

# How many calories are you burning at rest?

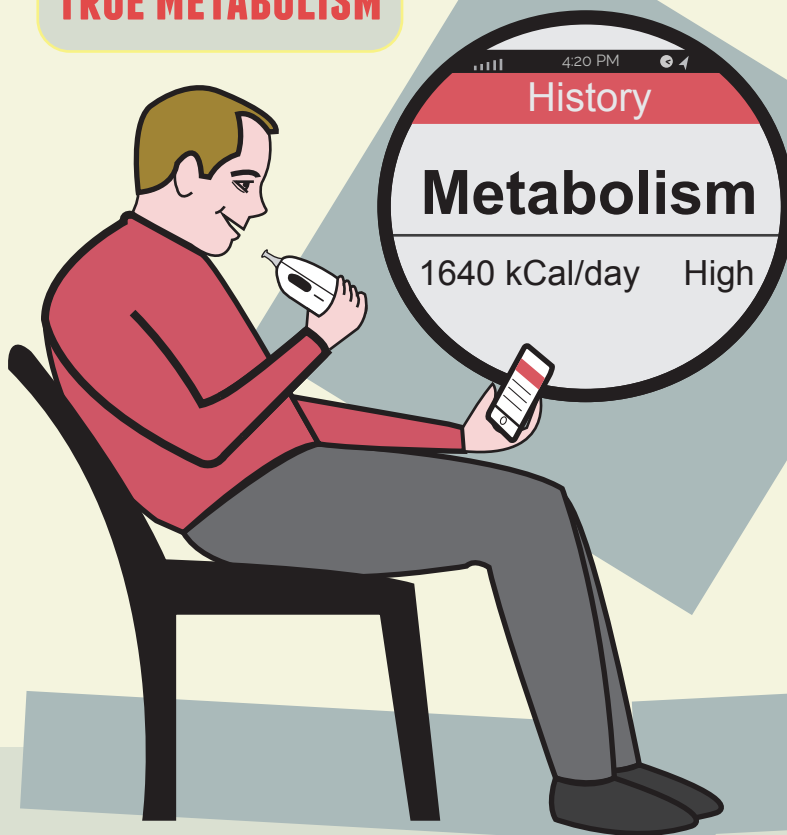
**THERE'S ONLY WAY TO FIND OUT.**

WHETHER THEY'RE CALLED "RESTING CALORIES" OR "RESTING BURN", THE CALORIES YOU BURN AT REST REFERS TO YOUR **METABOLISM**.

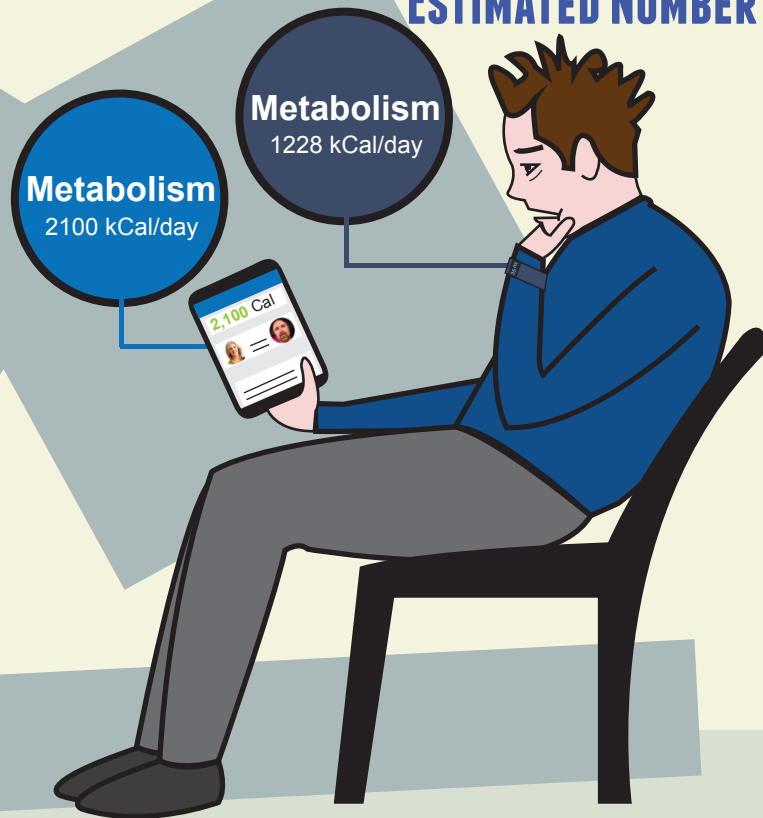
AND THE SCIENTIFIC COMMUNITY AGREES: THE ONLY WAY TO KNOW YOUR METABOLISM IS TO MEASURE IT THROUGH BREATH ANALYSIS.

**ALL OTHER NUMBERS ARE ANYONE'S GUESS.**

**TRUE METABOLISM**



**ESTIMATED NUMBER**



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