

# THE MX3 PRO

## SALIVA HYDRATION TESTING SYSTEM

**QUALITY**  
ISO 9001

**ENVIRONMENT**  
ISO 14001

**HEALTH & SAFETY**  
ISO 45001

## A New Approach

CMM Technology are pleased to announce that they can now supply the MX3 Pro Hydration Testing System and associated Test Strips.

The MX3 Pro Hydration Testing System utilises the world's first Electrochemical Test Strip for Salivary Osmolarity (SOSM) testing.

The Osmolarity of a liquid is the concentration of dissolved particle per litre of a solution. Saliva Osmolarity (SOSM) is the concentration of particles, predominately electrolytes, per litre of saliva.

Multiple studies 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 change in hydration status.

The MX3 Pro Hydration testing System can be used as a stand-alone local measurement or in conjunction with the MX3 App and Portal to deliver an integrated hydration management system.

Benefits of the MX3 Pro Testing System over alternate hydration measuring methods are:-

- Non-Invasive – utilises a saliva sample and does not have the complexities of collecting a urine or blood sample
- Portable – use anywhere at anytime
- Reliable – Scientifically proven to measure biomarkers from saliva as accurately as a laboratory osmometer
- Immediate – hydration level is recorded in seconds.

MX3 Pro salivary osmolarity score:


	MX3
Below Normal Range	-
Hydrated	<66 mOsm
Mildly Dehydrated	66-100 mOsm
Moderately Dehydrated	101-150 mOsm
Severely Dehydrated	>150 mOsm



# HOW TO USE THE MX3 PRO

- 1 Open the MX3 App



- 2 On the **Users Tab** tap on the  icon or the **Take a Measurement** button on a **User Profile** page.

- 3 Follow the prompts in the MX3 App to pair with your MX3 LAB.

Turn LAB On



Enter App Mode




Pair With LAB

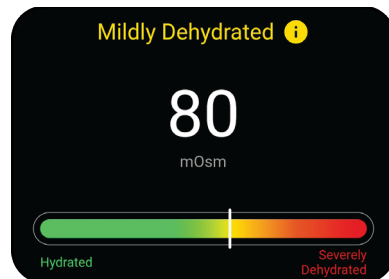


- 4 Follow the prompts in the MX3 App instructing you to insert a Hydration Test Strip and collect a saliva sample. Before collecting a saliva sample swallow saliva in mouth and generate fresh saliva. \* Tap the tip of the test strip against the saliva sample on a downward angle until a tone sounds.



- 5 Wait for the sample to be analyzed. Do not remove the test strip. A second tone will sound once analysis is complete.

- 6 A salivary osmolarity score and hydration classification will be displayed in the MX3 App. For information on how to interpret this measurement, click on the  icon.



- 6 Press the Eject Button to eject the test strip.



## LOCAL MEASUREMENTS

The MX3 LAB may also be used in LOCAL mode to take measurements without using the App. LOCAL mode measurements are not recorded or stored in the App or the device itself, but allows readings to be made when a smartphone/tablet is unavailable.

To take a measurement in LOCAL mode, turn on the MX3 LAB, scroll to highlight LOCAL, press Select and follow the process for taking a saliva sample. The reading will be displayed on the screen.

## SUPPORT

For Support, contact: [support@cmm.com.au](mailto:support@cmm.com.au) or call 1300 70 70 30.

