VERSÉA Discovery

Module Four

Mescreen
How to explain to your patients

A New Functional Testing Panel Assessing
Mitochondrial Function and Dynamics

Learning Objectives

- Describe the mescreen process of collection through resulting
- Understand the measure reported in the mescreen panel
- Review the relevance of mescreen in clinical practice and reasons to use

Explaining mescreen

The Process

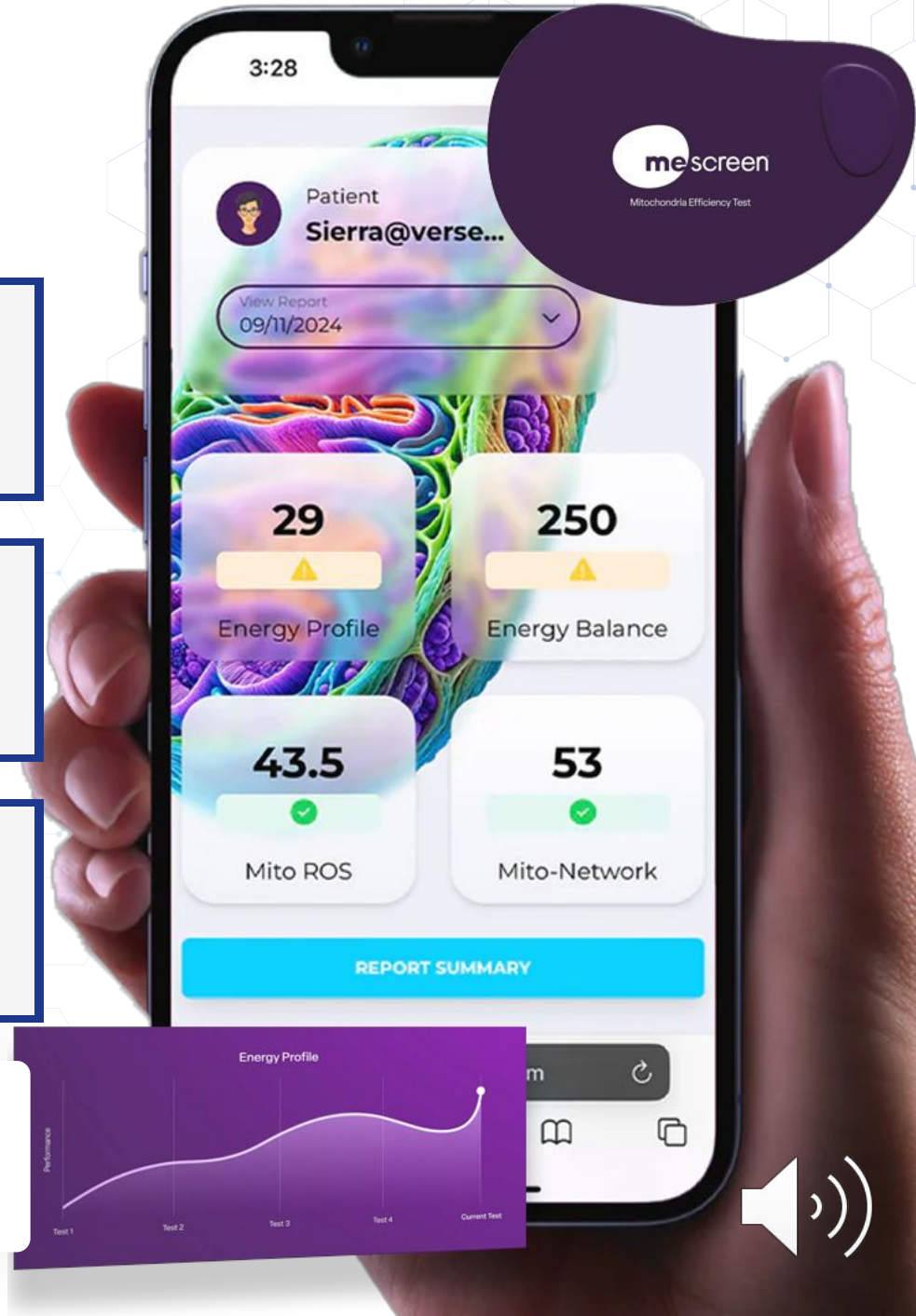
1. **mescreen is a mitochondrial efficiency (me) screen that measures mitochondrial function, structure, and efficiency, which is directly linked to wellness and disease**

2. **The test is performed with a simple finger prick in the comfort of home (for virtual patients) or in a clinician's office, and can be performed by the clinician or supervised by the clinician**

   4-6 drops of blood go onto a blood collection card, which, after drying for about 60 minutes, can be sent to the lab

3. **In about two weeks, results are made available to the clinician, who can then schedule a follow-up to review with the patients**

Establishing a baseline mescreen™ Score provides the clinician and patient a measure to compare against future assessments to assess if your health protocols (supplements, lifestyle changes, etc.) have the intended impact.
Mitochondrial health and function can change with diet, sleep, mental well-being, supplementation, and other approaches.



Explaining

mescreen

What mescreen measures

The mescreen™ is a multidimensional “mitochondrial efficiency” screen that measures the 11 core functions and structures of the mitochondria.

mescreen™ provides a detailed energetic and structural profile of an individual.

Measures include:

- Energy production, or how efficiently your cells are in the resting state and stressed state
- The ratio of how your body produces energy (from glycolysis or mitochondria, which are more efficient)
- The spare capacity that exists when your cells are called upon to react to stress, which represents your ability to respond to stress
- The structure and mitochondrial networks provide insight into how well or structurally dysfunctional mitochondria are. Most diseases impact mitochondrial structure and networks.
- ROS, which is an indicator of free radical production, free radicals cause inflammation and injure cells

These measures differ from blood tests and genetic tests, which tell you what has happened or may happen.

Routine blood, urine, and other tests are not diagnostic alone. Blood marker levels can change due to several factors, including the time of day, whether you have eaten or exercised, the amount of time the sample remained in the test tube before processing, and other factors.

mescreen tells you **what is happening in your body now**. The sample is stable for up to two months, so certain factors will not affect the results. The results are minimally impacted by time of day, fed or fasted conditions, and other conditions that affect routine blood, urine, and other testing.

Why perform a

mescreen

Establishing a baseline mescreen™ Score provides you with a measure to compare against future assessments.

It is a new vital sign to track.

It can be used by the clinician to assess if your health protocols (supplements, lifestyle changes, etc.) are having the intended impact.

Mitochondria health and function can change with approaches related to diet, sleep, mental well being, supplementation, hormone replacement treatments, and other approaches and these changes can be detected and tracked

Imbalances in energy production, capacity, ratios of how energy are produced, ROS production and structure are impacted by disease

- mescreen is another data set that can validate or confirm why a patient is feeling a certain way where routine blood work has not been able to do so.
- Although not a regulated diagnostic mescreen results reveal mitochondrial patterns in many diseases that can aid in decision making
    - Parkinson's and other neurodegenerative diseases have a hall mark pattern of high ROS in rested and stressed states
    - Mismatched energy production (high glycolytic to mitochondrial produced energy) matched with dysfunction spare capacity is a hall mark of fatigue syndromes, long-covid and other conditions.

VERSÉA Discovery

THANK YOU!

info@versea.com

www.versea.com