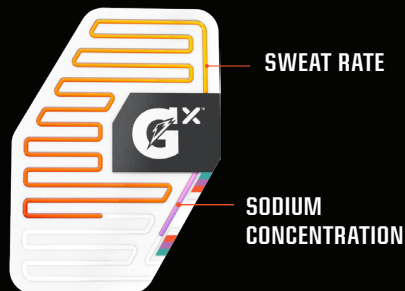




Gx SWEAT PATCH

Help your athletes understand what they're losing in sweat and what they need to do next with this single-use patch. Have them wear the patch during team workouts so you can scan with the Gx Teams app and create individual sweat profiles for your athletes.



Sweat test checklist to achieve successful scan results:

Apply

- 1 Clean inner left forearm with an alcohol swab 2-3" from elbow
- 2 Let dry for 30 seconds
- 3 Press and hold for 10 seconds with the "G" facing the athlete

Workout

- 4 Wear patch during a single workout (running or strength training; not both)
- 5 20 minutes to 2 hour workout
- 6 Patch's orange channel should show some color, but not overflow

Scan

- 7 Scan patch in a well-lit area
- 8 Patch must still be on the athlete's arm
- 9 Athlete must not cool down or begin another workout



VALID SWEAT TESTING CONDITIONS

The Gx Sweat Patch and algorithm have been built and validated under certain conditions. Make sure your sweat test meets these criteria in order to get the most valuable and accurate data.



SCAN OR VISIT TO LEARN MORE:

GatoradePerformancePartner.com/GxTeams

© 2021 Stokely-Van Camp, Inc. All rights reserved.



47-95° F

Valid temperature range. Cold-weather testing results in reduced sweat rates.



20-120 min

Valid duration. Controlled workout duration is important for the algorithm.



Uncovered

Try not to cover the forearm with clothing, wear compression clothing, or other tight-fitting sleeves.



No contact

Wearing the patch during contact drills or applying excessive pressure can damage the patch and invalidate the results.



Validated sports

Basketball, cycling, football, lacrosse, running, soccer, and tennis.



95-330 lbs

Validated body mass range. Participants outside of this range may receive inaccurate results. (43-150 kg)

BACKED BY



Gatorade Sports Science Institute