



IR Assistant - Asystent IO

AI-powered metabolic health assistant

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

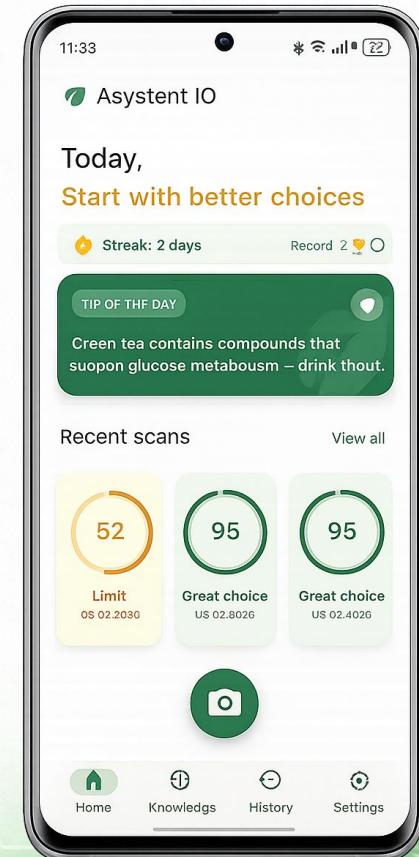
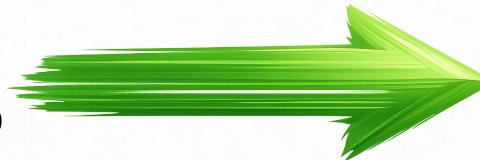


Metabolic health decisions are broken

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

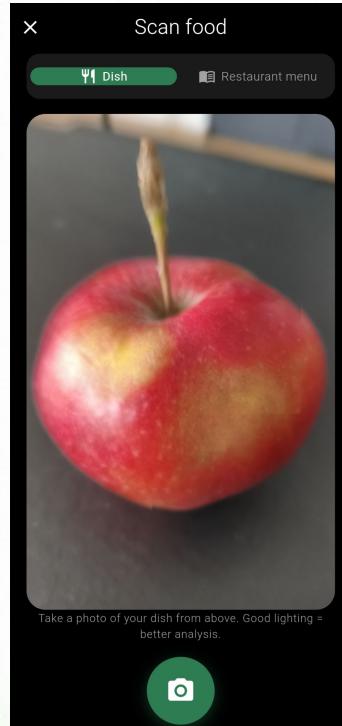


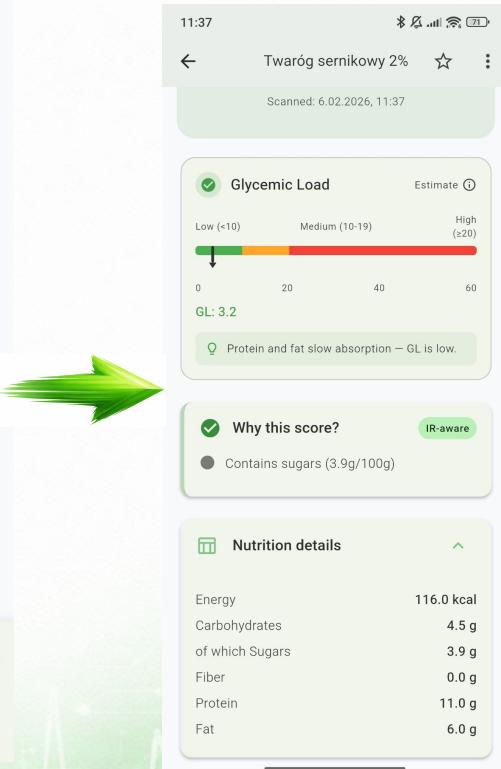
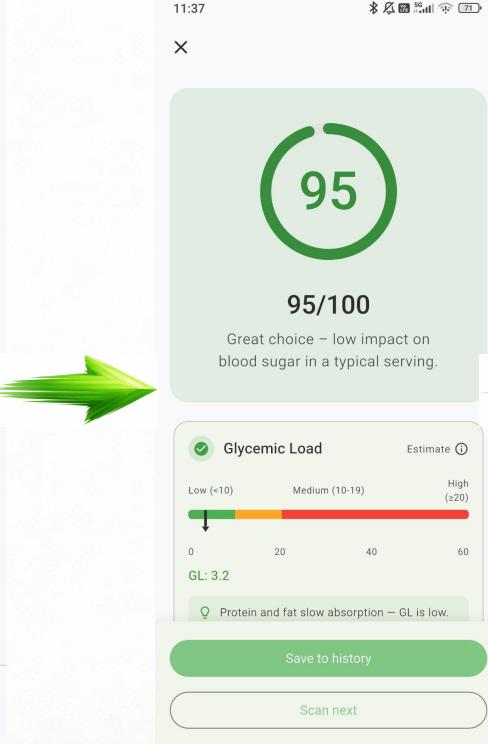
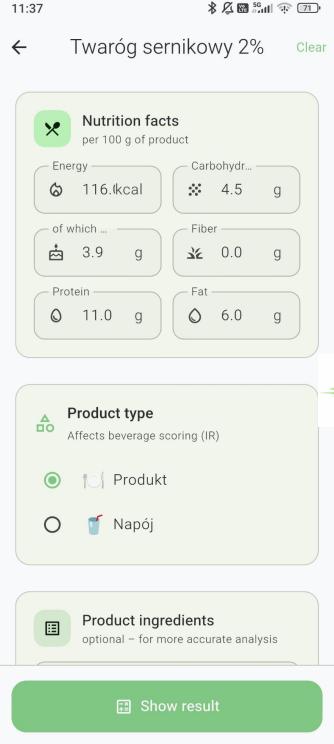
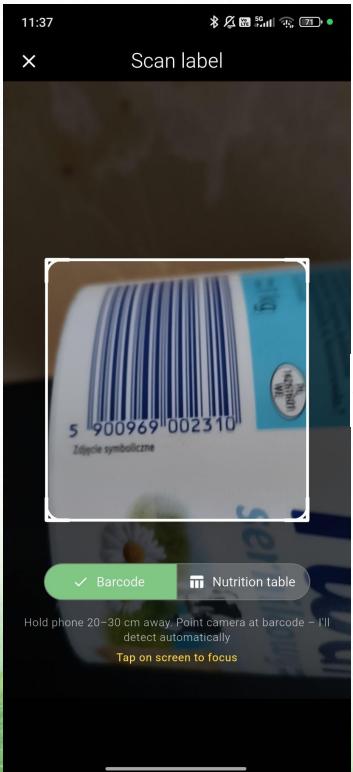
Photo → insulin & GL score



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



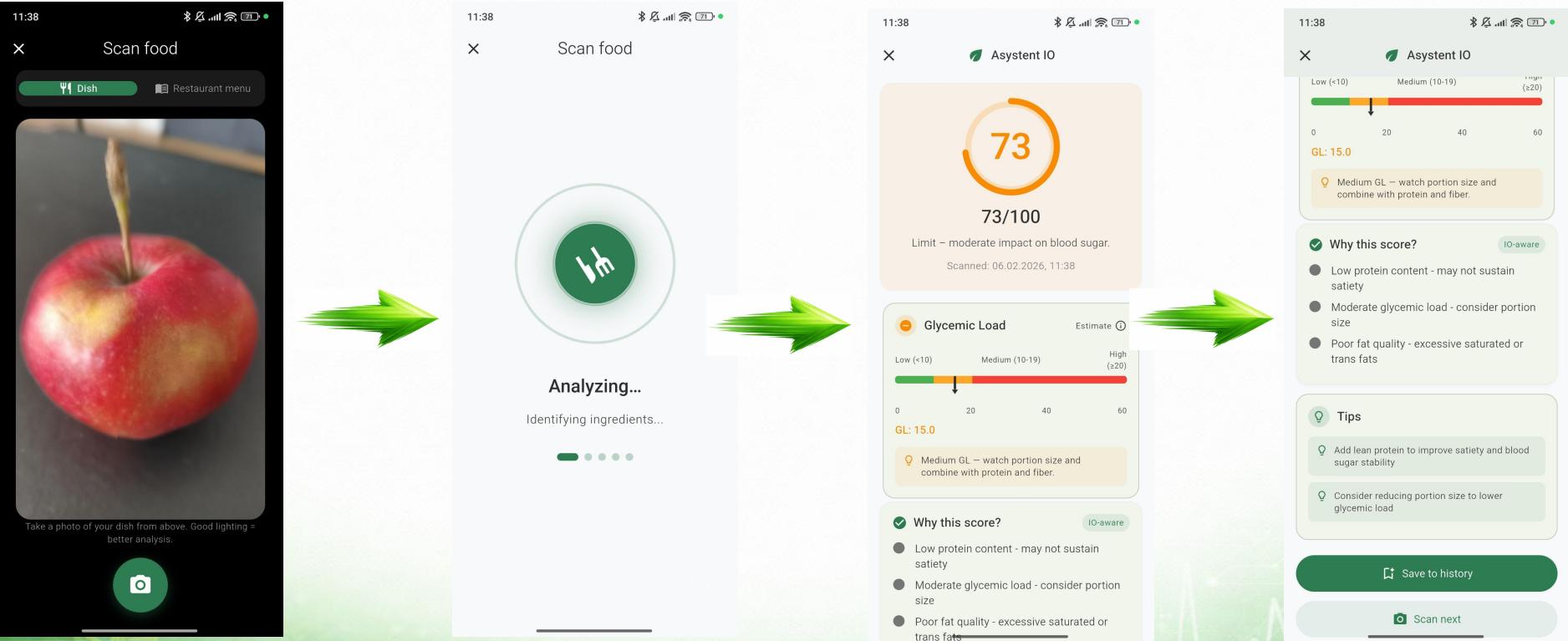
Understand why.



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

11:40 Scan food

11:40 Scan food

11:40 Asystent IO

11:40 Asystent IO

PRZYSTAWKI

MOZZARELLA CHEESE STICKS 25
Czosnekowi pokruszki z Mozzarella podawane z dzikowym sosem

JALAPENO CHEESE NUGGETS 25
Czosnekowe nuggety serowe z Jalapeno podawane z sosem Ranch

APPETIZER COMBO 70
Sz Mozzarella Sticks, Sz Jalapeno Nuggets, Fajita z kurczakiem, sałatka z pomidorami i cebulą, tortilla z kurczakiem, pomidorowymi i Smokey maryi

CHILI CHEESE FRIES 24
Frytki z Chili Con Carne i Jalapeno Cheese sos

SALATKI

CHICKEN RANCH 35
Sałatka ziemniaczana "bulg" grillowany kurczak, czereśniowa cebula, pomidor cherry, ogórek, grzanki, tarty-cheddar, Ranch dressing z majonezem

CHICKEN CAESAR 35
Sałatka ziemniaczana "bulg" grillowany kurczak, grzanki, dressing "Caesar", tarty wodorosty Dulsego

BUFFALO CHICKEN 35
Sałatka ziemniaczana "bulg" grillowany kurczak Buffalo, czereśniowa cebula, jalapeno, tarty Cheddar, sos ostry Buffalo, sosowy Ranch

SOUTHWESTERN CHICKEN SALAD 37
Sałatka ziemniaczana, grillowany kurczak w stylu South West, paski tortilli, tarty-cheddar, pico de gallo, guacamole, marynowane jalapeño, świeże zielone chili, sos Ranch

LOADED FRIES

CHEESEBURGER LOADED FRIES 43
Frytki z cebulką selera, Cheddar, sałata, pomidor, czereśniowa cebula, ogórek konserwowy, ketchup Heinz, majonez

BUFFALO CHICKEN LOADED FRIES 43
Frytki z grillowanym kurczakiem Buffalo, Cheddar, pomidor, sałata, czereśniowa cebula, ogórek selera, sos ostry Buffalo, sos Blue Cheese

TEX-MEX LOADED FRIES 45
Frytki z dodatkiem chili con carne, sosem serowym z jalapeno, pico de gallo, guacamole, śmietana, papryczkami jalapeno, świeżym zielonym chili, sałata, kolendra

Take a photo of one menu page. Avoid glare.

Scan food

Scanned menu

Dishes by insulin impact

3 Great choice 6 Limit 2 Avoid

Scanned: 06.02.2026, 11:40

Best choices

Best possible options within this menu

CHICKEN RANCH 100 Great choice

CHICKEN CAESAR 100 Great choice

SOUTHWESTERN CHICKEN SALAD 100 Great choice

Save to history

Scan next menu

42 Avoid High GL

Why this score?

- High glycemic load may cause rapid blood sugar spike
- Refined carbohydrates dominate - prefer whole grains
- Contains components with negative impact on insulin response

Tips

- Limit this item
- Choose lower carb alternative

CHILI CHEESE FRIES

42 Avoid High GL

Why this score?

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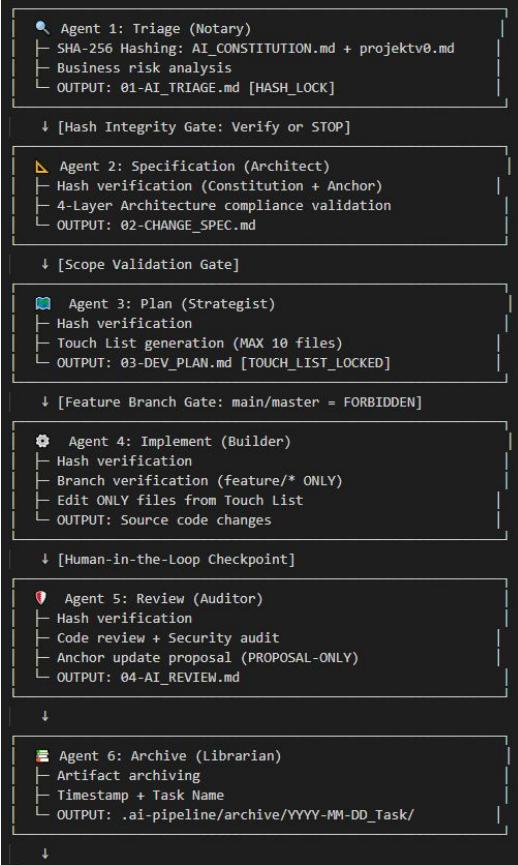
Tips

- Limit this item
- Choose lower carb alternative

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

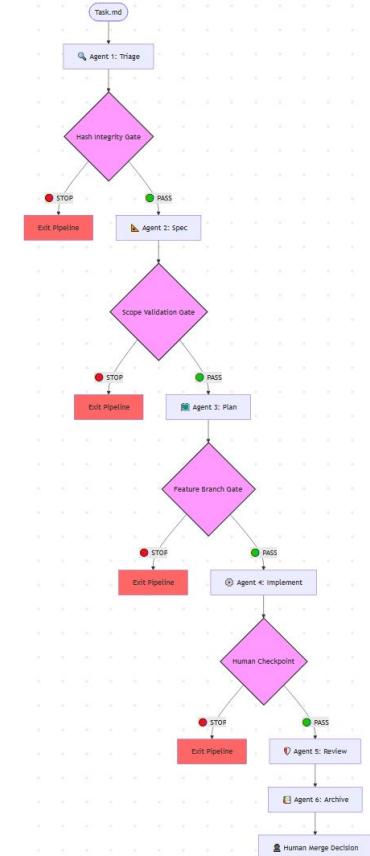


AI Agentic SDLC (Software Development Life Cycle)



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



21:45

X

IR Knowledge

Question 5 Record: 1

What characterizes the QUICKI index?

It is a mathematical model for assessing insulin sensitivity based on glucose and insulin

It is a measure of the speed of carbohydrate digestion

It is another name for the glycemic index

It is a test checking fructose tolerance

21:46

X

Question 6 Record: 5

What is "snacking between meals" in the context of IR?

Round finished!

You scored 5 points

Beginner

Play again

21:44

X

Asystent IO

Today, Start with better choices

Streak: 2 days Record: 2 🏆

TIP OF THE DAY

Legumes like beans and lentils have a low glycemic index and plenty of plant protein.

Tip of the day

Legumes like beans and lentils have a low glycemic index and plenty of plant protein.

Close

Great choice! 06.02.2026

Great choice! 05.02.2026

Great choice! 05.02.2026

Home Knowledge History Settings

21:44

X

Asystent IO

Today, Start with better choices

Streak: 2 days Record: 2 🏆

TIP OF THE DAY

Activity streak

A streak is a reward for regularly checking the app. Every day of using IO Assistant extends your streak and helps build healthier habits.

If you miss a day – the streak starts over. The record shows your longest streak.

Your streak 2 days

Your record 2 days

OK, got it

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.

Get in touch:

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

Branch Protection

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

Agent Constraints (12+)

- 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

- 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

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 for 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

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