






The Power of a Lab in  
the Palm of Your Hand

[mx3diagnostics.com](http://mx3diagnostics.com)

Each kit provides one  
complete measurement.

Included in the kit:

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

*Instructions included.*

**MX3**

## SWEAT TEST KIT

For testing sweat  
sodium concentration

*Compatible with the MX3 LAB Pro Version*



## 1 Remove Kit Contents



Patch



Alcohol Swab



Sweat Test Strips



Sample Tube



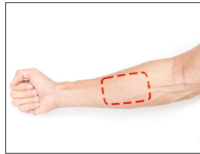
Syringe



Sample Tray

## 2 Clean

Use the alcohol swab to clean the inner forearm (do not apply elsewhere). If you have applied sunscreen or other products to your skin, first thoroughly rinse skin with water, dry with a clean towel and then clean with the alcohol swab.



## 3 Apply

Allow the site to fully dry. Remove the backing tape from the sweat patch and firmly apply to the cleaned site. Peel off the outer white border and press down to create a tight seal.

## 4 Exercise

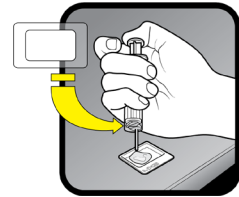
Exercise for 60 minutes at high intensity. The patch should appear saturated with sweat.

## 5 Extract


Remove the Sweat Patch and place it inside the barrel of the Syringe.

Use the plunger to squeeze sweat from the patch into the Sample Tray. If there are any bubbles, allow the sample to settle for 30-60 seconds.

The sweat sample may also be collected into the Sample Tube, but should be measured within 24 hours. Pour the sample into the Tray before measurement.



## 6 Measure

- Insert a Sweat Test Strip into the MX3 LAB Pro.
- In the MX3 app, start a measurement by tapping  next to the desired user or tapping the "Take a Measurement" button



- 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.

