



JYYZEN

90-DAY METABOLIC RESET PROGRAM

BETH MCDOUGALL, MD & JULIANA FRITZ, PA

A woman with blonde hair in a ponytail is running on a paved path. She is wearing a dark athletic top and shorts. The path is bordered by a dark metal railing. In the background, there is a body of water and a clear sky. The overall scene is dimly lit, suggesting early morning or late evening.

TRANSFORM YOUR METABOLISM.

REBUILD YOUR ENERGY.

REDEFINE YOUR HEALTH.

Created by Beth McDougall, MD, the **90-Day Metabolic Reset** is a precision-designed, data-driven program that uses advanced diagnostics, personalized therapies, and cutting-edge health technology to reset and optimize your metabolism.

We don't guess; we test. Every element of this program is designed to be measured, personalized, and transformative.

WHY A METABOLIC RESET?

Your metabolism is the foundation of your health. When it slows down or becomes imbalanced, it affects everything:

- Energy & focus
- Weight management
- Sleep & recovery
- Hormone balance
- Longevity & disease prevention

Jyzen's 90-Day Metabolic Reset Program is designed to reverse those trends, giving your body the conditions it needs to heal and thrive.

WHAT'S INCLUDED:

Over the course of 90 days, we'll assess, track, and transform your metabolic health using:

- Comprehensive Lab Testing (bloodwork, deep gut, hormone analysis)
- Metabolic & Functional Testing (VO2 Max, RMR, FibroScan, body composition, grip strength)
- Wearables & Tracking (Continuous Glucose Monitor, Oura Ring, HeadsUp dashboard)
- Peptide Therapy (monthly protocols tailored to your goals)
- Supplement Stacks (anti-inflammatory, detox, and performance)
- Personalized Nutrition & Training Plan
- Hormone Balancing (if indicated)
- Health Tech Stack (Cryotherapy, Red Light, LiveO2, Vasper, Cell Gym)
- Ongoing Support: Monthly doctor's appointments + live group Zoom education and Q&A with Dr. Beth and our Physician's Assistant, Juliana.

HEADS UP HEALTH

Your Unified Health Dashboard

Aggregates data from devices (Oura, Apple Watch), nutrition apps, CGMs, labs, medical records—and displays everything in one customizable dashboard

Deep Analytics & Personalized Insights

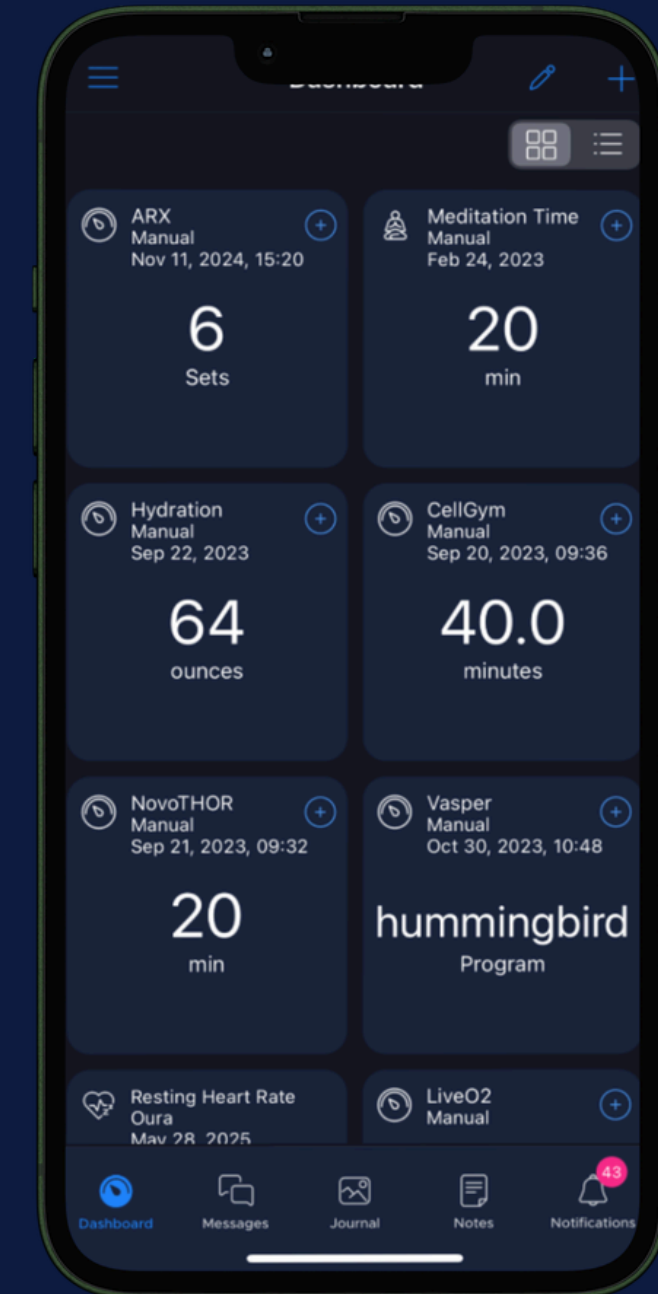
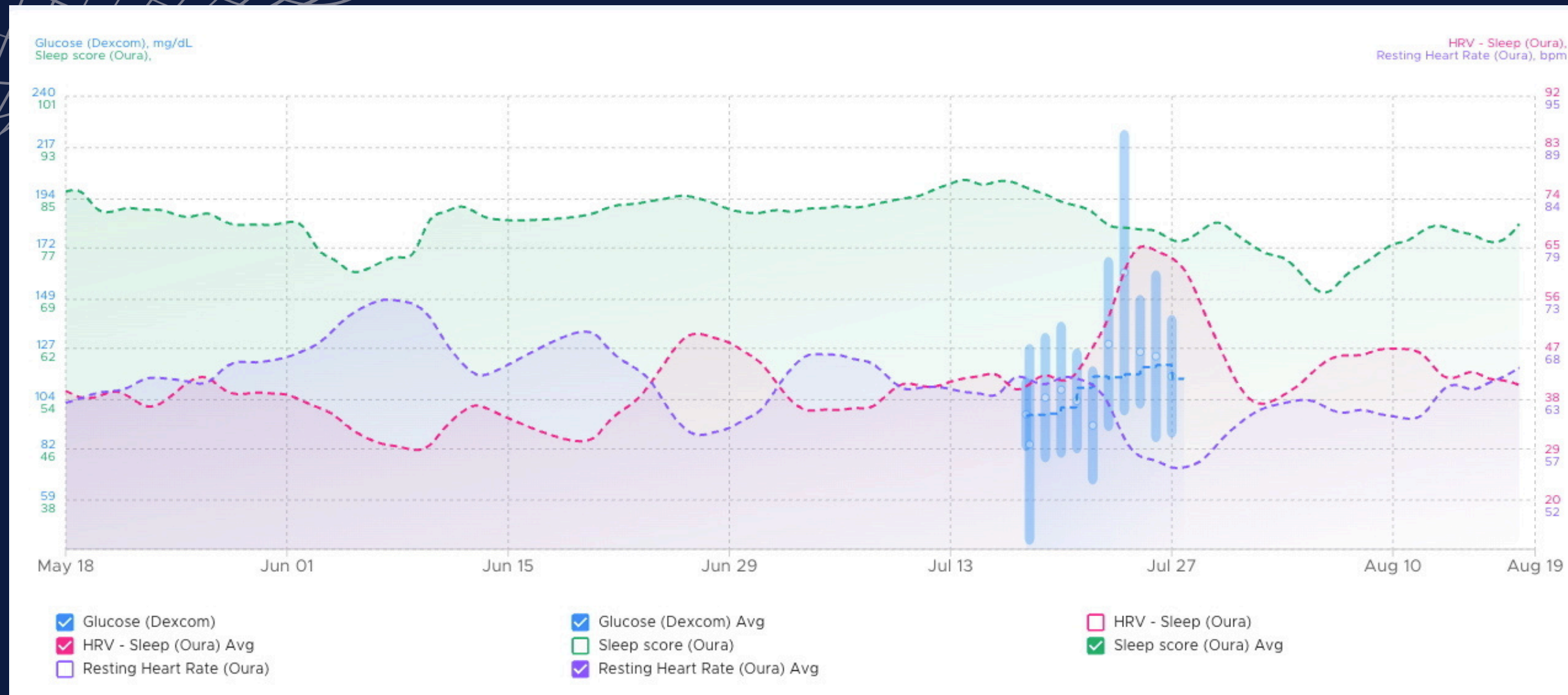
Uses advanced analytics to reveal correlations (e.g., HRV vs. sleep, glucose vs. diet), supports cohort monitoring (“Signals”), and triggers alerts for trends and protocol effectiveness

Seamless Care Team Integration

Enables secure EHR uploads, lab imports, messaging, and role-based provider access—ideal for remote patient monitoring and practitioner-led care



HEADS UP HEALTH



Pre-Program

Onboarding and Data Gathering

Wearable Fitting

(CGM, Oura
Ring)

Bloodwork

Chem 6
Male or Female 4
HGBA1C

Microbiome Testing

(Deep Gut
Testing)

Metabolic Testing

VO2 Max, RMR, Grip
Strength, InBody
FibroScan

PROGRAM STRUCTURE

90-DAY METABOLIC RESET PROGRAM AT-A-GLANCE

MONTH 1:

Reportive Findings & Program Launch

Initial Doctor's Appointment:
Data Analysis, Goal Setting, Diet Plan, Training Plan, Hormone Balancing, Personalized Supplement Stack, Peptide Prescriptions

Weekly Health Tech Stacks:

Cryo, Red Light, Resting / Active Altitude Training, ARX, Vasper, InBody Scan

Peptides: CJC+ Ipramorlin
Optional Add-on GLP-1

MONTH 2:

Metabolic Optimization

Doctor's follow up appointment
Revisit + revise plan as needed

Weekly Health Tech Stacks:

Cryo, Red Light, Resting / Active Altitude Training, ARX, Vasper, InBody Scan

Peptides: CJC+ Ipramorlin
Optional Add-on GLP-1

MONTH 3:

Metabolic Review & Next Steps

Repeat labs
Doctor's follow up appointment

Weekly Health Tech Stacks:

Cryo, Red Light, Resting / Active Altitude Training, ARX, Vasper, InBody Scan

Peptides: BPC-157
Optional Add-on GLP-1

WHAT MAKES THIS DIFFERENT

Unlike one-size-fits-all programs,
Jyzen's 90-Day Metabolic Reset is:

- **Data-driven:** Every step is measured and personalized
- **Comprehensive:** Nutrition, training, peptides, hormones, and tech are all integrated
- **Guided by experts:** Created and overseen by Beth McDougall, MD and Juliana Fritz, PA

We prioritize metabolic resilience, not quick fixes:

- Peptides are used within a structured metabolic framework designed to protect muscle, optimize energy systems, and support long-term health
- Our goal is not just weight loss or blood sugar control; **it's true metabolic optimization for longevity**

THE INVESTMENT

\$10,000 for 3 months (full program) or
\$4,000 per month payment plan

This investment includes:

- Comprehensive medical oversight with Dr. Beth McDougall & Juliana Fritz
- Full diagnostic testing & personalized protocols
- Access to regenerative health technologies at Jyzen
- Ongoing support to ensure measurable progress

*Terms & Conditions apply