

## 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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For more information, please visit our website today.

**[www.goSafe.com/HeatStress](http://www.goSafe.com/HeatStress)**