

# Nutrition During Holidays – BioProfile™ Integrated Plan



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# Nutrition During Holidays – BioProfile™ Integrated Plan



- Personalized nutrition and wellness during holidays with a scientific approach

## Service Objective

To provide personalized nutrition guidance and holiday plans based on pre-arrival information, blood/biochemical assessment and a Score ID (BioNutrition Score), including "Metabolic Age calculation" for a more accurate assessment of health and wellness status.

## 1. Pre-Arrival: Communication & Pre-Diagnostic Questionnaire

- Communication with the guest before arrival and sending a structured pre-diagnostic questionnaire (5–7 minutes)
- Collection of demographic data, Dietary preferences (vegan, plant-based, low-carb, etc.) allergies/intolerances, symptoms, medication and medical history.
- Collection also exercise level, lifestyle habits, Dietary preferences (vegan, plant-based, low-carb, etc.)
- Symptoms (energy, sleep, digestion, bloating, etc.)
- Creation of the guest's initial profile (before blood collection and to facilitate clinical assessment)

## **1. Blood Collection at a Partner Diagnostic Center and Biomarker analysis (Diagnostic Center and University Laboratory)**

- The participant is directed to a partner clinic/laboratory where a two-stage hematological and biochemical examination is performed.
- Two stages biochemical assessment (glucose, inflammation, vitamins, liver function, lipid markers, omega-3/6, inflammation, oxidative stress)
- Stage 2A – Primary Panel (Clinic)
- Stage 2B – Secondary Panel: Extended analysis (University Laboratory)
- Purpose: To obtain a comprehensive overview of biological function and metabolic health

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Summary  
List of  
biomarkers  
Stage 1

Summary  
List of  
biomarkers  
Stage 2

## 3. Biomarker Analysis and Creation of BioNutrition Score (Score ID)

- All data (questionnaire + Panel A + Panel B) are input into a structured evaluation model.
- All data are consolidated into a 0–100 Score, with sub-scores for each marker category.
- **Score ID Classification:** High Risk / Moderate Profile / Optimal Profile

## What is the Score ID (BioNutrition Score)?

- A comprehensive metabolic wellness index (0–100) derived from:
- Metabolic function
- Inflammation
- Energy and nutrition
- Micronutrients
- Cardiometabolic markers
- Liver and kidney function
- Glycemic regulation

### Example of Score ID Scale:

0–39 → High Risk | Intervention Required

40–69 → Moderate Balance | Targeted Adjustments

70–100 → Optimal Profile | Maintenance & Fine-Tuning

- **Why is necessary:** To create a unified, measurable “profile” for each client, which will serve as the foundation for designing their wellness plan.

## Metabolic Age Calculation

- Weighted analysis based on metabolic, inflammatory and micronutrient markers
- Conversion into an "age unit" to reflect the metabolic aging status
- Provides an easy-to-understand measure of overall biological and metabolic health
- Detects early deviations or risks not captured by chronological age
- Serves as a baseline to track improvements over time

## 4. Design of a Personalized Vacation Plan Based on Score ID

The plan is tailored exclusively to the Score ID rather than general guidelines.

It includes:

- Specific meal options taking into account the individual's medical profile
- Variations according to the Score ID (e.g. for glycemic sensitivity).
- Guidelines for snacks/cocktails
- Special instructions for days with excursions or activities.
- Micronutrient support if deficiencies are detected.
- Guide for different Score ID levels.
  
- Purpose: To serve as a true «personal vacation nutrition protocol» customized for each guest based on their Score ID, biochemical measurements, and medical profile.

## 5. Menu Integration and Kitchen Collaboration

- Dedicated BioProfile Corner
- Creation of «Score ID-Friendly» options at the hotel buffet or restaurants.
- Healthy variations of dishes.
- Special breakfast options.

## **6. Wellness Report & Recommendations (End of Vacation)**

The guest receives:

- Advice for future maintenance or improvement.
- Recommendations for returning to daily routines.
- Suggestions for re-evaluation after 3–6 months.



## ✓ **For the Guest:**

- Personalized wellness experience
- Safe and scientifically validated nutrition
- Personal BioNutrition Score ID for future tracking and Metabolic Age for a more accurate assessment

## ✓ **For the Hotel:**

- Differentiation through a high-level service
- Attraction of health-conscious & VIP guests
- Collaboration with a clinic/University Lab, enhanced credibility & service value