Theriome
The Science of You

Aristotle+ Patient Frequently Asked Questions

What is Aristotle+ and is it a diagnosis?

Aristotle+ is **not a diagnostic test** and it does not diagnose diseases. It is a comprehensive metabolic health assessment that measures **296 metabolites** in your blood to give you and your healthcare provider a detailed picture of how your body is functioning across **15 health domains**.

Think of it as a deep, systems-level check-in on your metabolism — covering everything from energy production and blood sugar balance to inflammation, gut health, and nutritional status.

Aristotle+ helps you and your provider:

1. **Identify patterns** in your metabolism that may be contributing to how you feel or to long-term health risks
2. **Prioritize** what to focus on first and in what order
3. **Track progress** over time with structured retesting

Your provider will always interpret your results alongside your medical history, symptoms, medications, and any other tests you may have had.

Is Aristotle+ right for me?

Aristotle+ is designed for:

- **People working with a healthcare provider** who want a detailed, science-based view of their metabolic health and a clear path forward
- **Health-conscious individuals** who want a rigorous, data-driven approach to wellness rather than guesswork
- **Anyone looking to understand and optimize** their energy, nutrition, gut health, inflammation, cardiovascular risk, hormonal balance, and more

Aristotle+ is **not intended to replace medical care** for urgent, unstable, or emergency conditions. If you have an acute health concern, please seek appropriate medical attention first.

What will I receive in my report?

Your Aristotle+ report is structured to give you clear, prioritized, and actionable information:

1. **Executive summary** — Your overall metabolic health score, a snapshot of all 15 health domains, and the areas that need the most attention
2. **Domain-by-domain breakdown** — Each of the 15 health domains is broken into detailed sub-categories with scores and key contributing metabolites
3. **Top metabolic patterns** — The 5 most important biochemical themes your results reveal, explained in plain language
4. **Digital Twin projection** — A personalized simulation that models how your scores could improve over time if you follow the recommended plan
5. **Personalized action plan** — A ranked list of **diet, lifestyle, and supplement recommendations** tailored to your results, each with an expected impact rating
6. **Retest guidance** — When to retest and how to tell whether changes in your results are meaningful

How is Aristotle+ different from other health tests?

Aristotle+ is built to turn metabolic data into a **clear action plan** — not just hand you a list of numbers. Here is what makes it different:

- **296 metabolites measured** from a single blood spot, covering **15 health domains** — far more comprehensive than standard wellness panels
- **Digital Twin simulation engine** that evaluates **1,300+ possible interventions** across **1,000 simulated variants each** (over **1.3 million simulations**) to find the highest-impact strategies for your specific results
- **Prioritized recommendations** so you know what to do first, second, and third — not everything at once
- **Retest guidance** that helps you and your provider distinguish real improvement from normal variation
- **Science team support** — Theriome's PhD science team works with your provider to ensure your results are interpreted accurately and your plan is grounded in the latest evidence
- **No product sales** — Theriome does not sell any of the supplements, devices, or interventions it recommends, which means the recommendations are free from incentive bias

How do I get started?

There are two ways to order Aristotle+:

- **Through your healthcare provider** — Ask your provider to place the order through their Theriome account. Pricing through a practice may differ from the direct price
- **Direct to consumer** — You can order directly on the **Theriome website** for **$2,500**

Once your order is placed, the process is the same:

1. **You receive an at-home collection kit** in the mail, which includes everything you need: two single-use lancets, an alcohol swab, a bandage, a blood collection card with protective sleeve, a biohazard foil bag with desiccant pouch, and a prepaid return envelope
2. **Collect your sample at home** following the included instructions
3. **Package and ship** your sample using the return envelope and prepaid shipping label (United States)
4. **Your sample arrives at the lab** in Downtown Phoenix and your report is generated within **48 hours of receipt**
5. **Your report is delivered to your provider**, who will review it with you. If you ordered direct, the report is delivered to you along with supporting educational materials

Is the sample collection easy?

Yes. Aristotle+ uses a simple **at-home finger-stick blood spot collection** designed to be fast and straightforward. Your kit includes:

- **Two single-use lancets** (so you have a backup)
- An **alcohol swab** for disinfection
- A **bandage**
- A **blood collection card with protective sleeve**
- A **biohazard foil bag with desiccant pouch** for safe packaging
- A **prepaid return envelope with shipping label** (US only)

The finger stick typically feels like a **brief pinch**, and the entire process takes just **a few minutes** with the clear step-by-step instructions included in your kit.

How do I prepare for my test?

A little preparation helps ensure your results reflect your true baseline metabolism rather than short-term fluctuations. Follow these guidelines:

- **Fast for 8 hours before collection** — water only
- **Collect your sample within one hour of waking**, ideally between 7–9 AM
- **Avoid intense exercise for at least 12 hours** before collection
- **Choose a typical day** — avoid days with unusually different eating, major sleep disruption, or high stress
- **Do not stop any prescribed medications** unless your doctor tells you to
- **Complete your health intake survey honestly** — report any supplements you take, recent illness, travel, changes in diet or exercise, and any acute stressors
- **If you are acutely ill**, it is generally better to wait until you feel stable so the test reflects your normal physiology

What if something goes wrong with my sample?

The kit is designed to protect your sample, but here is what to do if something does not go as planned:

- **If the blood spots are incomplete or uneven**, try drinking **8–16 oz of water** (1–2 glasses) about **30 minutes before** your next attempt to improve blood flow. You can also run the finger you intend to use under **warm water for a few minutes** and shake your hand **downward several times** to help draw blood to the fingertip. Then use your **second lancet** and follow the instructions to complete the card
- **If the card is smudged, contaminated, or packaged incorrectly**, contact your provider. In some cases, a recollection may be recommended to ensure the most reliable results
- **If the shipment is delayed**, contact your provider. If the delay was prolonged or the packaging appeared compromised, notify your provider as well so they can coordinate with Theriome on next steps. The blood card is designed to keep your sample **stable for up to 10 weeks**, even at high temperatures

What is the science team consultation?

Aristotle+ includes a **consultation with a PhD member of the Theriome science team** to support accurate interpretation and implementation of your results.

How the consultation works depends on how you ordered:

- **If you ordered direct to consumer** ($2,500 via the Theriome website), the consultation is scheduled directly with you
- **If you were tested through a practice or clinic**, the consultation is conducted with a representative of your provider's practice. Your provider may choose to include you in the session at their discretion

In the consultation, the science team covers:

- A **walkthrough of top priorities** and what the results mean in practical terms
- Guidance on **what to focus on first** and how to sequence the plan for the best results
- A **clear follow-up plan**, including when to retest and how to measure progress
- Answers to **practical questions** about how to use the report and get started with the recommendations

To get the most out of the consultation:

- Come prepared with your **main health goals** and your **2–3 questions** you most want answered
- Think of it as an **implementation session** — you will leave with a clearer plan and a concrete next step

How much does it cost?

Aristotle+ is **$2,500 per test** when ordered direct to consumer. This includes:

- The **at-home collection kit** shipped to you
- **Laboratory analysis** of 296 metabolites
- Your **full personalized report** with scores across 15 health domains, a Digital Twin projection, and a ranked action plan
- A **one-on-one consultation** with a PhD member of the Theriome science team
- **Supporting educational materials** to help you understand and act on your results

If you are working with a healthcare provider, ask your provider about **pricing and availability** through their practice — pricing may differ when ordered through a clinic.

How long until I get my results?

Once your sample arrives at the Theriome lab in Downtown Phoenix, your report is generated within **48 hours**. The report is delivered to your provider, who will review it with you. If you ordered direct, the report is delivered to you.

Here is the typical timeline:

1. **Receive your kit** in the mail (shipping time varies)
2. **Collect and return your sample** using the prepaid return envelope
3. **Sample arrives at the lab** (standard shipping, typically 2–5 business days within the US)
4. **Report delivered within 48 hours** of lab receipt to your provider (or to you if ordered direct)
5. **Review with your provider** and begin your personalized plan

What happens after I get my results?

Your Aristotle+ results are the starting point, not the finish line. Here is what comes next:

1. **Your provider reviews your report** — Your provider will walk through the key findings, priorities, and your personalized action plan in the context of your full health picture. You may request a copy of the report for your own records
2. **Science team consultation** — A Theriome PhD scientist conducts a consultation to support interpretation and implementation. If you ordered through a practice, this session is with your provider's team; if you ordered direct, it is with you
3. **Start your personalized plan** — Your report includes ranked diet, lifestyle, and supplement recommendations. You do not need to do everything at once — the plan is designed to be started step by step, focusing on the highest-impact actions first
4. **Track and retest** — Follow your plan, and when the time is right, retest to see how your metabolism has responded. Your follow-up report will show what changed meaningfully so you and your provider can refine the approach. Aristotle+ is designed as an **ongoing loop** — test, act, retest, refine — so that each cycle gives you a clearer picture and a sharper plan