



BMS WELLNESS MD

PROGRAMS

# Total Body Optimization

Two powerful programs engineered to decode your biology  
and rebuild your performance from the cellular level up.

REGENERATE · RESET · OPTIMIZE

STANDARD

**\$999**

Total Body Optimization

PRO

**\$1,499**

Total Body Optimization Pro

# Two Tiers. One Mission.

Decode your biology and rebuild your performance from the cellular level up.

Every protocol is bioengineered, personalized, and fully data-driven.

## Decode

01

Comprehensive diagnostics — bloodwork, body composition, metabolic analysis — to map your unique biology at the cellular level.

## Design

02

A personalized bioengineered program tailored to your cellular pathways, genetic data, and biomarkers — not a generic plan.

## Optimize

03

Target metabolic inefficiencies, hormonal imbalances, and cellular dysfunction at the root cause, not just the symptom.

## Perform

04

Rebuild energy, body composition, and long-term health with measurable, trackable, and lasting outcomes.

TOTAL BODY OPTIMIZATION

# Standard Program

# \$999

ONE-TIME INVESTMENT

WHAT'S INCLUDED

01

## Comprehensive Consultation

In-depth health history review, goal setting, and clinical assessment with our medical team to understand your full picture.

02

## Bloodwork Analysis (client provides)

Client provides recent lab results. Our clinicians analyze and interpret key biomarkers to guide your personalized protocol.

03

## InBody + 3D Body Scan

Precision body composition — muscle mass, fat distribution, visceral fat, hydration levels, and resting metabolic rate.

04

## Metabolic Breath Analysis

Measure your real-time metabolic rate and fat-burning capacity through advanced breath analysis technology.

05

## Personalized Bioengineered Program

A fully custom protocol designed around your cellular pathways, biomarkers, and specific performance and health goals.

TOTAL BODY OPTIMIZATION PRO

# Pro Program

# \$1,499

ONE-TIME INVESTMENT

WHAT'S INCLUDED

01

## Comprehensive Consultation

Full health history review, goal setting, and clinical assessment with our medical team.

02

## Bloodwork Analysis — 160+ Biomarker Panel

Included at no extra cost. We run a complete 160+ biomarker blood panel — no need to provide your own lab results.

PRO ONLY

03

## MTHFR Gene Test

Genetic methylation analysis revealing how your body processes nutrients, detox pathways, and inflammatory response.

PRO ONLY

04

## InBody + 3D Body Scan

Precision body composition — muscle, fat distribution, visceral fat, hydration, and resting metabolic rate.

05

## Metabolic Breath Analysis

Real-time metabolic rate and fat-burning capacity through advanced breath analysis.

06

## Personalized Bioengineered Program

Fully custom protocol built around your cellular pathways, genetic data, biomarkers, and performance goals.

# Standard vs. Pro — Side by Side

STANDARD  
\$999

PRO  
\$1,499

Comprehensive Consultation	●	●
Bloodwork Analysis (client provides own)	●	—
<b>Bloodwork — 160+ Biomarkers INCLUDED</b>	—	●
<b>MTHFR Gene Test</b>	—	●
InBody + 3D Body Scan	●	●
Metabolic Breath Analysis	●	●
Personalized Bioengineered Program	●	●

# From Assessment to Action

01

02

03

04

05

## Consultation

Full health history, lifestyle analysis, and goal mapping with our clinical team.

## Diagnostics

Bloodwork, InBody scan, 3D body composition, and metabolic breath analysis.

## Profiling

MTHFR gene test (Pro) + metabolic rate — understand your biology at depth.

## Protocol

A bioengineered, personalized program built around your cellular pathways.

## Implement

Begin your protocol with ongoing clinical support, tracking, and real-time adjustments.

# Who Is This Program For?

01

## Low Energy & Fatigue

Exhausted regardless of sleep — understand and fix it at the cellular and metabolic level.

02

## Weight & Body Composition

Struggling with fat loss or muscle retention despite diet and exercise. Need a data-driven approach.

03

## Cognitive Performance

Brain fog, poor focus, or mental fatigue limiting professional and personal performance.

04

## Proactive Optimization

Already healthy but want to maximize longevity, identify hidden risks, and operate at peak function.

05

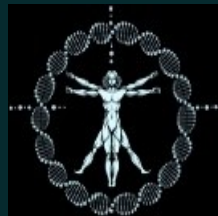
## Chronic Conditions

Metabolic dysfunction, hormonal imbalances, or chronic inflammation requiring a root-cause protocol.

06

## High Performers

Athletes, executives, and ambitious individuals seeking every measurable edge in performance and health.



# Begin Your Transformation.

Decode your biology. Optimize your performance. Rebuild from the cellular level up.

## TOTAL BODY OPTIMIZATION

# \$999

- Comprehensive Consultation
- Bloodwork Analysis (client provides)
- InBody + 3D Body Scan
- Metabolic Breath Analysis
- Personalized Bioengineered Program

## TOTAL BODY OPTIMIZATION PRO

# \$1,499

- Comprehensive Consultation
- **Bloodwork — 160+ Biomarkers INCLUDED**
- **MTHFR Gene Test**
- InBody + 3D Body Scan
- Metabolic Breath Analysis
- Personalized Bioengineered Program