



# 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

#### ACT



### SWEAT SODIUM TEST



#### TEST

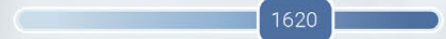
Apply

Exercise

Measure



#### INTERPRET: Sodium Loss



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

#### ACT



### ANALYZE & TRACK





Need help? Have questions?  
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