

Y Combinator

FT FINANCIAL TIMES | THE AMERICAS' FASTEST GROWING COMPANIES 2023
statista

endeavor

PNOĒ

THE LONGEVITY METRIC

VO2 Max Is One of the Strongest Predictors of Longevity

VO2 Max reflects how effectively your lungs, heart, blood, and muscles work together to take in, transport, and use oxygen.



The American Heart Association identifies cardiorespiratory fitness as a powerful predictor of cardiovascular and all-cause mortality, potentially stronger than traditional risk factors including smoking, hypertension, high cholesterol, and type 2 diabetes.

+1 MET of fitness

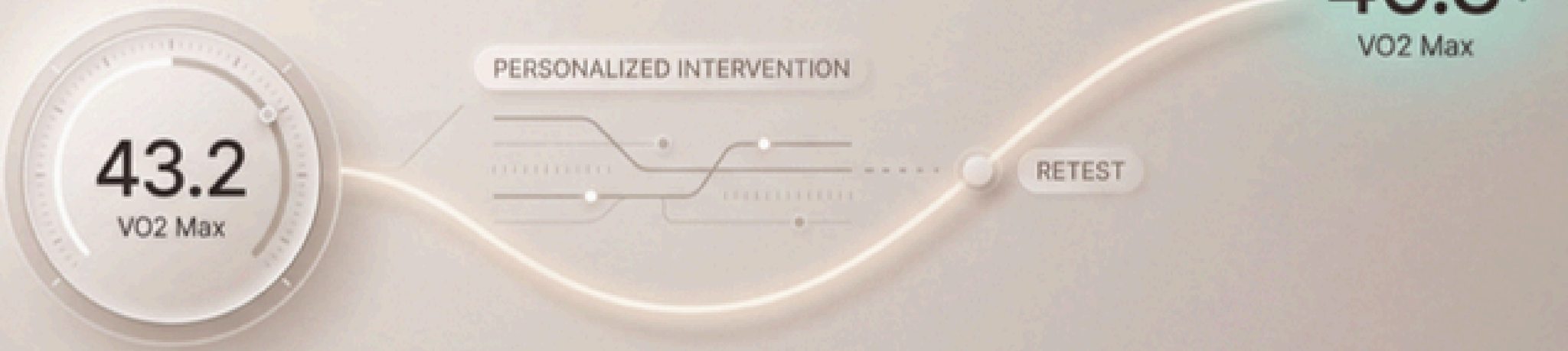
= 10–20% lower mortality risk

American Heart Association Scientific Statement, *Circulation*, 2016.

FROM PERFORMANCE TO LONGEVITY

A Health Metric People Can Actually Improve

VO2 Max was once associated mainly with athletes and performance labs.
Today, it has become a central metric in longevity, preventive wellness, and fitness.



MEASURABLE
Establish a clear baseline.

MODIFIABLE
Fitness can improve with targeted intervention.

TRACKABLE
Retest and objectively measure progress.

One number connects where you are today with where you can go next.

[1] The AHA emphasizes that fitness is modifiable and that even relatively small improvements in cardiorespiratory fitness are associated with meaningful reductions in adverse outcomes.



BEYOND VO2 MAX

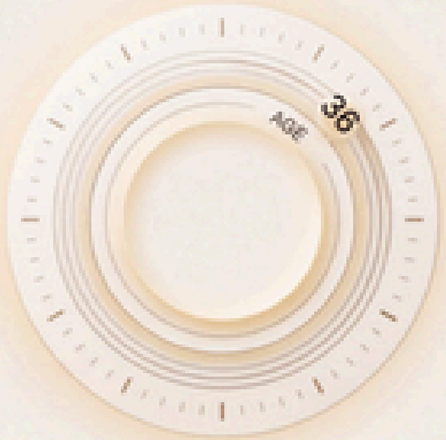
One Test. A Much Bigger Picture.

VO2 Max tells you how much oxygen your body can use at peak effort. PNOĒ goes further, revealing how metabolism, cellular energy production, and nervous-system balance contribute to the bigger picture.



VO2 MAX:
Cardiorespiratory fitness & aerobic capacity

RMR:
The energy your body requires at rest



BIOLOGICAL AGE
Fitness interpreted relative to age



FAT-BURNING EFFICIENCY & MITOCHONDRIAL FUNCTION:
How effectively the body uses fat for energy



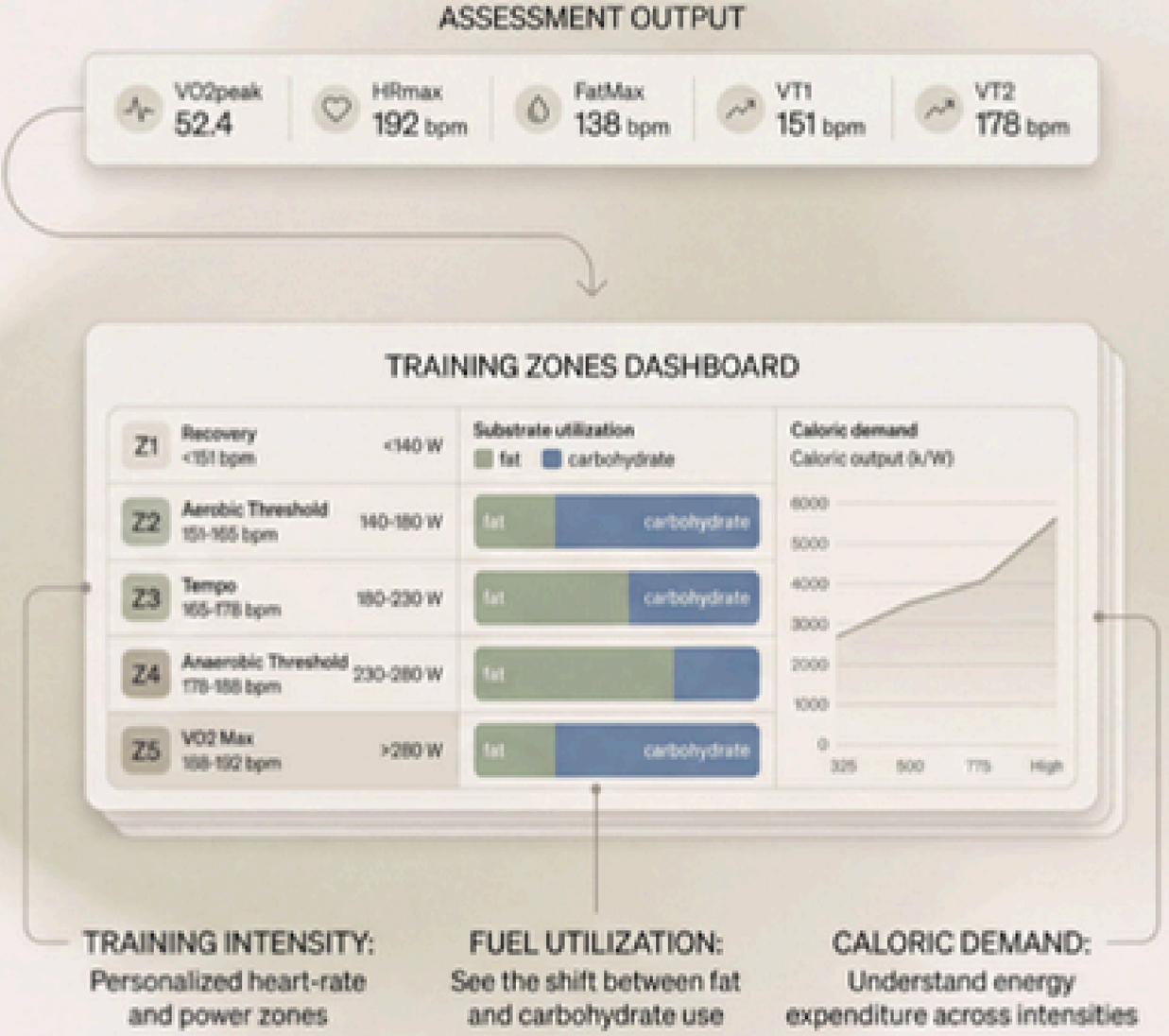
HRV: Autonomic balance and recovery insight

Not just how fit you are: a deeper look at the physiology behind it.

FROM MEASUREMENT TO ACTION

Your VO2 Max Is a Number. What You Do With It Matters More.

PNOĒ identifies the physiological thresholds and fuel utilization behind performance to create individualized training and fueling guidance.



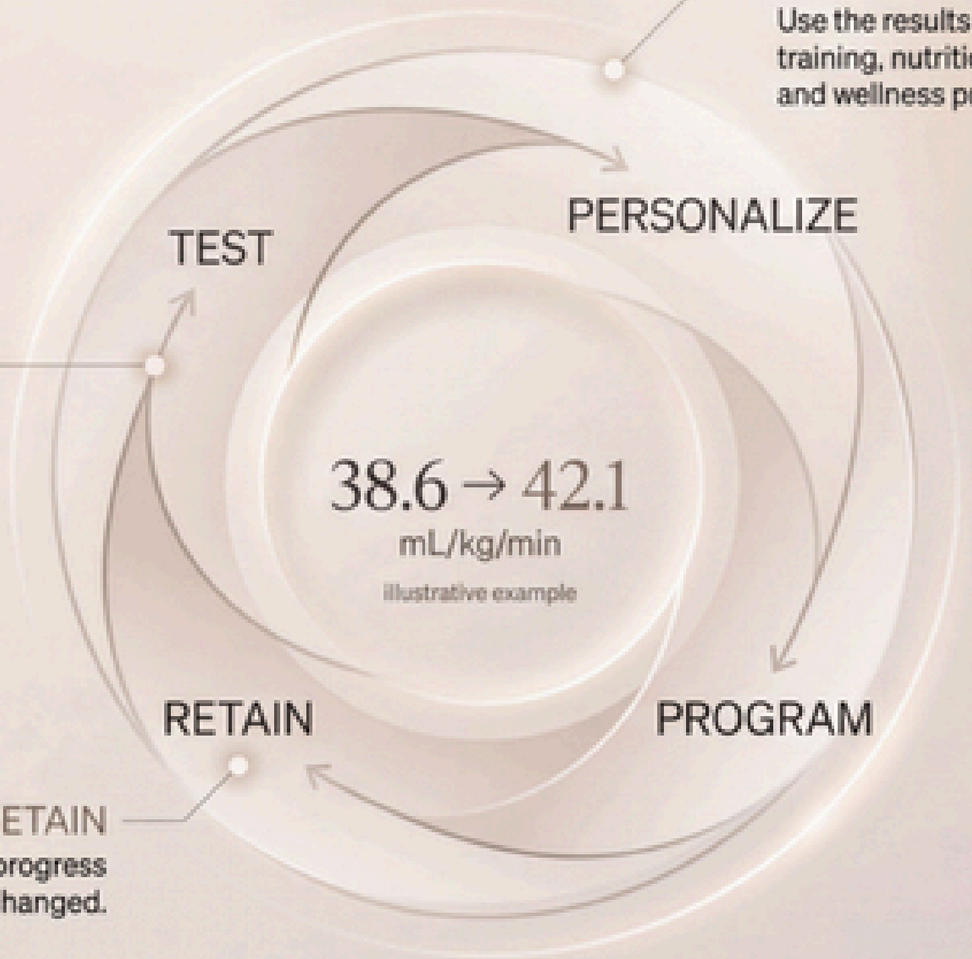
Test → Understand → Train → Retest

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FROM TEST TO LONG-TERM VALUE

A Metric Clients Want to Come Back and Improve

VO2 Max makes progress visible.



Baseline → Intervention → Progress → Retest

One assessment can become the beginning of an ongoing client journey.

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INTRODUCING PNOĒ 2

Everything You Measure. *Less Between* You and the Test.

The complete PNOĒ metabolic and VO2 Max assessment in a lighter, simpler testing experience.

— No vest

— No external cables or connectors

— Faster, simpler setup

Same metrics. Streamlined experience.



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THE PNOĒ 2 EXPERIENCE

Put It On. Test. Get the Full Picture.

A simpler setup makes metabolic and VO2 Max testing easier
to integrate into the everyday client experience.



01 | MASK
Minimal setup



02 | MASK ON
Put it on and begin



03 | RESULTS
VO2 Max + 20+ additional insights



04 | ACT
Personalized nutrition, training,
and wellness guidance

The Depth of Metabolic Testing. Without the Complexity Around It.