



Product Information

Australia



Test and track hydration anytime, anywhere

Hydration Testing System



	Item Code: HTS-01 Standard HTS <i>Recommended for 1-15 individuals.</i>	Item Code: HTS-01E Travel HTS <i>Recommended for 1-15 individuals.</i>	Item Code: HTS-02 Gold Package <i>Recommended for 30-60 individuals.</i>	Item Code: HTS-03 Platinum Package <i>Recommended for 60-100 individuals.</i>
MX3 Lab Pro	1	1	3	5
Hydration Test Strips	120 (3 boxes of 40)	120	360	600
Additional Test Strips	-	-	600	1000
Dispenser	1	1	3	5
USBC Charging Cable	1	1	3	5
Travel Case	-	1	3	5
Wrist Straps	-	-	3	5
MX3 Mobile App	Included	Included	Included	Included
MX3 Web Portal	Included	Included	Included	Included
Price (USD)	A\$ 1360 + GST	A\$ 1360 + GST	A\$ 4080 + GST	A\$ 6800 + GST
Bundle Savings	-	-	A\$ 416 + GST	A\$ 694 + GST

Hydration Test Strips



Item Code: SH-01
Single (40 strips)
A\$ 32 + GST
(A\$ 0.80/test)



Item Code: SH-02
5-Pack (200 strips)
A\$ 150 + GST
(A\$0.75/test)



Item Code: SH-03
50-Pack (2000 strips)
A\$ 1360 + GST
(A\$0.68/test)

Accessories



Test Strips Dispenser
A\$ 36 + GST



Travel Case
A\$36 + GST



USB-C Charging Cable
AUD 18 + GST



Wrist Strap
AUD 6.80 + GST

*All prices excludes GST and are subject to change.

Each Hydration Testing System Kit Includes

MX3 Lab Pro



This lightweight, handheld device can go anywhere. Simply insert a test strip and take a measurement for immediate hydration status. Data automatically pushes to the App and into the cloud for Dashboard access, if desired.

Hydration Test Strips



These disposable test strips need just a micro-liter of saliva from the tip of the tongue. Results are delivered in seconds. Test strips can be refilled monthly or as needed. (qty 120)

Dispenser



Lightweight and portable, the dispenser stores strips and provides a hygienic, hands-free way to load the LAB Pro.

MX3 App



The App is available for a free download on Apple and Android devices. (Included)

MX3 Online Dashboard



Access the Dashboard via the online portal to review user profiles and all measurement data. The Dashboard provides monitoring and tracking over time, with the analytics you need to help personalize hydration strategies and identify organization-wide trends. (Included)



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?

LOW	MODERATE	HIGH	VERY HIGH
750 mg/L	1,100 mg/L	1,450 mg/L	

What is the best rehydration fluid?

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

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.

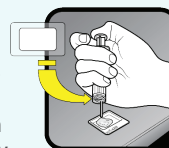


3 Exercise

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.





The science behind saliva hydration testing



Why Does Hydration Matter?

Optimal hydration is essential to maximize physical and cognitive performance and avoid injury. Under high-temperature or high-intensity conditions sweat rate can exceed 2,000 mL/hour.

When this water loss isn't replaced as little as a 2% decrease in body weight can reduce aerobic performance, muscular endurance and cognitive function and there are increased risks of heat exhaustion and heat stroke.

What is the Evidence behind Salivary Osmolarity?

Multiple studies, as well as our own research, confirm that SOSM measurements are an effective predictor of hydration status during fluid restricted exercise trials. These studies confirm the ability of SOSM to track both acute and chronic changes in hydration state.

What does my hydration score mean?

The MX3 salivary osmolarity scores are colour coded and displayed as:

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*

What is Salivary Osmolarity?

The osmolarity of a liquid is the concentration of dissolved particle per liter of a solution. Salivary osmolarity (SOSM) is the concentration of particles, predominantly electrolytes, per liter of saliva. The MX3 HTS is a simple, low cost and rapid way of conducting laboratory-grade SOSM measurements anywhere at any time.

We've benchmarked our system against multiples medical-grade laboratory osmometers and performed tens of thousands of measurements to ensure our test strips are precise and accurate.

How does the HTS stack up against urine testing?

We believe that measuring SOSM with the MX3 HTS is the most effective, convenient, and meaningful approach for measuring hydration in athletes. Compared to USG, urine color assessment, and body weight changes, the MX3 HTS offers some clear advantages in terms of convenience, accuracy, and flexibility.

Measurement data is automatically stored and analyzed by the MX3 App, rather than needing to be manually recorded and processed. This allows users to analyze and act on hydration measurements rapidly, and easily perform long-term analysis to identify conditions where greater focus should be placed on hydration.

Want to know more?

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

MX3 vs USG

MX3	USG*
Hydrated	< 1.02
Mildly dehydrated	1.02 - 1.03
Moderately dehydrated	1.03 - 1.04
Severely dehydrated	> 1.04

** Values applicable for first morning urine test. Spot urine test may have reduced accuracy due to potential contaminants.*

MX3 vs other hydration tests

	Convenience	Non-invasiveness	Accuracy
MX3	★★★★★	★★★★★	★★★★★
Bodyweight	★★★	★★★★★	★★★★★
USG (first void)	★	★★	★★
USG (spot)	★★	★★	★
Urine Colour	★★★	★★	★



The Power of a LAB in the palm of your hand



How many systems do I need?

	HTS	Test Strips	Daily Usage <i>(how many test would you like to conduct per day?)</i>							
			500	400	300	200	100	50	25	
			<i>Number of day(s) the amount of test strips can support</i>							
	1	120						1	2	5
	2	240					1	2	5	10
Gold Package	3	960	2	2	3	5	10	19	38	
Platinum Package	5	1600	3	4	5	8	16	32	64	

How long will each session take?

Number of LABs	Number of test per session		
	100	50	25
	<i>The amount of time (mins) each session will require</i>		
1	40 - 65	20 - 35	10 - 20
2	20 - 35	10 - 20	7 - 10
3	15 - 25	8 - 15	4 - 6
4	10 - 20	7 - 10	3 - 5
5	8 - 15	5 - 10	2 - 5

How many additional test strips do I need?

Test Strips	Daily Usage <i>(how many test would you like to conduct per day?)</i>							
	500	400	300	200	100	50	25	
	<i>Number of day(s) the amount of test strips can support</i>							
200				1	2	4	8	
600	1	2	2	3	6	12	24	
1000	2	3	3	5	10	20	40	
2000	4	5	7	10	20	40	80	
3000	6	8	10	15	30	60	120	
5000	10	13	17	25	50	100	200	



ASSESS

Establish each individual's Optimal Hydration Zone (OHZ) to personalize their hydration profile.



PREPARE

Measure each individual before training, competition or work to ensure appropriate hydration.



PERFORM

Optimize each individual's hydration strategy to maximize their performance.



RECOVER

Track hydration following exercise or work to boost recovery



Professional Athletes



Professional Sports Teams



Armed Forces



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

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Mining & Infrastructure



Emergency Services



Everyday Hydration



Trainers & Coaches

MX3

Need help? Have questions?

sales@mx3diagnostics.com

For product information, case studies, user guides, software, FAQ's and more – visit our website today.

www.mx3diagnostics.com