

LEVELEN™ SWEAT TESTING

Prepare to take your game to the **NEXT LEVEL**. You're about to join the thousands of elite athletes using **LEVELEN's** Patented #HydrationSportsScience system to take the guess work out of their hydration.

Important Sweat Testing Notes

For the most representative results, you should perform the sweat test while training in the activity, intensity, and environmental conditions representative of the competition you are training for (e.g. Run on a hot day for marathon training). Triathletes should test separately on the bike and run.

Tests should be done during the first sweat/workout of the day, and multiple tests should be completed on separate days. Workout duration should be at least 45 minutes.

During this test, consume fluids as you normally would, being sure not to over drink. Maintaining or gaining weight during your workout is a clear sign of overhydration, and will require you to repeat the test. If you tend to overdrink, try and limit your fluid intake during test.

Make sure the sample is protected in a **padded mailer**, and note the tracking number of your sample before sending.

Proper Fluid & Electrolyte Balance will:

- Increase Power*
- Improve Endurance*
- Eliminate Muscle Cramping*
- Prevent Salt Depletion & Hyponatremia*
- Minimize Exertional Heat Stroke**

**Using LEVELEN™ Slushies*



TESTING INSTRUCTIONS

Instructional Video: <https://levelen.com/faq/>

“How Do I Perform a Sweat Test?”

- Clean the outside of forearm below the elbow (part facing UP when palm is turned DOWN) with alcohol prep and allow to dry.
- Apply Sweat Patch to cleaned area. Place “#SWEATTEST” sticker on top and share your experience on social media (levelen4u).
- Empty bladder. Weigh with no/minimal clothing and note starting weight and conditions on info card.

From this point until you record your post-workout weight, you must track your fluid intake.

- Begin workout.
- Remove Sweat Patch once gauze is fully saturated (~ 30 to 45 min.). Use tweezers to remove gauze, place *gauze only* into the plastic vial.
- Snap lid shut and seal contents in the clear bag. Continue your workout.
- After workout, wipe off sweat and weigh again with no/minimal clothing. Note weight, test duration and intensity, and fluids consumed, on the information card.
- Mail the completed information card & sweat sample back to our lab in the provided return mailer. If you need to send a sample separately, make sure it is in a ***padded envelope*** and to the address on the right



Shipping Address:

HEAT Sport Sciences, Inc.
Attn: Testing – Dr. Godek
P.O. BOX 327
POCOPSON, PA 19366-0327



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