



Professional Athletes



Professional Sports Teams



Armed Forces



Mining & Infrastructure

hydrated	≤ 65 mOsm
mildly dehydrated	66 - 100 mOsm
moderately dehydrated	101 - 150 mOsm
severely dehydrated	≥ 151 mOsm

*\*The MX3 hydration score is not to substitute medical advice*



Emergency Services



Everyday Hydration



Trainers & Coaches

# MX3

Need help? Have questions?

[sales@mx3diagnostics.com](mailto:sales@mx3diagnostics.com)

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