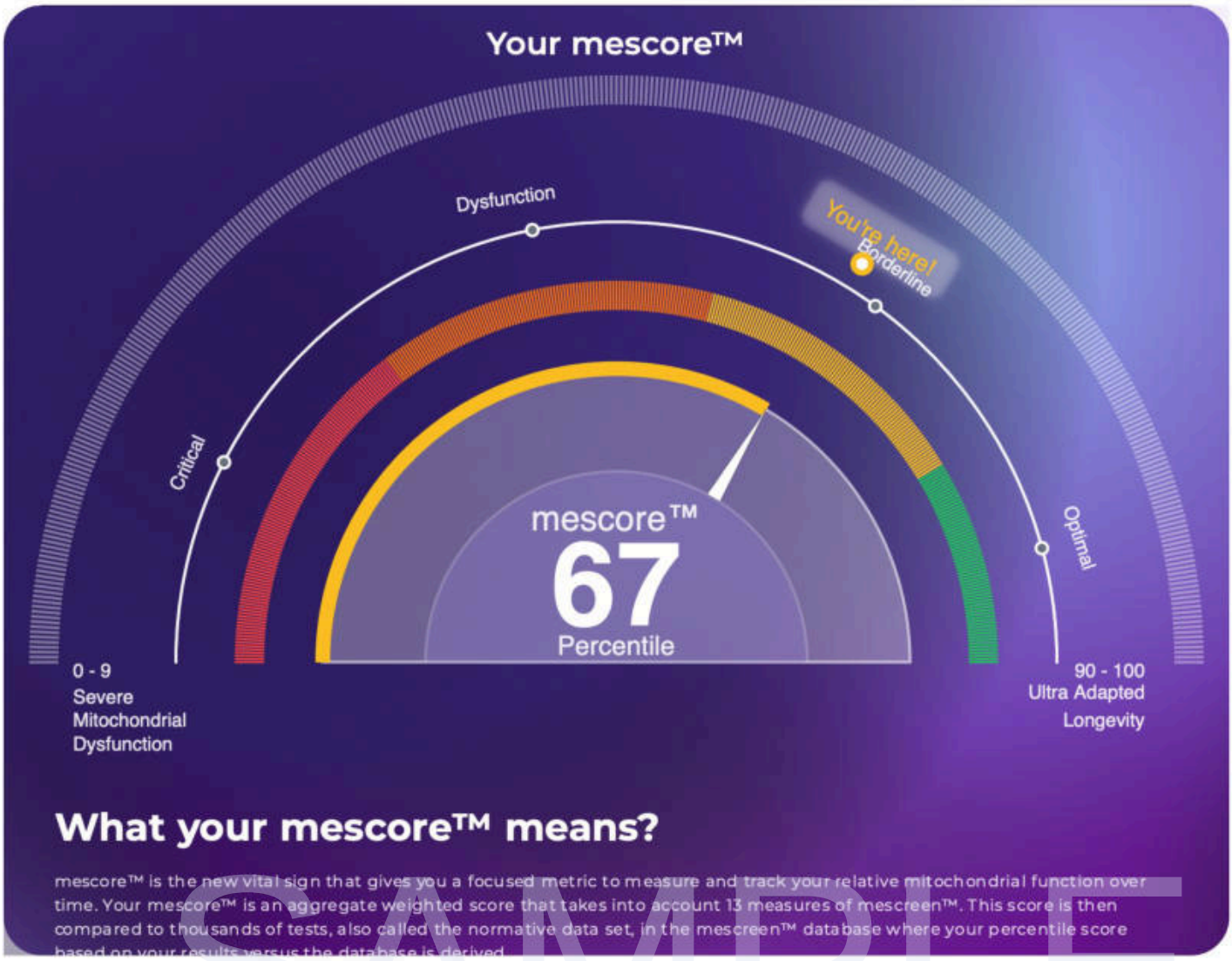
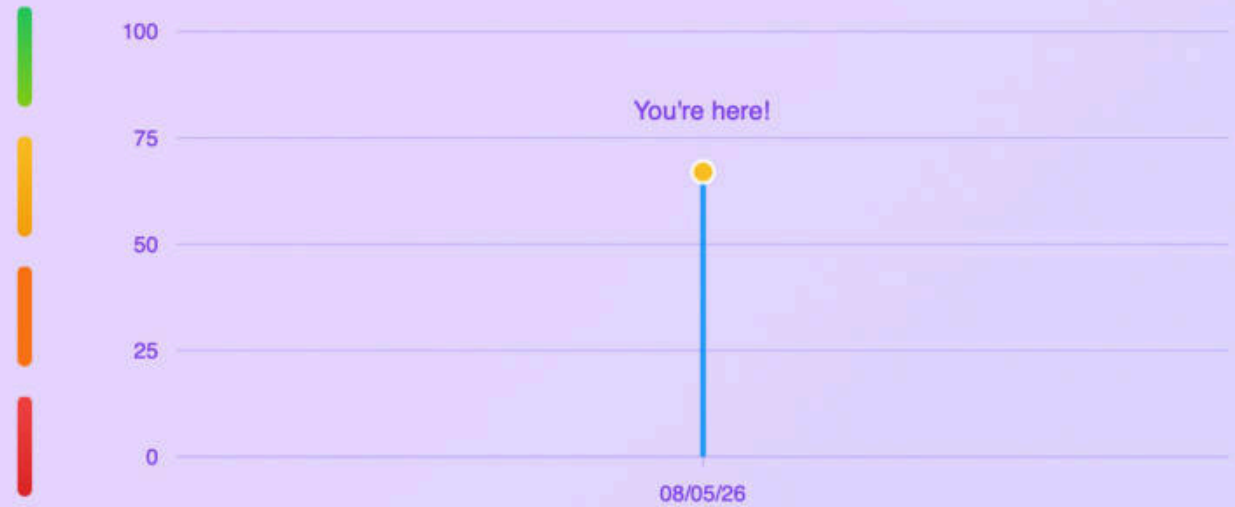


What your mescore™ means?

mescore™ is the new vital sign that gives you a focused metric to measure and track your relative mitochondrial function over time. Your mescore™ is an aggregate weighted score that takes into account 13 measures of mescreen™. This score is then compared to thousands of tests, also called the normative data set, in the mescreen™ database where your percentile score based on your results versus the database is derived.

SAMPLE

mescore™ Progress Over Time



mescreen

Profile Comparison

	Score Range	Category	Interpretation
Elite Mitochondrial Performance	90 - 100	Hyper-Adapted Longevity	Elite longevity physiology; calm precision state
	85 - 89	Super Mitochondrial Responder	Strong adaptability; optimal energy performance
Adaptive Function	80 - 84	Latent Potential	Calm, stable function; dormant capacity
	75 - 79	High Function with Growth Potential	Healthy, balanced system with room to optimize
	70 - 74	Functional Compensation	Adaptive energy rerouting; recoverable pattern
You're here!	65 - 69	Vagal Support	Quick energy mode; parasympathetic underactivity
	60 - 64	Nervous System Shift	Functional shutdown driven by stress signals
Functional Vulnerabilities	55 - 59	Mild-Low Efficiency	Slight inefficiency; optimization needed
	50 - 54	Borderline Mitochondrial Dysfunction	Early-stage inefficiency; reversible stress
	45 - 49	Low Mitochondrial Efficiency	Reduced ATP yield; fixable inefficiency
	40 - 44	Mito Turnover (Borderline)	Mild recycling slowdown; easy correction
	35 - 39	Mito Turnover	Accumulation of old mitochondria; renewal needed
	30 - 34	Network Drift	Mitochondrial coordination loss; dynamic imbalance
Critical Support Needed	25 - 29	ROS Watch	Elevated ROS; early oxidative imbalance
	20 - 24	Lipid Support	Early lipid stress; reinforce membranes
	10 - 19	Lipid Stress	Critical oxidative injury; membranes under attack
	0 - 9	Severe Mitochondrial Dysfunction	Crisis: mitochondria in collapse, urgent intervention

SAMPLE

Energy Profile

Borderline



Your energy profile suggests partial inefficiency in how your mitochondria produce and conserve energy. With targeted support, this balance can often be restored to optimal function.

The Energy Profile assesses the fundamental functions of your mitochondria, which are like energy factories in your cells. It provides a baseline measure of your overall mitochondrial health and function, allowing you to track changes over time by measuring oxygen consumption at the cellular level.

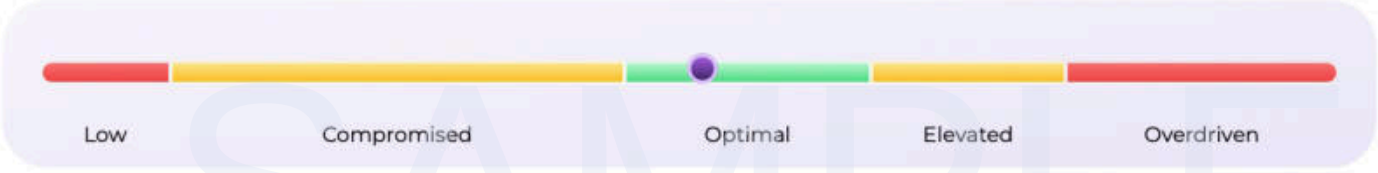
Your energy profile and how your body produces energy play a vital role in your resilience and your ability to deal with stress and diseases. These measures evaluate the efficiency of your mitochondria.

Here are the measures in this panel:

- **Baseline Respiration:** measures how much energy your mitochondria produce at rest.
- **Mitochondrial Efficiency:** evaluates energy loss when not active.
- **Mitochondrial Potential:** shows extra capacity under stress.

Baseline Respiration

Optimal 51



Your mitochondria maintain a balanced rate of energy production. They are neither sluggish nor overactive. This indicates strong metabolic adaptability, efficient ATP output, and good cellular health under resting conditions.

Mitochondrial Efficiency

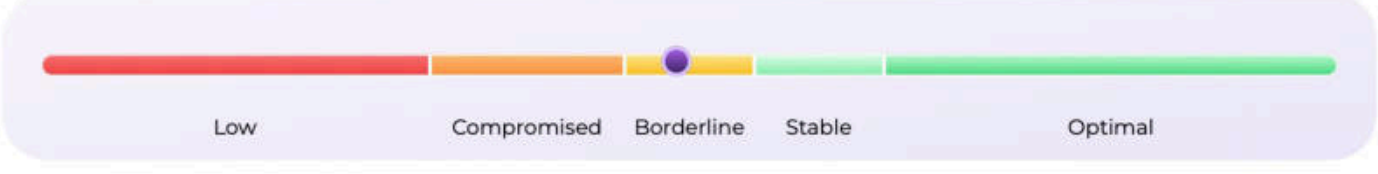
Optimal 51



Your mitochondria operate with excellent energy conservation, producing ATP efficiently while minimizing unnecessary energy loss. This balance supports endurance, resilience, and long-term cellular vitality.

Mitochondrial Potential

Borderline 49



Your mitochondria can respond to increased energy demands but not at full efficiency. Strengthening mitochondrial membranes and supporting redox balance can help enhance reserve capacity and improve performance.

SAMPLE