

LIBRO

YOUR HEALTH & LIFESTYLE AI ASSISTANT

SET DIET AND FITNESS GOALS FOR A HEALTHIER YOU!

Track your diet, nutrition, exercise and other lifestyle goals. LIBRO assists you along the way - whether it is providing specific feedback on your goals or connecting you with your nutritionist.

MEETING YOUR GOALS HAS NEVER BEEN THIS EASY!

- ✓ Set goals based on your individual needs (e.g. age, weight, health conditions, activity level).
- ✓ Track your intake of up to 258 nutrients such as calories, vitamins, minerals, salt & sugar.
- ✓ Choose from over 650,000 foods & supplements & 850 activities.
- ✓ Input correct food measurements & exercise duration.
- ✓ Use the voice assistant to quickly add foods, recipes, track exercise & check your goals' status.
- ✓ Receive recipes directly to your phone.

ASK LIBRO ANYTHING!

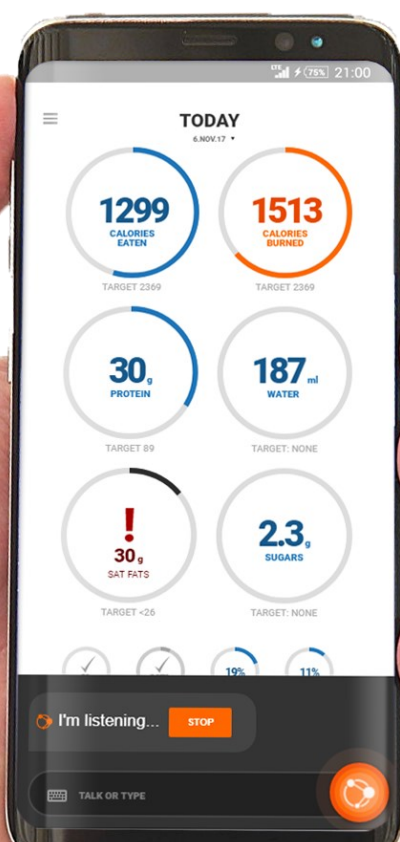
"How much protein is in peanuts?"

"What's a good source of selenium?"

"Add an apple to my snacks at 4pm."

"Create a recipe with 1 cup of flour, 1 cup of sugar and 2 eggs."

Just ask. LIBRO knows.

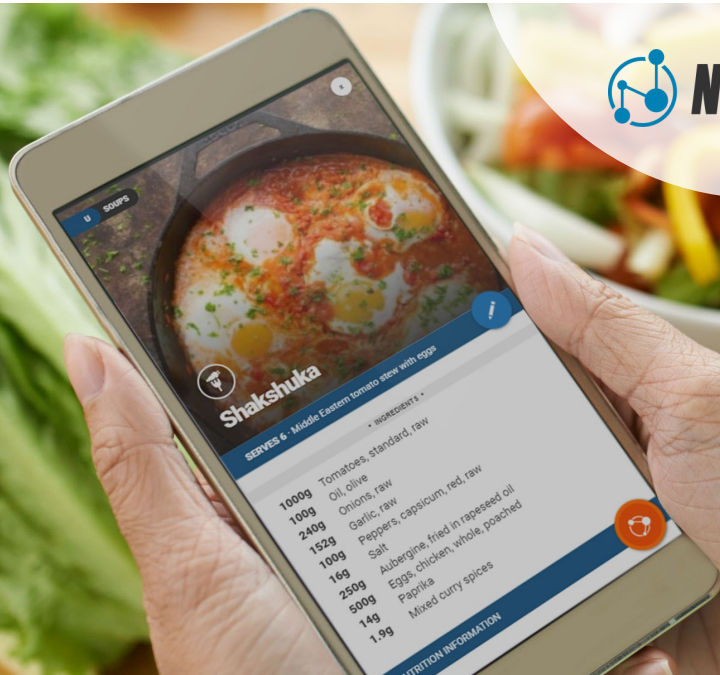


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 **NUTRITICS**



LIBRO PROGRAMS

Plan and schedule content to share to your clients' phones, across multiple days or even months. It appears as a checklist in LIBRO for your clients to complete each day.

As clients tick items off, you can now provide instant and more valuable feedback - a step closer to help your clients achieve their goals!



SHARE MEAL PLANS

Create personalised meal plans for your clients based on a food or recipe from your Nutritics account.



SCHEDULE MEETINGS

Arrange individualised appointments with your client, either in person or as a phone or video call.



CUSTOMISE PROFILES

Create specific programs based on client criteria (e.g. gender, age, diet). Build sub-profiles for different content pathways.



SEND ARTICLES & VIDEOS

Provide an article or presentation for your client to read. Schedule all content for automated delivery.



CREATE EXERCISES

Specify an exercise with a step-by-step guide or add video instructions. Add more challenging tasks for fitter individuals.



SET UP NOTIFICATIONS

Trigger quick messages to your clients' phone as reminders, prompts or broadcast messages to a group.

A COMPLETE GAME CHANGER!

"Those who track their foods tend to stay on target better. They tend to be more mindful of their eating. It's very helpful to stay on track day to day, and day to day adds up to days, days add up to months, and months add up to years, and this adds up to good habits."

**Joan Salge Blake, MS, RD, LDN, Clinical Associate Professor,
Boston University's Sargent College of Health and Rehabilitation**

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