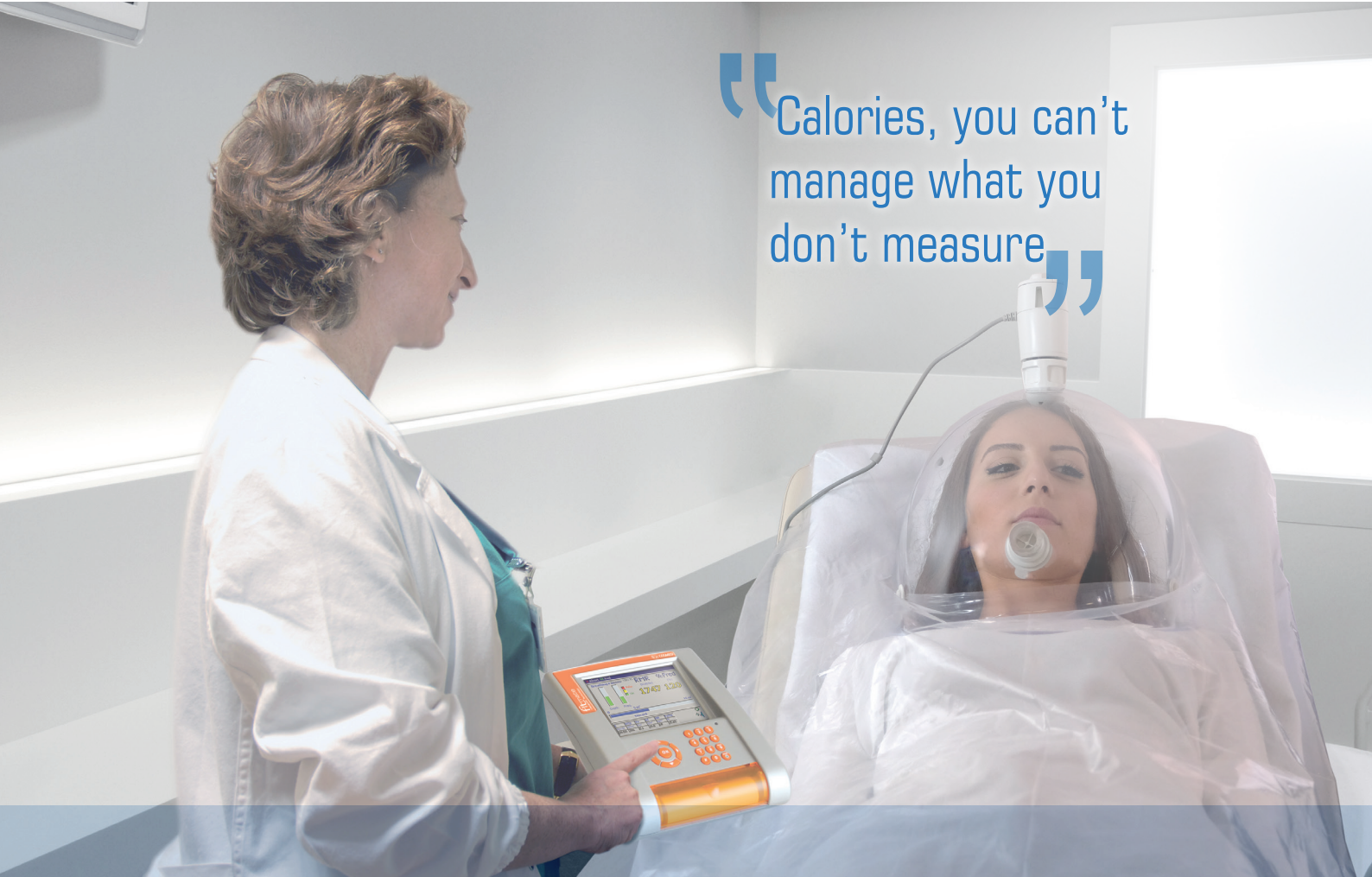




Desktop Indirect Calorimetry

“Calories, you can't manage what you don't measure”



Complete Desktop Solution for  
Accurate, Quick & Simple Indirect Calorimetry



**COSMED**

The Metabolic Company

“Desktop indirect calorimeter for accurate, quick and simple Resting Energy Expenditure assessment by measuring oxygen consumption”

- | **Accurate Indirect Calorimetry assessment**
- | **Tests performed either with reusable face mask or with mouthpiece and AB filters**
- | **Affordable, Portable, Compact, Easy to Use with Built-in Printer**
- | **Energy Balance based Weight Management Plans**
- | **Includes Software for Data Management, Lifestyle Analysis & Full Diet Plans**
- | **Validated vs. Gold Standard Technique**



Fitmate is a desktop indirect calorimeter, ideal choice for commercial weight management purposes with its large LCD screen and built-in printer that allow the user to perform tests without the use of a computer.

Fitmate allows affordable, simple and quick measurement of metabolism, a fundamental component of any individual weight management program. Tests can be taken with silicone multi-use face masks or with mouthpiece and antibacterial filter. Only a few minutes are needed to measure energy requirements at rest (Kcal/day) and to define nutrition plans based on energy balance (calories in – calories out). Fitmate gives also the possibility to manage other measurements (body composition, anthropometrics, etc.).

Scientifically validated for the measurement of oxygen consumption ( $VO_2$ ) and Resting Energy Expenditure (REE, RMR), Fitmate measures  $VO_2$ , and assumes a constant Respiratory Quotient (RQ), which is set by default at 0.85 or can be user defined. Strong scientific evidence demonstrates that, in a steady state, the RQ is always in the range of  $0.84 \pm 0.04$ . This allows Fitmate to be used either in research or clinically on malnourished and obese patients.

Once assessment is completed, data can be either printed through the thermal printer or downloaded on the PC.

The Fitmate software interface allows to manage data and review measurements i.e. selecting custom REE interval for better steady state detection.

The Fitmate suite software allows users to save all data, make trends and includes additional features like energy balance, diet plan, physical activity monitor, etc.



### Nutritional Assessment

- Fitmate measures accurate oxygen consumption at rest (REE, RMR), comparable with conventional metabolic carts. Tests can be executed either with multi-use silicone face masks, with mouthpiece and antibacterial filter or, optionally, with an integrated canopy hood;
- Individual weight management programs based on Energy Balance equation;
- Weekly Dietary plan and software;
- Complete Lifestyle and Physical activity assessment.



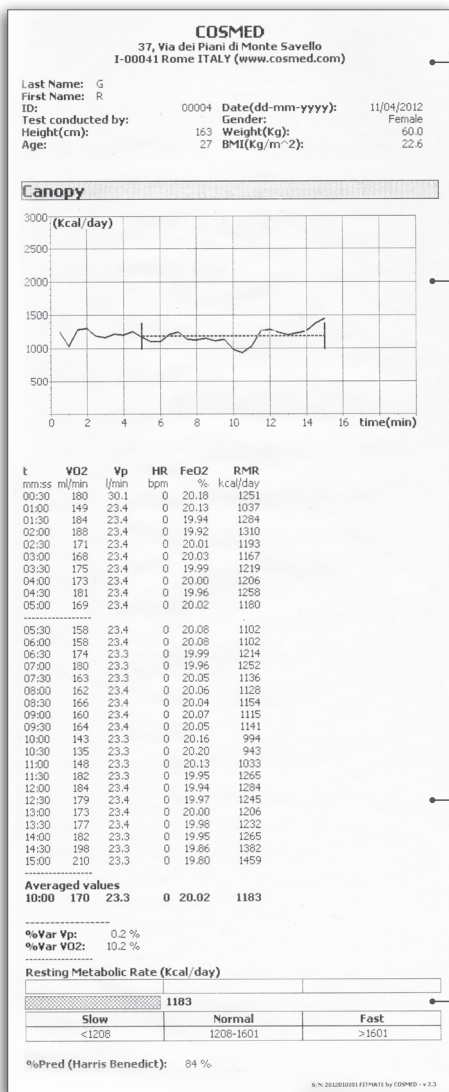
## Canopy Module (optional)

With this optional module you can easily turn your Fitmate WM into a Gold Standard calorimeter.

- Flow-based dilution technique for Indirect Calorimetry measurements
- Turbine with integrated blower with pre-set speeds based on subject weight
- Large and comfortable transparent hood for even long lasting tests
- Messages and security alerts appears on Fitmate screen if ventilation is not detected
- The bubble shape design and the removable veil allow easy cleaning and disinfection of the canopy hood.



Using the Canopy Module patient lies in bed and comfortably breathes inside the hood.

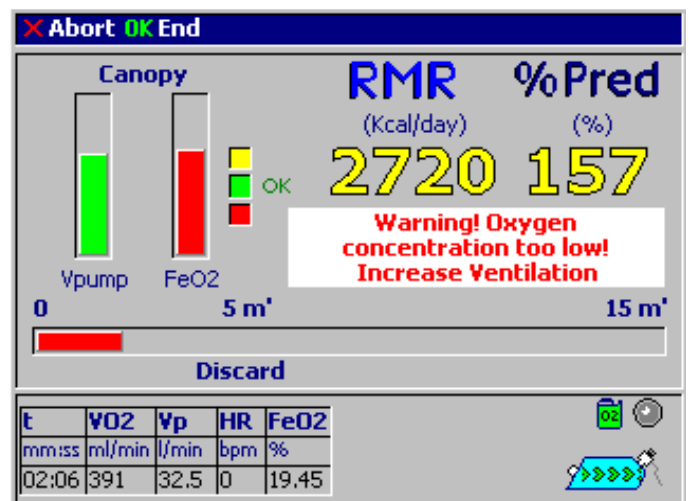


Subject data & test Information

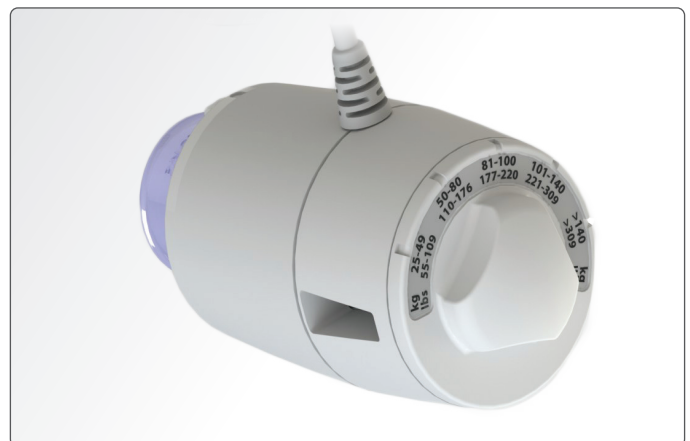
Graphical representation of test results

Tabular Data

Gauges



Fitmate LCD display shows measure values and warning alerts in real time.



The canopy blower allows to select and adjust the correct dilution flow rate based on subject's weight.

Thermal printout sample: Resting Metabolic Rate



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