

## THE MX3 APP

The MX3 System is most beneficial when paired with the MX3 App. The App will store and track all hydration measurements and provide a wide range of data display and reporting capabilities.

Features of the MX3 App include:

- + Organizational Accounts
- + Admin, Coach and Trainer Accounts with customizable access rights
- + Athlete Profiles with Measurement History

To receive an installation link and instructions on how to set up the MX3 App please email:

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

# MX3 APP MEASUREMENTS

To take measurements using the MX3 APP instead of Local mode follow these steps:

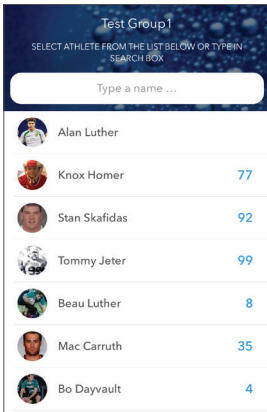
**1** Turn on MX3 Device by pressing the power button briefly.



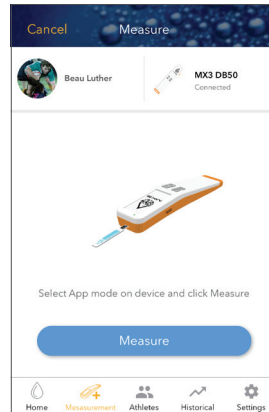
**2** Use the direction button to highlight **APP** and press select.



**4** Select **Measurement** and then choose an athlete.

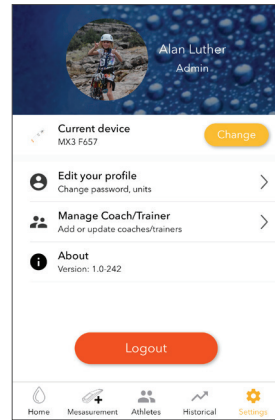


**5** Follow the prompt to insert an MX3 Sensor, then click the **Measure** button. Take a measurement just as you would in Local mode.



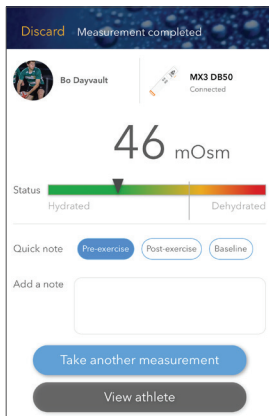
3

Ensure Bluetooth is enabled on the phone/tablet to pair with the Device. Select **Settings** and press the Connect/Change button (arrow) to pair with an MX3 Device using the unique ID displayed on the Device.



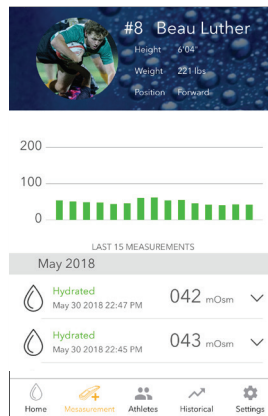
6

The App will display the MX3 SOSM reading. You may now eject and discard the sensor.



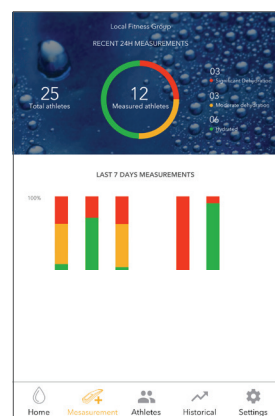
7

A measurement history can be viewed for each athlete using the Athletes Icon.



8

A summary of team data can be viewed in the Home Icon



# SAMPLE COLLECTION RECOMMENDATIONS

To produce a saliva sample, generate saliva actively and scoop saliva outwards against your bottom lip using your tongue. To optimize the accuracy of measurements taken with the MX3 System, we recommend the following:

- + Wait at least 10 minutes after any liquid consumption before taking a measurement.
- + Try to maintain a consistent approach to how and where saliva samples are taken.
- + Do not eject sensor until prompted by Device or App.
- + Do not push the sensor too firmly against the lip or tongue.
- + Do not cover the top of the sensor with tongue, lip or any other part of the mouth as it can prevent saliva collection in the sensor.
- + Avoid sampling from overly bubbly saliva samples for more consistent readings.



## INTERPRETING MEASUREMENTS

In basic terms, SOSM values increase as dehydration increases, and they decrease as hydration status improves. Most people will exhibit a gradual increase in SOSM as they exercise. This relative change in SOSM is reflected in the status scale bar that appears in the MX3 App immediately after a measurement is taken. While comparison of SOSM measurements with population averages can provide an estimate of hydration status, every individual's SOSM range and hydration response is unique. To provide the most accurate hydration analysis,

SOSM measurements should be compared to a personal baseline measurement taken under optimal hydration conditions.

By making comparisons to this individual, users can learn more about their personalized hydration range. A small proportion of people will lose an unusually large amount of salt for a given amount of water loss when exercising. For these individuals SOSM may not change significantly, indicating that water has not been selectively lost. Isotonic solutions may assist recovery in these instances.

## TROUBLE SHOOTING

### **The Device does not turn on**

Make sure Device is charged. Plug the USB-C cable into the charging port, wait a few minutes and try to turn on the Device again.

### **The Device does not play a tone when a sample is taken**

The Device will play a tone when sufficient saliva is taken. Please continue to try and collect a sample for up to 10 seconds. If Device remains silent, remove the current sensor, discard and try a new one. Follow saliva collection recommendations on page 16 to minimize failure.

### **The Device is displaying a red light and a blank screen**

Press and hold the power button for 5 seconds until the red light turns off. Then turn Device back on again.

### **The Device doesn't appear in the device list in the App**

Make sure your Device is turned on. Make sure Bluetooth is enabled on your iPhone/iPad.

### **The Device is displaying a "bad sensor" message and beeping**

The currently inserted sensor is either used or faulty. Remove the current sensor, discard and try a new one.

## FREQUENTLY ASKED QUESTIONS

**Why do I see different SOSM values when I take multiple readings?**

Each saliva sample is a complex combination of saliva from many different salivary glands. It is normal to see a small amount of variation from reading to reading, even when these are taken only a few seconds apart.

**Are MX3 Hydration Sensors safe to put in my mouth?**

Yes. MX3 Sensors are treated with Gamma Irradiation following packaging to ensure sterility. MX3 Sensors have been tested using cellular toxicity assays, and are nontoxic even after 24 hours of exposure.

**Why is there a batch number on the sensor packaging?**

The MX3 Device must be calibrated to work with each new sensor batch, and has already been calibrated for use with the provided sensors. Each sensor refill will come with instructions on how to update your Device using the MX3 App.

**Why is my Device not charging to 100%?**

The MX3 Device may display an incorrect battery level while charging. Unplug the charging cable and restart the Device for an accurate battery reading.