



Portable Sweat Testing Immediate Laboratory-grade Results

What information does the sweat test provide?

A sweat sodium test shows sodium lost during exercise for optimal electrolyte replacement.

Why conduct more than one sweat test?

Sweat composition can differ dramatically for a given athlete based on many factors, including intensity of exercise, environmental conditions and acclimation.

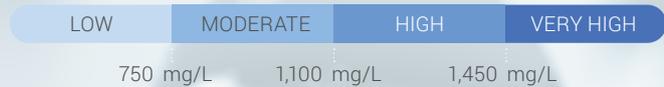
What is in the kit?

Each kit provides one complete measurement. Included in the kit:



- Sweat Patch
- Alcohol Swab
- Syringe
- Sample Tray
- Sample Tube
- 5 Sweat Test Strips

What does my sweat score mean?



What is the best rehydration fluid?

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
All Pre-hydrate with a sodium drink (800-1000 mg/l) 1 hour before exercise	Low/Moderate Hydrate with a low-concentration sodium drink (300-700 mg/L)	Low Rehydrate with a low-concentration sodium drink (300-700 mg/L)
	High / Very High Hydrate with a moderate-concentration sodium drink (700-1100 mg/L)	Moderate / High Rehydrate with a moderate-concentration sodium drink (700-1100 mg/L)
		Very High Rehydrate with a high-concentration sodium drink (1200-1500 mg/L)

Want to know more?

Please contact support@mx3diagnostics.com for more technical information.



1 Clean

Use the alcohol swab to clean the inner forearm. If you have applied sunscreen or other products to your skin prior to the sweat test, first thoroughly rinse skin with water, dry with a clean towel, then clean with the alcohol swab.



2 Apply

Allow the site to fully dry. Apply the sweat patch to the cleaned site and peel off white border.

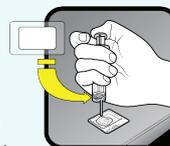


3 Exercise

Exercise for 30-60 minutes at high intensity. The patch should appear saturated with

4 Extract

Remove the sweat patch and place it inside the barrel of the syringe. Use the plunger to squeeze out sweat from the patch into the MX3 Sample Tray. If there are any bubbles, allow the sample to settle for 30-60 seconds.



5 Measure

- Insert a sweat test strip into the MX3 LAB Pro.
- In the MX3 app, start a measurement and follow the instructions to measure the sample with the MX3 LAB Pro.
- At least three measurements are required to establish a sweat sodium value. After each measurement, remove and discard the used test strip and insert a new one. You may be prompted to make another measurement. It will take 3-5 test strips to complete the test.

