

# MX3

Distributed By **goSafe**



Need help? Have questions?

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# Hydration Testing System

## How It Works

### SALIVA HYDRATION TEST



#### TEST

Prepare



Measure



#### INTERPRET: Fluid Level



Hydrated	< 65 mOsm
Mildly Dehydrated	65-100 mOsm
Moderately Dehydrated	100-150 mOsm
Severely Dehydrated	> 150 mOsm



### SWEAT SODIUM TEST



#### TEST

Apply



Exercise



Measure

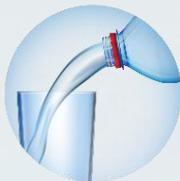


#### INTERPRET: Sodium Loss



Low	Moderate	High	Very High
750 mg/L	1100 mg/L	1450 mg/L	

#### ACT



#### ACT



#### ANALYZE & TRACK

