



Decide if you want to continue with MR90

- ## Real Counselling, Not Just Coaching



Book a VB to Start Exec Plus

Everything in MR90

Includes the full MR 90 structure of
metabolic reset and therapeutic plan with
Concierge Add-Ons




Exec Plus: 16-Week Performance Reset

**For founders, executives,
and frequent flyers who
want expert care on their
terms.**

 Albufeira, Portugal

 www.menshealthinst.com/mrprograms

 [WhatsApp: +351 962 687 641](https://www.whatsapp.com/chat?phone=351962687641)
(message only)

Exec Plus-Level Upgrades

- 3 private doctor sessions (Priority Booking with Dr Rui)
- 8 flexible check-ins with Cecilia (mindset + counselling + on-demand WhatsApp)
- Executive KPI dashboards & metabolic tracking
- 2 CGM loops, synced smart scale, custom metabolic pulse reports
- App-based AI nudges, meal timing, sleep, and recovery tips

Built for Travel and Pressure

- Business-travel playbooks
- Airport/hotel meal guides
- Jet lag tips + trip-specific macros
- Concierge supplement stack: omega-3, night glycinate, adaptogens
- Optional mastermind (monthly peer & expert check-in)

Your 16-Week Executive Journey

Highlights by Phase:

- **Weeks 1–4:** CGM start, fasted wins, protein strategy, lab review
- **Weeks 5–8:** Zone eating, sleep upgrade, body recomposition, CGM #2
- **Weeks 9–12:** Energy, libido reset, strength focus, 2nd medical review
- **Weeks 13–16:** Social strategy, longevity rituals, final doctor audit and forward plan

Lifestyle Focus:

- ✓ Energy and mood control
- ✓ Jet lag & travel resilience
- ✓ Sleep architecture
- ✓ Identity & relapse resistance
- ✓ Optional TRT & lab-based supplement refinement