



IR Assistant - Asystent IO

AI-powered metabolic health assistant

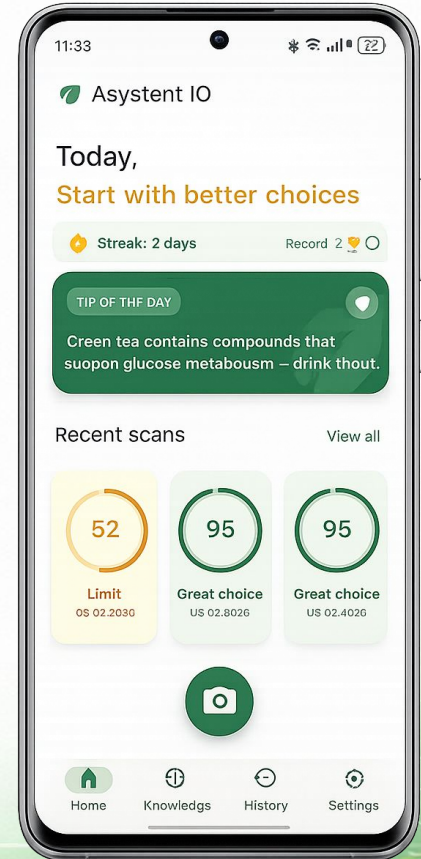
Live product · Google Play (PL, under review) · EN ready · FR / DE / ES planned

Metabolic health decisions are broken

Food labels are complex and misleading

Restaurant menus give zero metabolic context

People with IR or diabetes make blind decisions multiple times a day



Scan. Understand. Decide.

Real-time insulin impact from products, meals and menus.



Barcode: 4M+
products · OCR
works offline

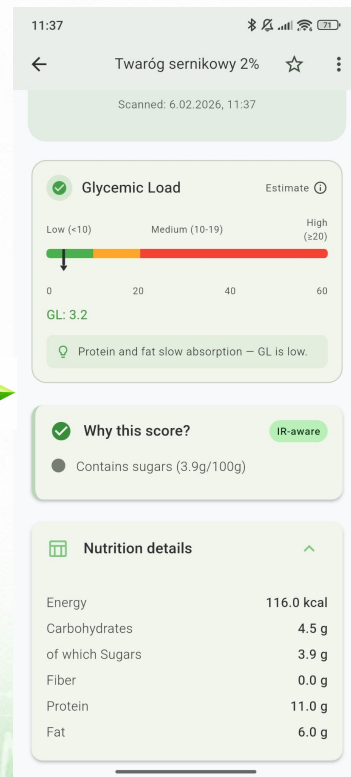
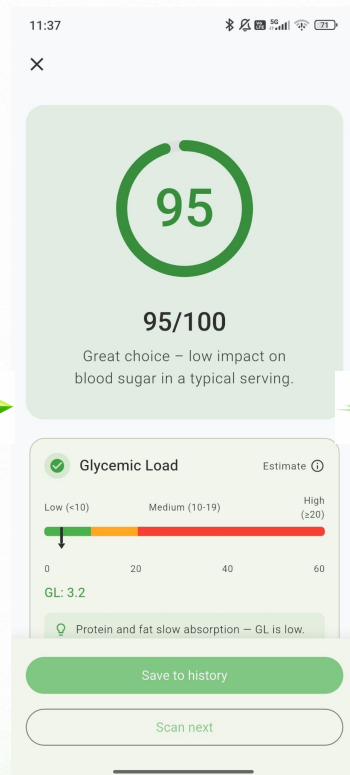
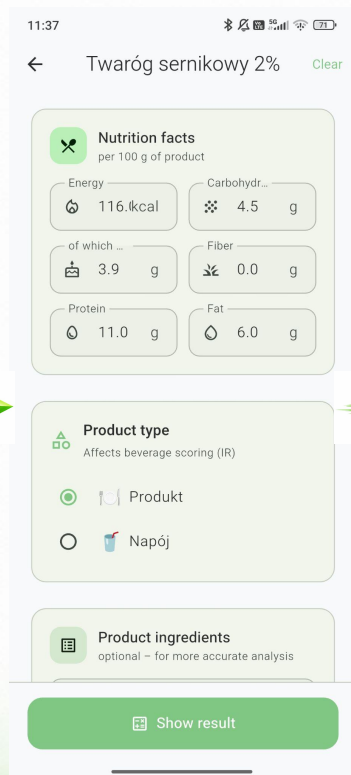
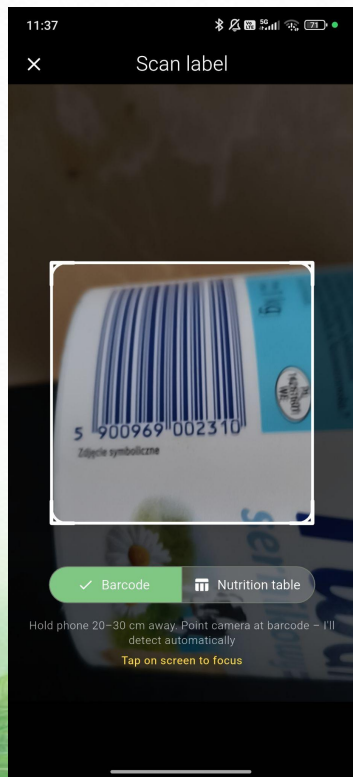


Photo → insulin & GL score



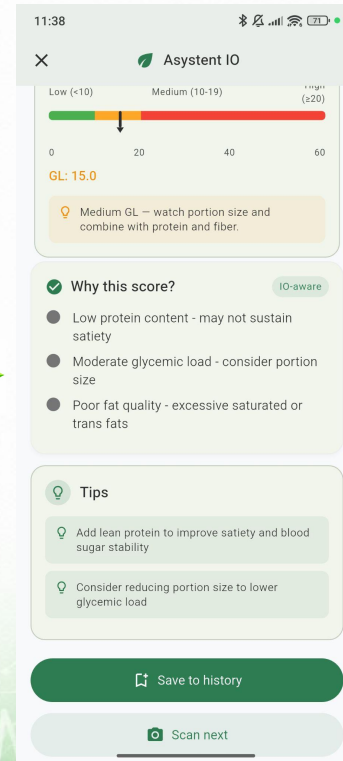
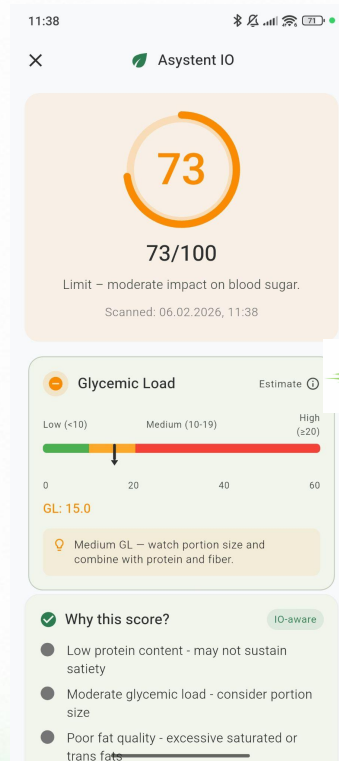
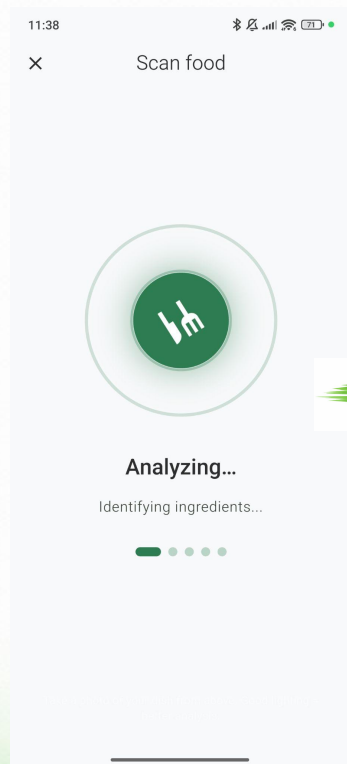
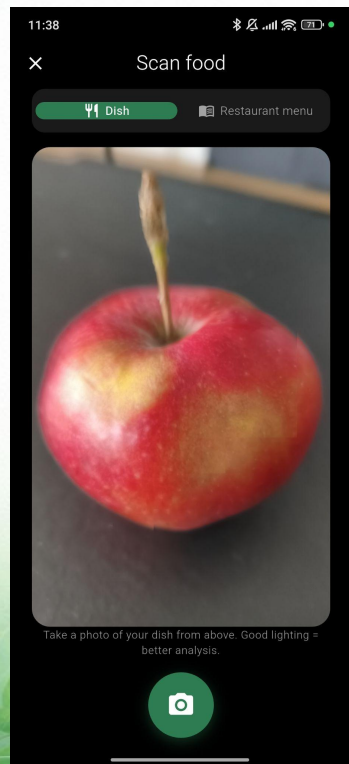
Photo → insulin & GL score · Full menu
ranking within seconds

Understand why.



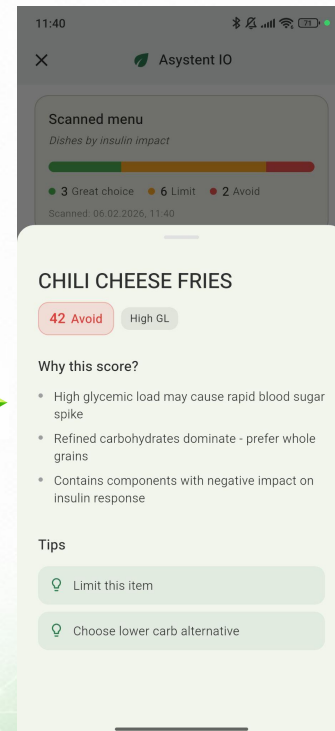
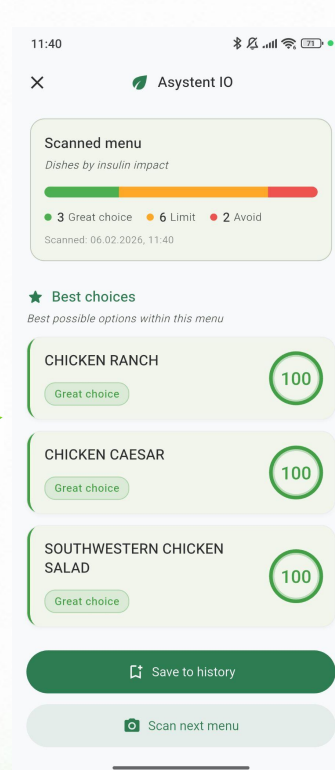
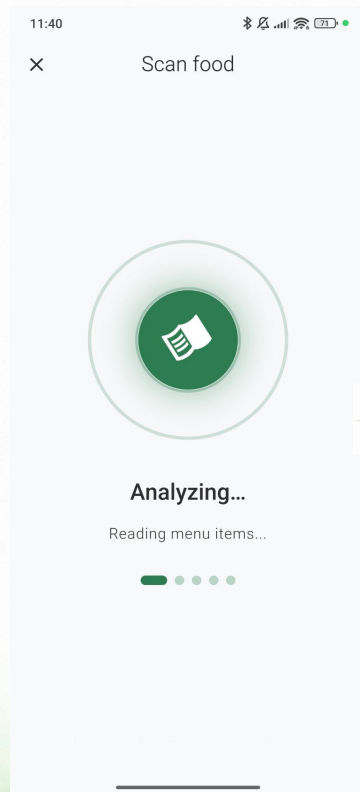
Proven to work reliably across multiple markets (EU, US, UK, JP, BR), integrated with the global Open Food Facts database (4M+ products)

Dish & Food Analysis



AI-driven food analysis pipeline: photo → score → explanation.

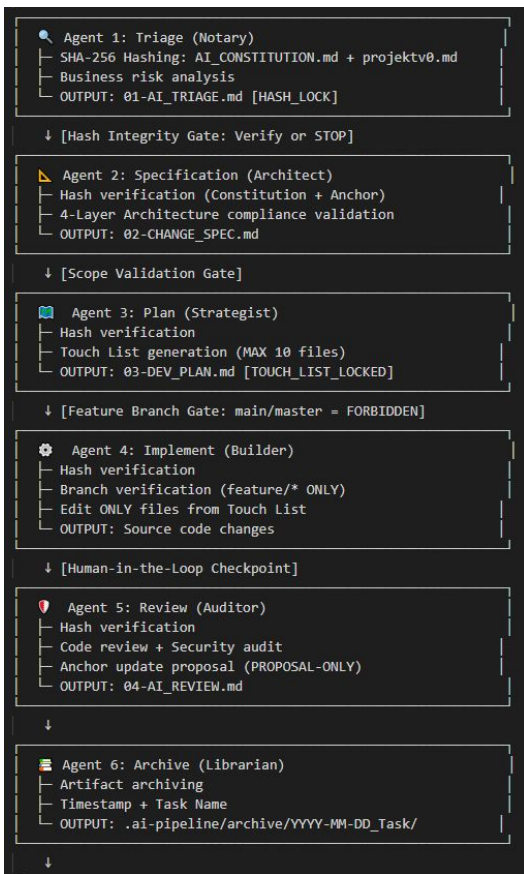
Menu analysis



Scan a restaurant menu. Instantly see scores, rankings, and the best choices for insulin balance.

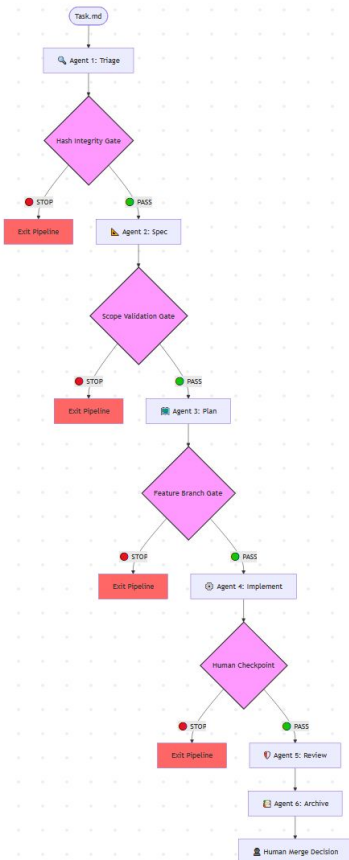


AI Agentic SDLC (Software Development Life Cycle)

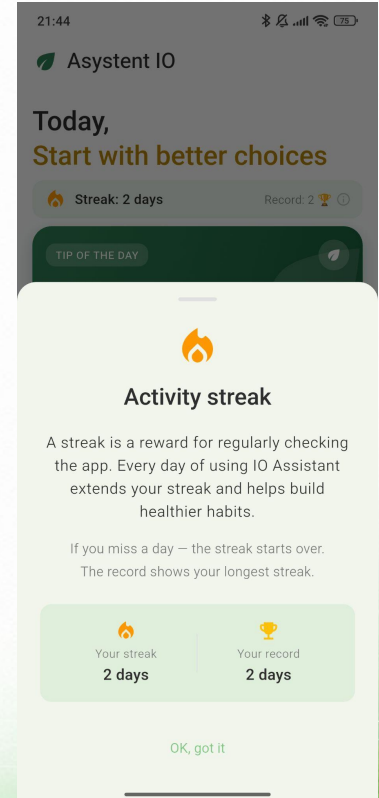
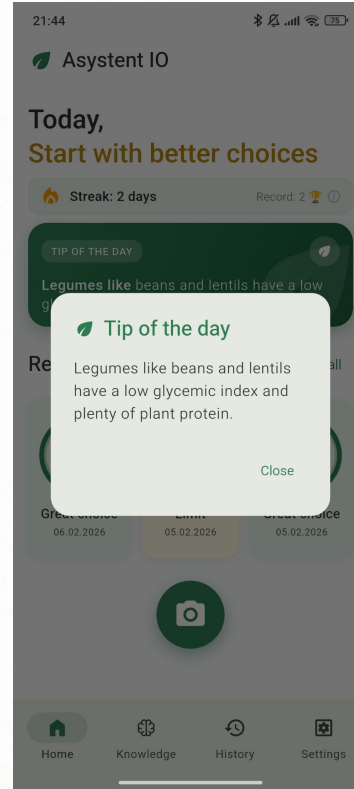
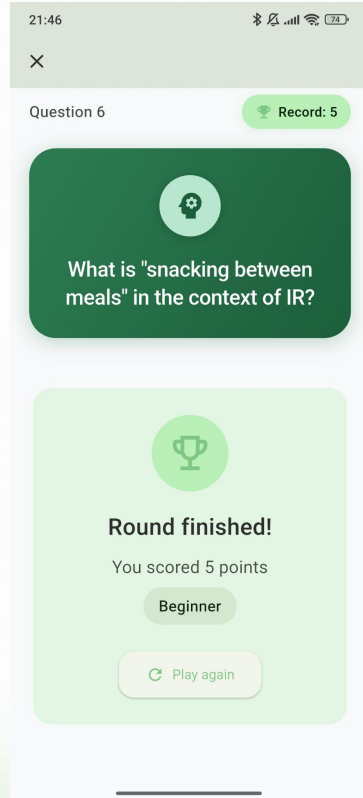
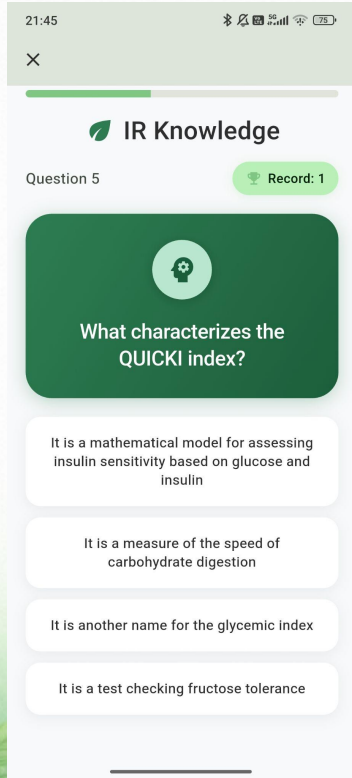


Enterprise-grade AI infrastructure:

- AI Agentic SDLC (AI agents)
- Deterministic pipelines
- ~80k LOC – production application code (incl. 20k LOC automated tests)
- ~10k LOC – AI Agentic pipeline
- Explainable, controlled AI
- 60+ control mechanisms (all listed in the appendix)
- Quality gates
- Supreme Law, Anchor patterns, and pipeline definitions
- Serverless scalable backend on GCP
- 10–15x development speed improvement with higher quality
- Parallel agent pipelines – supported but intentionally gated to prevent decision and architectural drift



Learning by doing — not by rules



Quiz with 420+ educational questions, progress levels, daily tips, activity streaks, and a rotating daily message — turning everyday app usage into long-term metabolic awareness.



PRIVACY & TRUST — Privacy-first by architecture

We deliberately do not collect user data.

- No accounts — no registration, no login
- No personal data — no name, age, weight, or health identifiers
- No user identification — no user ID, no device ID, no persistent identifiers
- No image storage — photos are processed in memory and immediately discarded
- No location tracking — no GPS or geolocation data
- No ads — no advertising SDKs or trackers



Analytics:

- Anonymous, aggregated usage metrics only
- No user-level attribution or behavioral profiling



Thank you for your time

IR Assistant - Asystent IO

Wojciech Włodek · Founder

For context — this entire system was built by a single founder in under one month.

The bottleneck now is distribution, not execution.

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Appendix - 80+ Control Mechanisms Enterprise-grade AI Agentic SDLC Pipeline

Governance & Constitutional Control

- Immutable AI Constitution (read-only, pipeline-enforced)
- Constitutional priority over all prompts
- Constitution conflict auto-stop
- Architectural Anchor (read-only digital twin)
- Anchor proposal-only mode (no auto-update)
- Pre-flight document read enforcement
- Prompt hierarchy isolation
- User prompt cannot override system rules
- Governance documents hash-locked

Cryptographic Integrity

- Initial snapshot hashing (SHA-256)
- Constitution hash lock
- Anchor hash lock
- Per-agent hash verification
- Hash verification before agent execution
- Hash mismatch → hard STOP
- Hash recorded in artifacts
- Artifact hash persistence
- Cryptographic chain-of-custody
- Unique pipeline session ID

Scope Control

- Explicit Touch List generation
- Touch List lock after planning
- Max file count per task
- File count overflow → STOP
- Plan vs code diff comparison
- Scope creep detection
- Hidden file modification detection
- Unauthorized file edit → STOP
- Independent scope verification in review

Branch Protection

- Main / master write protection
- Feature-only branch enforcement
- Enforced branch naming prefixes
- No force-push allowed
- Task = single branch isolation
- No AI-initiated merge
- Human-only merge authority

Agent Constraints (12+)

- Strict agent role separation
- Sequential agent execution (no reordering)
- Executor agent has no planning authority
- No agent can modify governance files
- No agent can modify anchor directly
- Proposal-only mode for architectural changes
- Single deterministic execution pass
- No iterative refinement loops
- No self-approval of outputs
- No cross-agent backtracking
- No agent-to-agent negotiation
- No autonomous decision-making
- No memory carryover between runs
- Stateless agent execution
- Agent output must be artifact-backed

Human Checkpoints

- Mandatory human review after triage
- Mandatory human approval of plan
- Mandatory human review of code
- Human-driven test execution
- Human-controlled merge decision
- Manual pipeline abort capability
- Human-managed anchor updates
- Human-managed critical inputs

Review & Compliance

- Plan → code traceability enforcement
- Acceptance criteria verification
- Touch List compliance check
- Architecture layer validation
- Anchor pattern compliance
- Constitution compliance validation
- Explicit violation reporting
- Review artifact generation
- Reviewer identity attribution
- Agent Reviewer check all artifacts, task and code and look potential drift

Logging / Audit

- Full artifact history per run
- Immutable task archive
- Timestamped execution trail
- Agent identity tracking
- Violation logs
- Backup before changes
- Rollback-ready artifact preservation
- Failed run archiving
- Post-mortem analysis support

Failsafe / Stop Conditions

- Critical violation auto-stop
- Hash violation → STOP
- Scope violation → STOP
- Missing Touch List → STOP
- Missing artifact → STOP
- Missing human checkpoint → STOP
- Invalid branch → STOP
- Constitution conflict → STOP
- Human override at any stage