

Home Insulinometry Project

Support new technology for large scale measurement of Insulin Resistance

The Insulinometry Project Officers invite you to start measuring insulin concentration from your fingerstick blood at a place and time of your choosing. And start contributing to metabolic science.

For the first time it is now possible to monitor insulin from a clinic and indeed even from the comfort of home. This is thanks to the ease of taking fingerprick capillary blood samples and seeing your insulin results and super visualizations appearing in real-time on your phone or private dashboard. Join the world-class clinicians and researchers whose work has already been transformed by this capability.

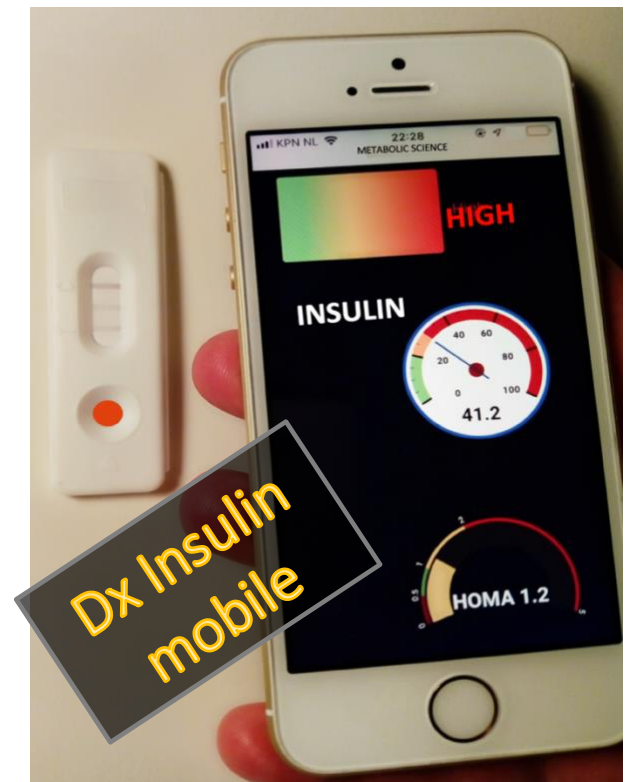
This is brought to you as part of a much larger initiative to fund deep scientific understanding of the mechanisms behind metabolic decline in our species over recent decades. The TrustFood Foundation Officers have set up Project Insulinometry to *quantify metabolic function & dysfunction.*

We are inviting you to participate *as both a sponsor and as a provider of anonymized measurement data.* You will receive our new *high-tech software blood test reader App for Android or iPhone.* This communicates through a secure communication channel. Your results are available immediately after testing as you track *insulin resistance (IR)* changing during a lifestyle or dietary intervention. Compare your data with the averages of measurements made by others.

Whether you are a practitioner or metabolic enthusiast, your participation in this project and unlimited future use of this high-tech App will make you a leader in your field. Help others to master their metabolic challenges and adapt to interventions through giving them insight and hope. Again, test *anywhere and at any time with data live to dash.*

The system allows you to quantify the levels of **Insulin, C-Peptide, Glucose & Ketones** and is particularly suited to track relative changes during a dietary or other intervention.

Become part of a community that share your passion for scientific health management and power the "Bow Wave" that leaves only metabolic health in its wake! Your support of the Project will accelerate the development of the next generation of tests. We will detect the very earliest processes that then develop into metabolic disturbance.



INVITATION TO BECOME GOLD SPONSOR & PARTICIPANT

- join the new wave of Scientific Metabolic Management -

As a contributing participant, you will receive simple guidelines and protocols that will allow you to follow yourself and multiple subjects through nutritional & lifestyle changes or benchmark your *IR*.

HOMA-type and enhanced Kraft response curves are visible in real-time onscreen. Analytics of individual subjects including automated Kraft Curve classifications and area-under-curve are plotted on a graph as your subjects progress through an intervention.

To enable you to contribute your data to the Foundation's Project, you will receive the equipment necessary. This includes:

- **High-tech SOFTWARE READER APP** to quantify **INSULIN and C-PEPTIDE** concentration in the blood tests. *This App (as per photo above) remains yours to use after the project completes.*

- plus ten additional software App licenses for your subjects for their home testing.
- Starter pack of 40 X Insulin Tests, and a large pack of each of Glucose, Ketone & Lactate tests;
- A combo Glucometer & Ketone Meter (& measures *Lactate/Uric Acid/Cholesterol*) – all these tests live via BT connection to your dashboard;
- Online dashboard subscriptions for you and your subjects. Access to anonymised results of others for comparison

Additional contributions to the project may be made to *receive an unlimited number of any of the tests* mentioned, to whatever your requirements:

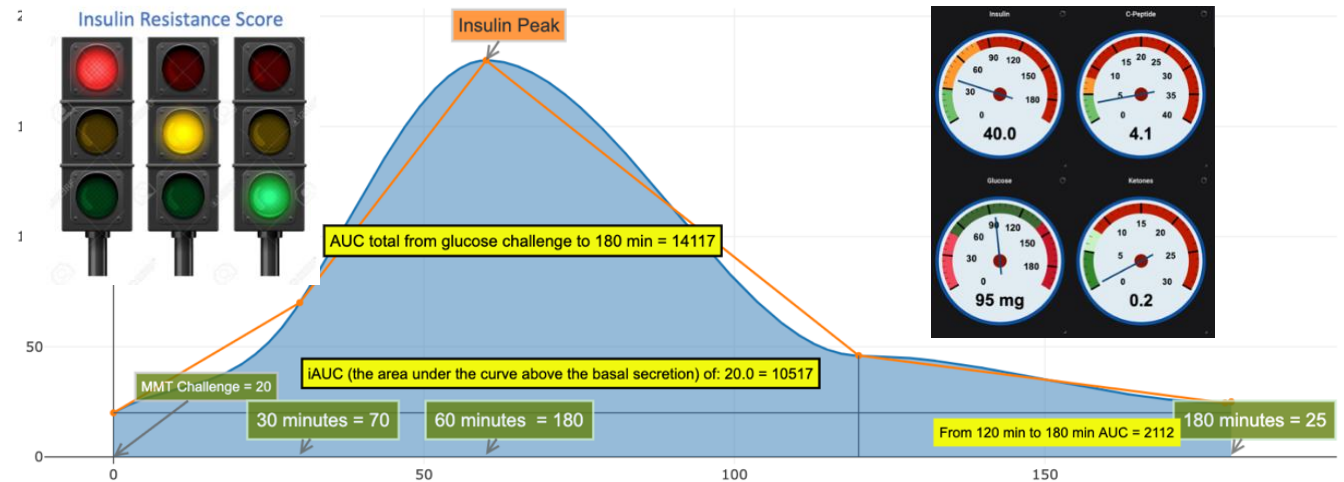
- USD 9,90 for 1 X Insulin 1 X Gluc 1 X Ketone combo + HOMA-IR & QUICKI;
- USD 16.50 per Kraft test of 2 X Insulin & 2 X Glucose to test twice after dietary challenge (i.e. 4 data points);

- Up to USD 55 for complex Kraft Curves combo of: Insulin + C-Pep + Glucose;
- Analytics & Interpretations of your test data are available as standard;
- Post & packaging applies to the add-on shipments.
- Tests are manufactured in an FDA approved facility .
- The system complies with GDPR and handles anonymized data over secure encrypted communication channels.
- The tests above are validated and certified **CE-IVD - ISO 13485 & EC CERTIFICATE annex IV 2020** - when used with the clinical hardware Reader. If you are interested in this Reader which is also available, please enquire at insulin@trustfood.org.

Contribute to the Insulinometry Project to advance Metabolic Science and never again go without Insulin Measurements

For a limited time, donations of USD 975 will be accepted on the bottom half of this screen in support of the Project and to secure your participation in it

- Benefit from expert commentary & interpretation of your diagnostic results and even in some cases Training and exclusive Education series from: **Garbor Erdosi, David Unwin, Mark Cucuzzella, Ian Lake, Ethan Weiss, Nicolai Worm, Catherine Crofts, Harriet Verkoelen, Peter Voshol, Kesar Sadhra, Jonathan Little;**
- Optionally add one or more of the following devices to send data in real-time to your dashboard:
 - [Oura Ring](#)
 - [Keyto Breath Sensor](#)
 - [Dexcom G6 CGM](#)
 - [GlucoKetometers](#)
- Project Participants will be first in line to receive additional cutting edge molecule tests for use with your high-tech Smartphone App Reader.
- Receive public credit for your scientific and financial contributions;
- Donations are tax-deductible in The Netherlands and may also be from additional countries;



Your advanced dashboard delivers simplicity from complex data to easily guide your management and health/wellness decisions. The dashboard renders live graphs of the data from your measurements. Advanced tech provides you with automatic **HOMA / MATSUDA** and **area-under-curve** calculations and live plotting of hormone response curves. Unique systems have been developed to calculate the Kraft curve classifications on the fly and this info appears on the plots.

Measurements and calculated indices are both plotted over time per subject and with reference values shown. The images above give a small taste of the analytic system.

Looking for documentation, manual, validation data, or a demo of the dashboard or for anything else? We encourage you to connect to us at insulin@trustfood.org

Participation confers many advantages and demands on the Project, accordingly we have had to limit places. We reserve the right to decline any contributions. All participants may start with blood testing for the Project in October 2019. Shipments of tests will be in batches and allowance should be made for manufacturing lead time.