



metabolic pro- gram novabal- ance

Stay healthy through all seasons with novabalance. We create an individual and holistic nutritional program for you that is tailored to your individual parameters.

What is novabalance?

novabalance is an individual nutritional program that is tailored to your individual needs. It is not a diet but focuses on changing your long-term eating habits. The program reduces carbohydrates and chooses suitable foods for your metabolic type. More than 40 blood parameters are used for your individual metabolic analysis.

Please let us know if you would like further information, we are happy to provide all the information you might need.