

Nishi Launches AI-Powered Metabolic Health and Nutrition Companion for GLP-1 and Mindful Wellness Support

Multi-platform app integrates biometric data, meal planning, and doctor visit summaries without complex manual logging

Austin, Texas Sep 28, 2026 ([IssueWire.com](https://www.issuewire.com)) - Nishi (<https://meetnishi.com/>) today announced the continued rollout and feature expansion of its intelligent AI nutrition and metabolic health companion, built to streamline daily meal planning, biometric tracking, and clinician communication for individuals on GLP-1 medications (such as Wegovy) and mindful wellness journeys.

While conventional fitness apps demand exhaustive manual food logging, Nishi operates through a quiet, observation-first model. By syncing across iOS (Apple Health, Apple Watch), Android (Health Connect), and web platforms, Nishi automatically integrates sleep, activity, and weight trends with food logs and receipt scans to deliver personalized, plain-language habit nudges.

Key capabilities of the Nishi platform include:

- **Multi-Ecosystem Syncing:** Connects effortlessly with Apple Health, Health Connect on Android, Apple Watch, and web interfaces for unified biometric tracking.
- **Pantry & Receipt Intelligence:** Allows users to photograph grocery receipts or scan barcodes to auto-populate kitchen inventory and track protein targets without tedious manual entry.
- **Voice-First Interaction:** Hands-free voice chat enables users to plan meals, check cravings, or adapt recipes while cooking or on the go.
- **Clinician-Ready Visit Summaries:** One-tap export compiles weekly weight trends, A1C progress, symptom tracking, and daily macro averages into clear summaries for endocrinologists and care teams.
- **Strict Data Privacy:** Built on three core commitments—zero data sales, no training of external AI models on user conversations, and one-tap data export or deletion.

"Most health tools feel like administrative burden," said a spokesperson for the platform development team. "Nishi removes that friction. Whether you're navigating GLP-1 therapy, managing diabetes, or simply trying to hit protein goals, Nishi translates biometric patterns into simple, actionable choices."

Nishi offers a free tier with daily allowances for all core features, as well as an optional Premium tier for unlimited voice, recipe, and export depth. Users can get started at <https://meetnishi.com/> or download the app on the Apple App Store and Google Play Store.

About Nishi

Nishi is an AI nutrition companion designed to help individuals understand how food, sleep, movement, and wellness intersect. Nishi is an informational wellness tool and does not provide medical advice or diagnosis.

Media Contact:

Nishi Support & Media Team

Website: <https://meetnishi.com/>

Email: support@meetnishi.com

Media Contact

Nishi Labs, Inc

*****@meetnishi.com

<https://meetnishi.com/>

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