



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