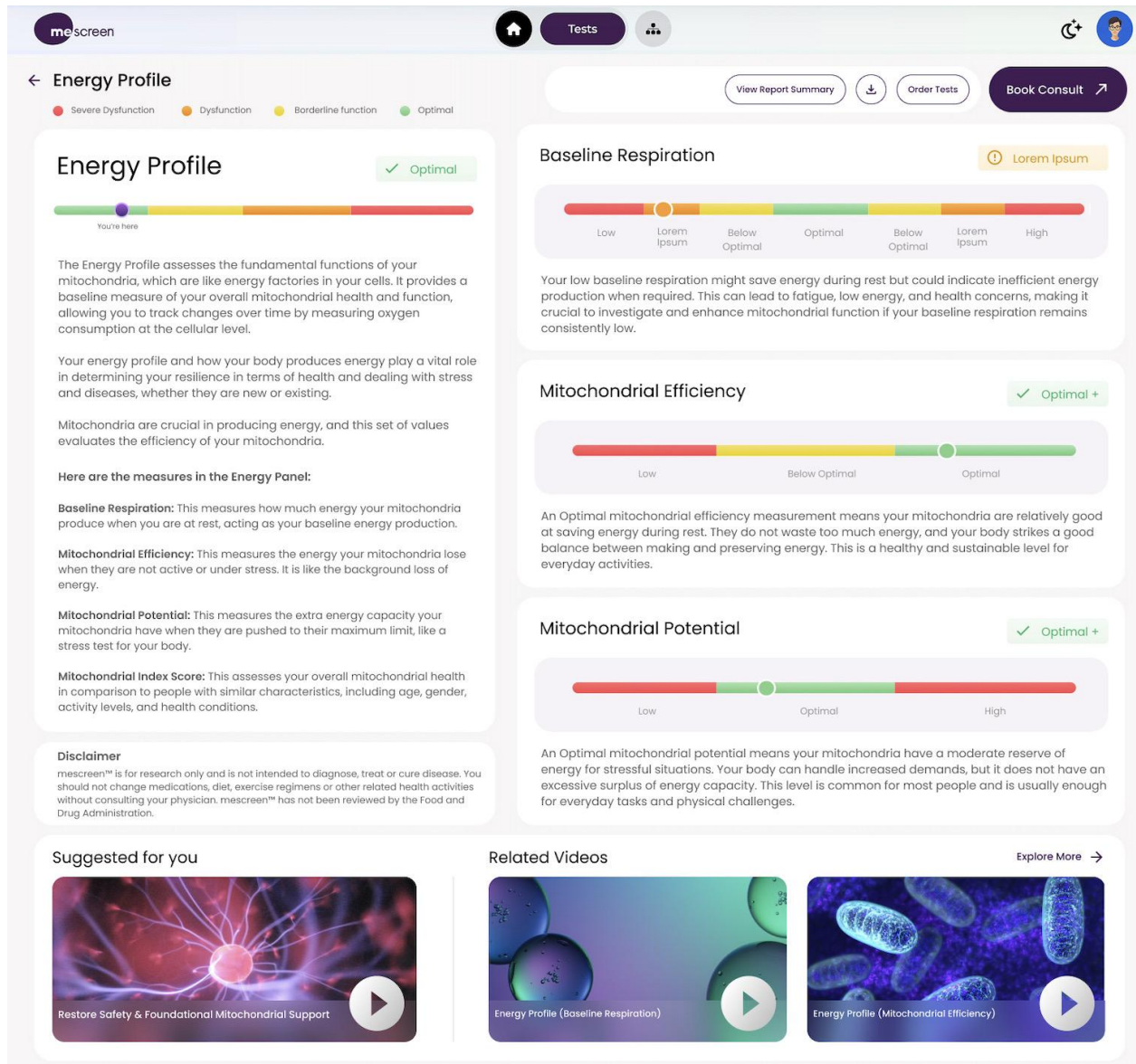
Explore More

3. Phase 2 of Action Plan (Bottom Left)



4. Displaying Results in Series

5. Drill Through into Detail



6. Profile Type Detail Page

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Profile Type

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Profile 11 – Mito Turnover

Your mitochondrial profile reveals severely suppressed baseline respiration, reflecting a functional shutdown likely driven by the nervous system – not direct mitochondrial damage.

This suggests your system has entered a freeze state, a form of energy conservation triggered by trauma, chronic stress, burnout, or autonomic dysregulation.

Rather than being broken, your mitochondria respond to upstream signals that say “do less.” This is a common response in individuals experiencing high emotional load, unresolved trauma, long COVID, chronic fatigue, or adrenal depletion. It’s your biology protecting itself – but at a cost.

Symptoms may include exhaustion, emotional flatness, reduced motivation, low body temperature, brain fog, digestive slowing, and hypersensitivity to light, sound, or stimulation.

Recovery is about restoring safety, stability, and slow mitochondrial reactivation – not pushing the system harder.

Report

Clinical Insights

This isn’t dysfunction – it’s dysregulation. Your mitochondria are parked, waiting for the nervous system to say “go.” With compassion, rhythm, and gentle cellular support, they will come back online. For people with this profile, recovery is not linear – it’s relational. Rebuilding trust with your biology is the first step toward reclaiming your energy.

Mitochondrial Learning

Recommended for you

Explore More

Profile 11 – What is Mito turnover

	Score Range	Category	Interpretation
Elite Mitochondrial Performance	90 – 100	Ultra Adapted Longevity	Elite function: resilient, adaptive, optimal
	85 – 90	Super Mitochondrial Responder	Stable: healthy, balanced energy system
Functional Vulnerabilities	80 – 84	Latent Potential	Calm, under-engaged but no dysfunction
	75 – 79	Functional Compensation	Adaptive: relying on glycolysis, mitochondria ready
	70 – 74	Super mitochondrial Responder	Nervous system dominance, mitochondria underused
	65 – 69	Vagal Support	Energy conservation mode (freeze/low output)
	60 – 64	Nervous System Shift	Slight inefficiency, early optimization needed
Functional Vulnerabilities	55 – 59	Mild Low Efficiency	Two metrics trending low – on the edge of dysfunction
	50 – 54	Borderline Dysfunction-Like	Mitochondria are wasting energy, membrane unstable
	45 – 49	Low Efficiency	Outdated mitochondria, light mitophagy needed
	40 – 44	Mito Turnover (Borderline)	Clear backlog of inefficient mitochondria
	35 – 39	Mito Turnover	Mitochondrial communication is impaired
	30 – 34	Network Drift	High oxidative stress, early damage
	25 – 29	ROS Watch	Membranes under stress, repair needed
Critical Support Needed	20 – 24	Lipid Support	Critical lipid peroxidation and oxidative injury
	10 – 19	Lipid Stress	Crisis: mitochondria in collapse, urgent intervention
	0 – 9	Severe Dysfunction	Crisis: mitochondria in collapse, urgent intervention

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8. Action Plan





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Month 1 - 3

Phase 1 - Restore Safety & Foundational Mitochondrial Support

Focus: Signal to the nervous system that it's safe to begin reactivating metabolic functions.



Reevaluate your cellular health after

60-90

Days

to have a guided action plan that leads you to a healthy future



Step 1 - Vagal Support

Use heat (hot water bottle, sauna blanket), cozy environments, and body-weight pressure for nervous system safety.

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Know the basics of vagal support with practical exercises in daily routine.



Step 2 - Warmth + Stillness

Use heat (hot water bottle, sauna blanket), cozy environments, and body-weight pressure for nervous system safety.

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Step 3 - Grounding Nutrition

Prioritize warm, cooked meals, with fats and slow carbs. Avoid raw or extreme diets.

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Step 4 - CoQ10 (Ubiquinol, 50-100 mg/day)

Begin supporting ATP production with low-dose ubiquinol to gently "feed" mitochondria.

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Know the basics of vagal support with practical exercises in daily routine.



Step 5 - Routine & Rhythm

Begin supporting ATP production with low-dose ubiquinol to gently "feed" mitochondria.

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9. Expanded Detail For Recommendations

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Month 1 - 3

Phase 1 - Restore Safety & Foundational Mitochondrial Support

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Know the basics of vagal support with practical exercises in daily routine.

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Step 5 - Routine & Rhythm

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