

DETOXIFICATION  
OPTIMIZATION

BODY COMPOSITION  
OPTIMIZATION

SUPPLEMENT  
OPTIMIZATION

METABOLOMICS  
OPTIMIZATION

GLUCOSE  
OPTIMIZATION



# HARBOR HEALTH & APOTHECARY METABOLIC OPTIMIZATION PROGRAM

A COLLABORATIVE AND PERSONALIZED APPROACH TO WEIGH  
MANAGEMENT



# WELCOME

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AT **HARBOR HEALTH & APOTHECARY**, WE BELIEVE PERSONALIZED METABOLIC CARE IS MOST EFFECTIVE **WHEN PATIENTS, PROVIDERS, AND PHARMACISTS WORK TOGETHER AS A UNIFIED TEAM.**

OUR **TIERED OPTIMIZATION PROGRAM** WAS CREATED TO SUPPORT PROVIDERS BY **EXTENDING THEIR REACH**—GIVING THEM MORE TIME TO FOCUS ON CLINICAL DECISION-MAKING WHILE OUR PHARMACISTS HELP MANAGE THE **ESSENTIAL MONITORING, INTERPRETATION, LIFESTYLE GUIDANCE, AND METABOLIC INSIGHTS** THAT DRIVE LONG-TERM SUCCESS. FOR PATIENTS, THIS MEANS RECEIVING A LEVEL OF **PERSONALIZED ATTENTION** AND ONGOING SUPPORT THAT GOES FAR BEYOND TRADITIONAL PHARMACY SERVICES.

EACH TIER IN OUR PROGRAM IS DESIGNED WITH PURPOSE: TO **ASSESS DEEPER, OPTIMIZE SMARTER**, AND ADDRESS THE UNIQUE **BIOCHEMICAL, METABOLIC, AND PHYSIOLOGICAL NEEDS** OF EVERY INDIVIDUAL. WHETHER YOU ARE BEGINNING YOUR WEIGHT-MANAGEMENT JOURNEY, NAVIGATING PLATEAUS, OR FINE-TUNING LONG-TERM WELLNESS, OUR **STRUCTURED TIERS** ENSURE THAT THE RIGHT LEVEL OF SUPPORT IS AVAILABLE AT THE RIGHT TIME—DELIVERING **CLARITY, CONFIDENCE**, AND TRULY **PERSONALIZED CARE.**

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# 5-CARE TIERES



**Metabolomics Optimization**



**Glucose Optimization**



**Detoxification Optimization**



**Supplement Optimization**



**Body Composition Optimization**



# BODY COMPOSITION OPTIMIZATION TIER

## TRACK WHAT MATTERS

### WHAT'S INCLUDED

- HUME BODY COMPOSITION SCALE
- HUME CONNECT APP WITH FULL SETUP & SUPPORT
- INITIAL HUME INTERPRETATION (IN-PERSON OR VIRTUAL)
- PERSONALIZED BODY COMPOSITION OPTIMIZATION PLAN

### WHY IT MATTERS

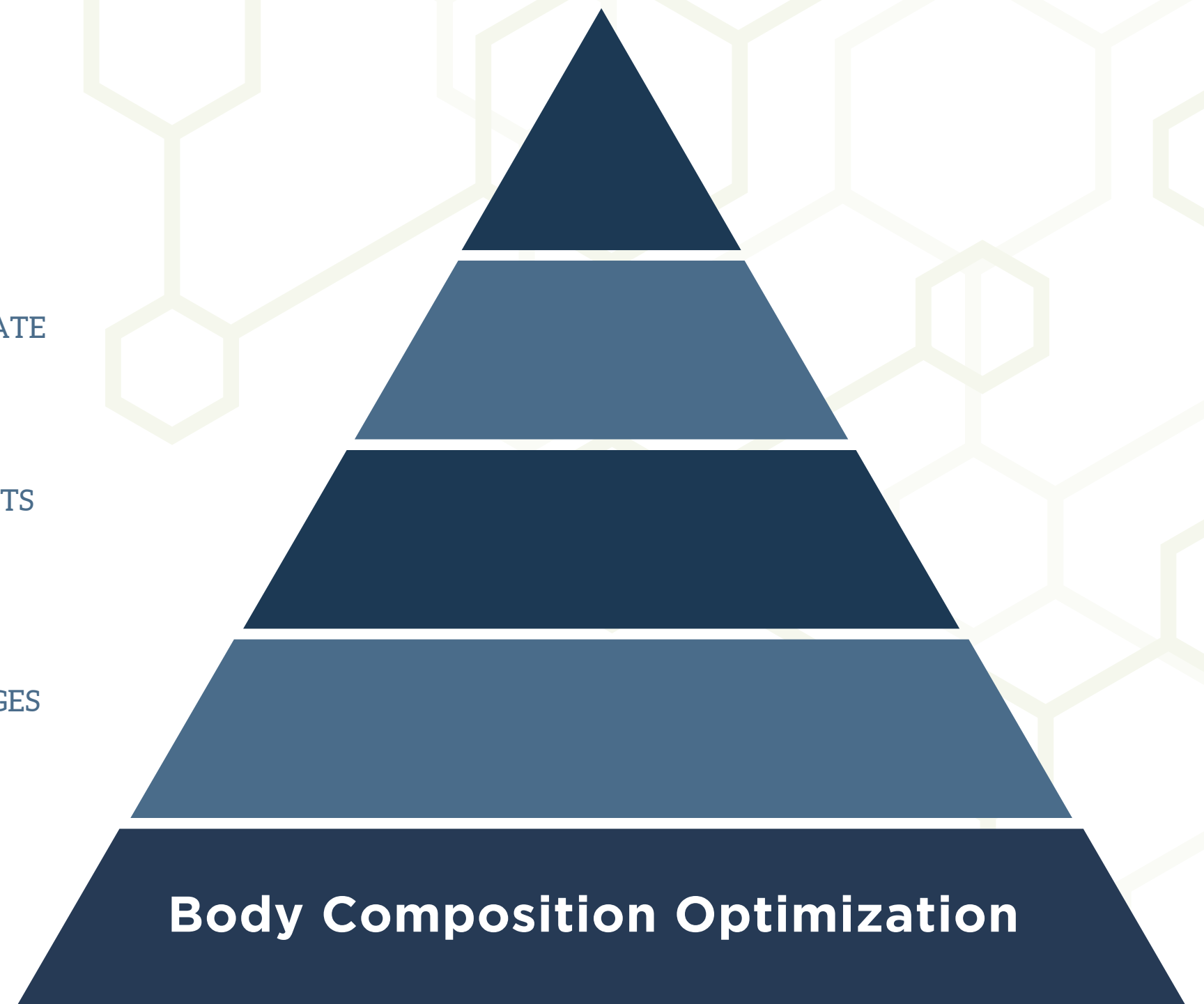
- PROVIDES REAL-TIME INSIGHTS INTO FAT, MUSCLE, WATER, AND METABOLIC RATE
- HELPS PREVENT MUSCLE LOSS DURING GLP-1 THERAPY
- CREATES AN OBJECTIVE ROADMAP FOR TRACKING PROGRESS
- IDENTIFIES EARLY SIGNS OF PLATEAUS OR METABOLIC SLOWDOWN
- SUPPORTS DATA-DRIVEN DECISION-MAKING FOR PROVIDERS AND PHARMACISTS

### WHO ITS FOR

- NEW PATIENTS BEGINNING WEIGHT-MANAGEMENT THERAPY
- PATIENTS WHO WANT CLEAR, MEASURABLE PROGRESS TRACKING
- INDIVIDUALS WHO STRUGGLE WITH THE SCALE NOT REFLECTING TRUE CHANGES
- ANYONE SEEKING DEEPER METABOLIC UNDERSTANDING

### PLACEMENT IN CARE PATHWAY

- CORE TIER FOR THE FOUNDATIONAL START PATHWAY
- STRONGLY RECOMMENDED FOR THE PLATEAU BREAKTHROUGH PATHWAY
- ESSENTIAL TOOL FOR TRANSITION & MAINTENANCE PATHWAY



# DETOX OPTIMIZATION TIER

PREPARE YOUR BODY FOR SAFE, EFFICIENT FAT LOSS AND METABOLIC CLARITY.

## WHAT'S INCLUDED

- CELL CODE DETOX PACK
- INITIAL DETOX INTERPRETATION (IN-PERSON OR VIRTUAL)
- PERSONALIZED DETOX OPTIMIZATION BLUEPRINT

## WHY IT MATTERS

- SUPPORTS PHASE I, PHASE II, AND PHASE III DETOX PATHWAYS
- REDUCES INFLAMMATION, FATIGUE, AND DETOX-RELATED SIDE EFFECTS
- ENHANCES TOLERABILITY AND RESULTS DURING GLP-1 THERAPY
- PREVENTS TOXIN RECIRCULATION AS FAT STORES METABOLIZE
- STABILIZES ENERGY, DIGESTION, MENTAL CLARITY, AND METABOLIC RESILIENCE

## WHO ITS FOR

- NEW PATIENTS BEGINNING WEIGHT-LOSS MEDICATIONS
- PATIENTS WITH INFLAMMATION, HEADACHES, SLUGGISH DIGESTION, OR LOW ENERGY
- INDIVIDUALS WITH SUSPECTED TOXIN BURDEN OR SLOW DETOX PATHWAYS
- ANYONE PREPARING FOR FAT LOSS WHO WANTS TO IMPROVE SAFETY AND OUTCOMES

## PLACEMENT IN CARE PATHWAY

- CORE TIER FOR THE FOUNDATIONAL START PATHWAY
- PRIORITY TIER FOR NON-RESPONDER INVESTIGATIVE PATHWAY
- HIGHLY RECOMMENDED DURING PLATEAU BREAKTHROUGH PATHWAY



# SUPPLEMENT OPTIMIZATION TIER

FOUNDATIONAL NUTRIENT SUPPORT TO ENHANCE ENERGY, METABOLISM, AND MEDICATION SUCCESS.

## WHAT'S INCLUDED

- CELL CODE FOUNDATION PACK
- CELL CODE PROTEIN POWDER
- CELL CODE ELECTROLYTE REPLETE
- PERSONALIZED METABOLIC SUPPLEMENT OPTIMIZATION PLAN (IN-PERSON OR VIRTUAL)

## WHY IT MATTERS

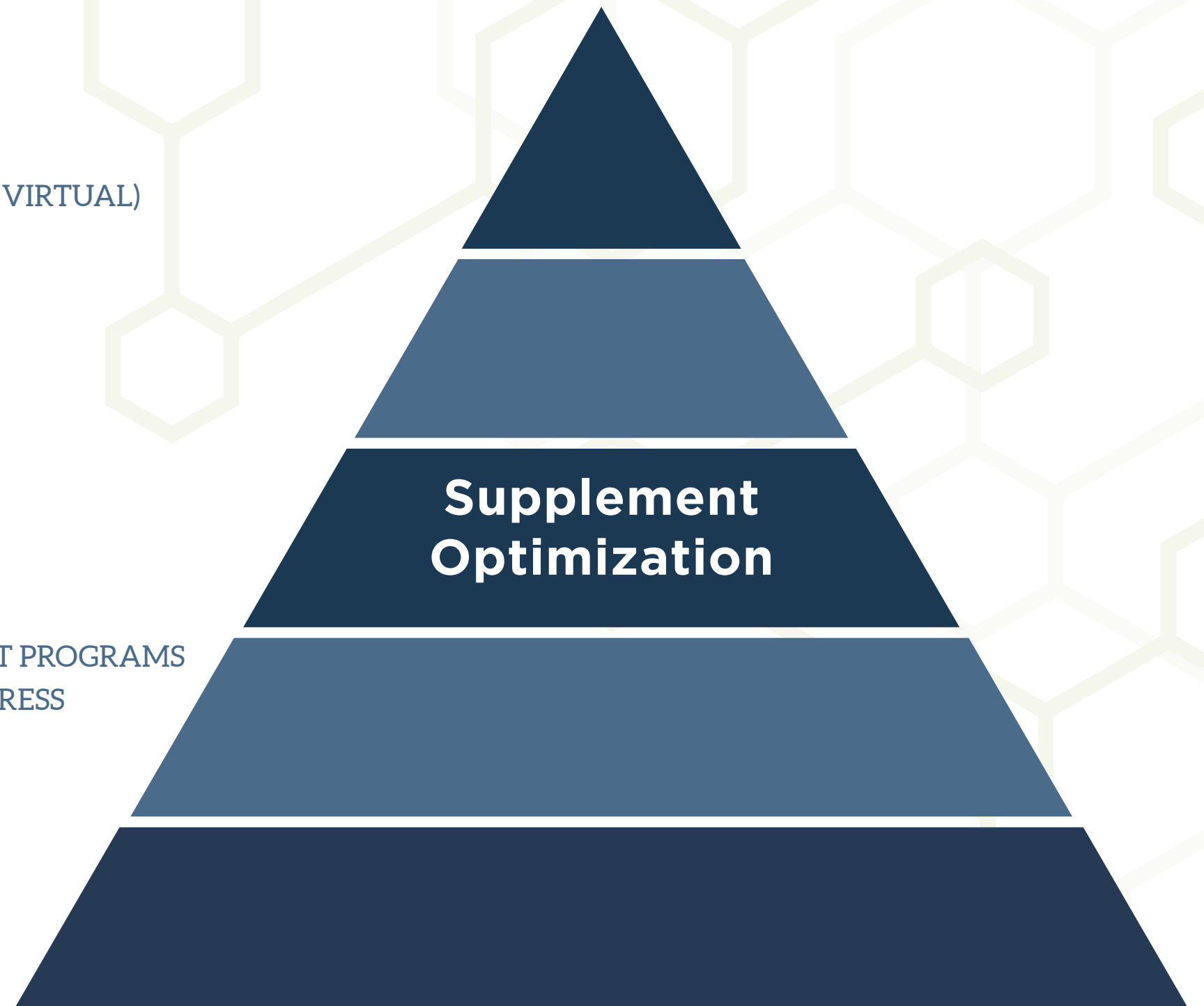
- CORRECTS COMMON NUTRIENT DEFICIENCIES THAT HINDER FAT LOSS
- SUPPORTS MUSCLE PRESERVATION DURING GLP-1 THERAPY
- ENHANCES ENERGY, GUT HEALTH, AND OVERALL METABOLIC STABILITY
- REDUCES GLP-RELATED SIDE EFFECTS (FATIGUE, CONSTIPATION, NAUSEA)
- OPTIMIZES PROTEIN INTAKE, HYDRATION, AND ELECTROLYTE BALANCE
- PROVIDES BASELINE METABOLIC SUPPORT FOR EVERY PATHWAY

## WHO ITS FOR

- NEW PATIENTS BEGINNING MEDICATION-BASED OR NON-MEDICATION WEIGHT PROGRAMS
- PATIENTS EXPERIENCING FATIGUE, CRAVINGS, MUSCLE LOSS, OR SLOWED PROGRESS
- INDIVIDUALS WITH POOR PROTEIN INTAKE OR INCONSISTENT NUTRITION
- ANYONE WANTING A STRONG FOUNDATIONAL NUTRIENT BASE

## PLACEMENT IN CARE PATHWAY

- HIGHLY RECOMMENDED IN THE FOUNDATIONAL START PATHWAY
- ESSENTIAL COMPONENT OF THE PLATEAU BREAKTHROUGH PATHWAY
- STRONG SUPPORT TIER FOR THE NON-RESPONDER INVESTIGATIVE PATHWAY
- HELPFUL DURING TRANSITION & MAINTENANCE PATHWAY FOR LONG-TERM STABILITY



# GLUCOSE OPTIMIZATION TIER

REAL-TIME GLUCOSE INSIGHTS THAT UNLOCK METABOLIC CLARITY AND BREAK THROUGH PLATEAUS.

## WHAT'S INCLUDED

- ONE 15-DAY CGM SENSOR OR TWO 15-DAY CGM SENSOR (30 DAYS)
- THEIA CONNECT SETUP & SUPPORT
- INITIAL GLUCOSE INTERPRETATION (IN-PERSON OR VIRTUAL)
- PERSONALIZED METABOLIC OPTIMIZATION PLAN

## WHY IT MATTERS

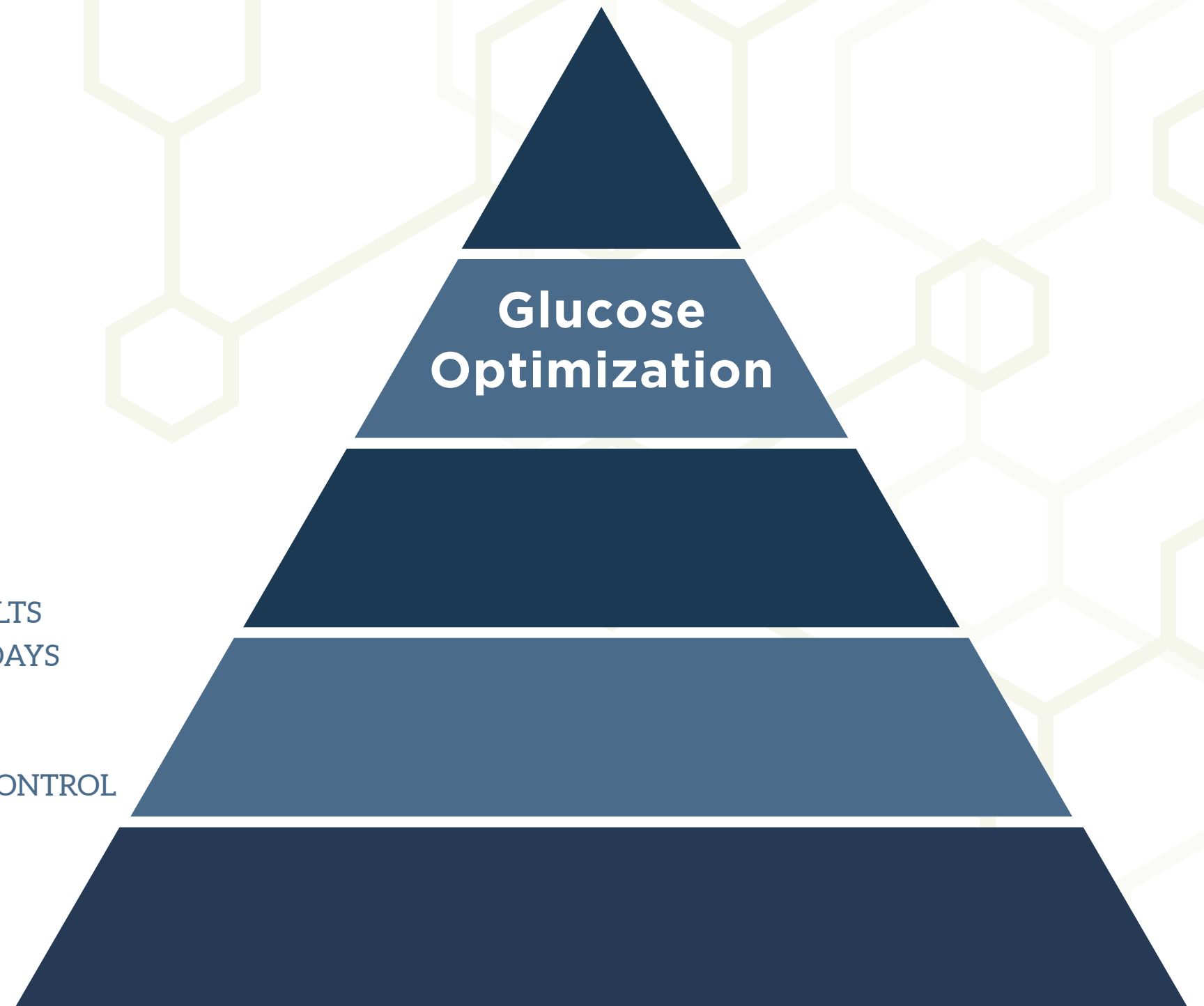
- REVEALS HIDDEN GLUCOSE PATTERNS THAT BLOCK FAT LOSS
- IDENTIFIES TRIGGER FOODS THAT DRIVE CRAVINGS, FATIGUE, AND PLATEAUS
- IMPROVES ENERGY, FOCUS, AND METABOLIC FLEXIBILITY
- HELPS TROUBLESHOOT SLOW RESPONDERS TO GLP MEDICATIONS
- PROVIDES REAL-TIME BIOFEEDBACK THAT MOTIVATES PATIENT BEHAVIOR
- ENABLES PRECISION DECISION-MAKING FOR PROVIDERS AND PHARMACISTS

## WHO ITS FOR

- PATIENTS EXPERIENCING PLATEAUS, SLOW PROGRESS, OR INCONSISTENT RESULTS
- INDIVIDUALS WITH REACTIVE HYPOGLYCEMIA, CRAVINGS, OR HIGH HUNGER DAYS
- NON-RESPONDERS WHO NEED DEEPER METABOLIC INSIGHT
- PATIENTS WANTING PERSONALIZED FOOD PATTERN ANALYSIS
- ANYONE TRANSITIONING OFF GLP-1 THERAPY WHO NEEDS STABLE GLUCOSE CONTROL

## PLACEMENT IN CARE PATHWAY

- ESSENTIAL FOR THE PLATEAU BREAKTHROUGH PATHWAY
- STRONGLY RECOMMENDED FOR THE NON-RESPONDER INVESTIGATIVE PATHWAY
- VALUABLE DURING TRANSITION & MAINTENANCE PATHWAY
- OPTIONAL BUT HELPFUL IN THE FOUNDATIONAL START PATHWAY (FOR DATA-DRIVEN PATIENTS)



# METABOLOMICS OPTIMIZATION TIER

A DEEP-DIVE INTO BIOCHEMICAL PATHWAYS TO UNCOVER BARRIERS TO FAT LOSS, ENERGY, AND METABOLIC PERFORMANCE.

## WHAT'S INCLUDED

- GENOVA DIAGNOSTICS METABOLOMIX+ PANEL
- BLOODSPOT ESSENTIAL & METABOLIC FATTY ACIDS TEST ADD-ON
- COMPREHENSIVE METABOLOMICS INTERPRETATION (VIRTUAL OR IN-PERSON)
- PERSONALIZED METABOLIC OPTIMIZATION PLAN

## WHY IT MATTERS

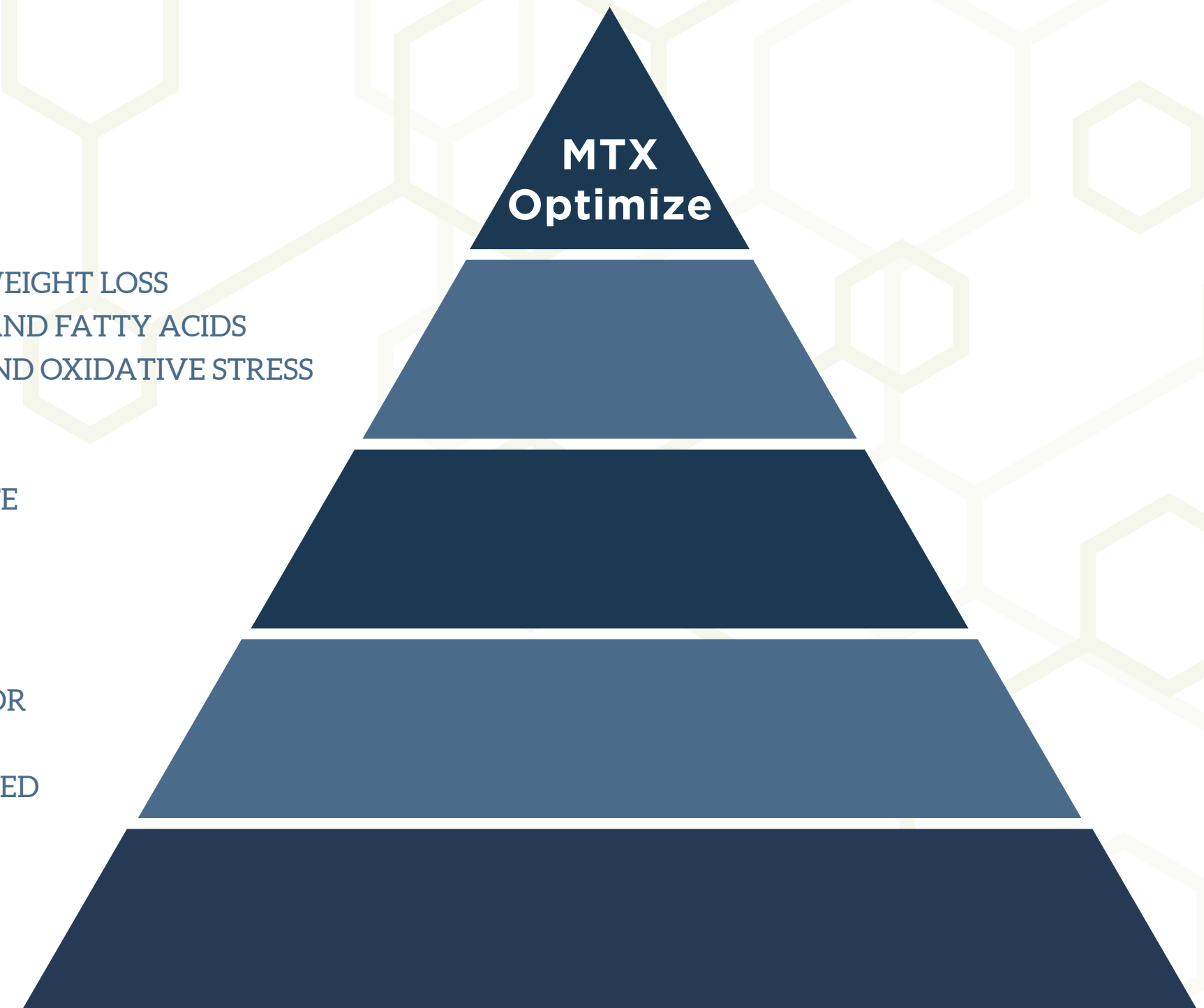
- IDENTIFIES HIDDEN METABOLIC BLOCKAGES CONTRIBUTING TO SLOW OR HALTED WEIGHT LOSS
- REVEALS DEFICIENCIES IN NUTRIENTS, COFACTORS, AMINO ACIDS, ANTIOXIDANTS, AND FATTY ACIDS
- PROVIDES INSIGHT INTO MITOCHONDRIAL DYSFUNCTION, DETOX INEFFICIENCIES, AND OXIDATIVE STRESS
- GUIDES PRECISION SUPPLEMENTATION AND PERSONALIZED INTERVENTIONS
- IDEAL FOR PATIENTS WHOSE SYMPTOMS PERSIST DESPITE GLP THERAPY
- HELPS CREATE A ROOT-CAUSE UNDERSTANDING OF THE PATIENT'S METABOLIC STATE

## WHO ITS FOR

- NON-RESPONDERS TO GLP-1 OR WEIGHT-LOSS MEDICATIONS
- PATIENTS WITH PERSISTENT FATIGUE, BRAIN FOG, OR POOR RECOVERY
- INDIVIDUALS WITH SUSPECTED MITOCHONDRIAL DYSFUNCTION, INFLAMMATION, OR DETOX CHALLENGES
- PATIENTS WITH COMPLEX METABOLIC HISTORIES, CHRONIC ILLNESS, OR UNEXPLAINED PLATEAUS

## PLACEMENT IN CARE PATHWAY

- CORE TIER FOR THE NON-RESPONDER INVESTIGATIVE PATHWAY
- A POWERFUL ADD-ON FOR THE PLATEAU BREAKTHROUGH PATHWAY
- OPTIONAL DEEP-DIVE IN THE FOUNDATIONAL START PATHWAY (FOR HIGH-PRECISION PATIENTS)
- SUPPORTS TRANSITION & MAINTENANCE PATHWAY FOR LONG-TERM OPTIMIZATION



## FOUNDATION PATHWAY

To give new patients the strongest metabolic foundation before or while starting weight-loss medications. This pathway improves safety, tolerability, and long-term success by preparing the body for fat loss, supporting detoxification, and establishing baseline metabolic data.

## MAINTENANCE AND TRANSITION PATHWAY

To help patients successfully transition off weight-loss medications (or reduce to the lowest effective dose) while maintaining metabolic stability, body composition improvements, and sustainable habits. This pathway supports glucose control, muscle preservation, and long-term metabolic resilience to prevent weight regain.



## PLATEAU PATHWAY

To identify and correct the metabolic patterns that cause plateaus during weight-loss therapy. This pathway focuses on glucose regulation, metabolic adaptation, and nutrient support to reignite progress and regain momentum.

## NON-RESPONDER PATHWAY

To identify why a patient is not responding to weight-loss medications or lifestyle interventions. This pathway evaluates nutrient status, mitochondrial function, detoxification pathways, and glucose patterns to determine the biochemical barriers preventing progress.

# FOUNDATIONAL PATHWAY

THE ESSENTIAL FIRST STEP FOR NEW WEIGHT-MANAGEMENT PATIENTS

# 1

## BODY COMPOSITION TIER (CORE)

- Tracks fat, muscle, metabolic rate
- Sets objective baselines
- Detects early metabolic slowdown
- Required for accurate progress tracking

# 2

## DETOX TIER (CORE)

- Prepares liver, GI, and cellular pathways for fat mobilization
- Reduces inflammation and toxin burden
- Improves tolerability of GLP-1 medications
- Enhances metabolic resilience

# 3

## SUPPLEMENT TIER (SUPPORT)

- Corrects nutrient deficiencies
- Supports protein intake, electrolytes, and energy
- Reduces common medication side effects
- Stabilizes metabolism for long-term success

# 4

## WHY THIS PATHWAY MATTERS

- Establishes accurate metabolic baselines
- Reduces risk of early plateaus
- Enhances medication tolerability
- Supports safe detox during fat loss
- Improves energy, digestion, and overall metabolic function
- Creates a clear roadmap for the patient and provider

# 5

## WHO THIS PATHWAY IS FOR

- Patients new to weight-management therapy
- Patients new to GLP-1 medications
- Individuals with low energy, inflammation, poor digestion, or nutrient gaps
- Anyone wanting a structured and safe start to their weight-loss journey

# PLATEAU PATHWAY

A TARGETED STRATEGY TO UNCOVER METABOLIC BLOCKS AND RESTORE WEIGHT-LOSS MOMENTUM

1

## BODY COMPOSITION TIER (CORE)

- Tracks fat, muscle, metabolic rate
- Sets objective baselines
- Detects early metabolic slowdown
- Required for accurate progress tracking

2

## CGM TIER (CORE)

- Uncovers glucose spikes, dips, and trigger foods
- Identifies reactive hypoglycemia linked to hunger
- Provides real-time metabolic clarity
- Helps personalize food timing and composition

3

## SUPPLEMENT TIER (SUPPORT)

- Corrects nutrient deficiencies
- Supports protein intake, electrolytes, and energy
- Reduces common medication side effects
- Stabilizes metabolism for long-term success

4

## DETOX TIER (SUPPORT)

- Recommended if inflammation, sluggish digestion, or toxin buildup is suspected
- Helps reduce GLP-related symptoms that block progress

5

## WHY THIS PATHWAY MATTERS

- Identifies the root causes of stalled progress
- Provides actionable data for food triggers and metabolic timing
- Helps correct muscle loss, suboptimal glucose control, and nutrient gaps
- Enables rapid course correction guided by analytics

6

## WHO THIS PATHWAY IS FOR

- Patients experiencing slow progress or no progress
- Patients whose body composition changes have flattened
- Individuals struggling with cravings, fatigue, or irregular hunger
- Patients who want data-driven insight to break through metabolic barriers

# NON-RESPONDER PATHWAY

A COMPREHENSIVE DIAGNOSTIC APPROACH TO UNCOVER METABOLIC BLOCKS WHEN MEDICATIONS AREN'T ENOUGH

# 1

## BODY COMPOSITION TIER (CORE)

- Tracks fat, muscle, metabolic rate
- Sets objective baselines
- Detects early metabolic slowdown
- Required for accurate progress tracking

# 2

## CGM TIER (CORE)

- Uncovers glucose spikes, dips, and trigger foods
- Identifies reactive hypoglycemia linked to hunger
- Provides real-time metabolic clarity
- Helps personalize food timing and composition

# 3

## DETOX TIER (CORE)

- Prepares liver, GI, and cellular pathways for fat mobilization
- Reduces inflammation and toxin burden
- Improves tolerability of GLP-1 medications
- Enhances metabolic resilience

# 4

## METABOLOMICS TIER (CORE)

- Reveals nutrient deficiencies & cofactor gaps
- Assesses mitochondrial efficiency & oxidative stress
- Evaluates detoxification pathways (Phase I/II/III)
- Identifies inflammation & metabolic roadblocks
- Guides precision supplementation and treatment changes

# 5

## WHY THIS PATHWAY MATTERS

- Identifies biochemical and metabolic root causes of non-response
- Provides a clear corrective strategy when standard care fails
- Detects mitochondrial, detox, inflammatory, and nutrient imbalances
- Improves medication effectiveness

# 6

## WHO THIS PATHWAY IS FOR

- Patients who have not responded to GLP-1s or other weight-loss medications
- Individuals with severe plateaus, even with good adherence
- Patients with fatigue, brain fog, pain, or chronic inflammation
- Individuals with complex metabolic histories or chronic illness
- Anyone who wants to understand why weight loss hasn't happened

# MAINTENANCE AND TRANSITION PATHWAY

A STRUCTURED APPROACH TO TAPERING MEDICATIONS AND MAINTAINING RESULTS LONG-TERM

# 1

## BODY COMPOSITION TIER (CORE)

- Tracks fat, muscle, metabolic rate
- Sets objective baselines
- Detects early metabolic slowdown
- Required for accurate progress tracking

# 2

## CGM TIER (CORE)

- Uncovers glucose spikes, dips, and trigger foods
- Identifies reactive hypoglycemia linked to hunger
- Provides real-time metabolic clarity
- Helps personalize food timing and composition

# 3

## DETOX TIER (CORE)

- Prepares liver, GI, and cellular pathways for fat mobilization
- Reduces inflammation and toxin burden
- Improves tolerability of GLP-1 medications
- Enhances metabolic resilience

# 4

## SUPPLEMENT TIER (SUPPORT)

- Corrects nutrient deficiencies
- Supports protein intake, electrolytes, and energy
- Reduces common medication side effects
- Stabilizes metabolism for long-term success

# 5

## WHY THIS PATHWAY MATTERS

- Prevents muscle loss, which is the #1 cause of regain
- Maintains stable blood sugar and hunger signals
- Supports long-term metabolic health beyond medication
- Prevents rebound symptoms and post-GLP crashes
- Keeps patients accountable and confident
- Helps providers taper safely and strategically

# 6

## WHO THIS PATHWAY IS FOR

- Patients who have reached their goal weight
- Individuals beginning a taper or discontinuation of GLP-1 therapy
- Anyone worried about regaining weight
- Patients transitioning from active weight loss to long-term maintenance
- Individuals wanting a sustainable, structured lifestyle plan



**FOUNDATION PATHWAY**

- Body Composition Tier (Core)
- Detox Tier (Core)
- Supplement Tier (Support)

**PLATEAU PATHWAY**

- Body Composition Tier (Core)
- CGM Tier (Core)
- Supplement Tier (Support)
- Detox Tier (Support)

**MAINTENANCE AND TRANSITION PATHWAY**

- Body Composition Tier (Core)
- CGM Tier (Core)
- Detox Tier (Core)
- Supplement Tier (Support)

**NON-RESPONDER PATHWAY**

- Body Composition Tier (Core)
- CGM Tier (Core)
- Detox Tier (Core)
- Metabolomics Tier (Core)
- Supplement Tier (Core)

# MAINTENANCE AND TRANSITION PATHWAY

PATHWAY	BODY COMP	DETOX	SUPPLEMENT	CGM	METABOLOMICS
FOUNDATION PATHWAY	✓	✓	<b>S</b>	●	●
PLATEAU PATHWAY	✓	<b>S</b>	<b>S</b>	✓	●
NON-RESPONDER PATHWAY	✓	✓	✓	✓	✓
MAINTENANCE AND TRANSITION PATHWAY	✓	✓	<b>S</b>	✓	●
MSRP	\$629.96	\$475.98	\$550.98	1-\$599.96 2-\$899.94	\$959.97
COST	\$349.99	\$349.99	\$299.99	1-\$349.99 2-\$549.99	\$799.99
SAVINGS	\$279.97	\$125.99	\$250.99	1-\$249.97 2-\$349.95	\$159.98