



Performance+ Test Instructions

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Intended Use & Important Safety Information

This product is a general wellness device intended for informational purposes only. It is designed to provide insight into certain wellness-related biomarkers and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

The results provided by this test are not medical advice and should not be used as a substitute for consultation with a qualified healthcare professional. Individual results may vary and should be interpreted in the context of your overall health, lifestyle, and other relevant factors.

If you are experiencing symptoms, feel unwell, or have concerns about your health, seek guidance from a qualified healthcare professional. Do not disregard professional medical advice or delay seeking care based on the results of this test. Use this product only as directed. This test is not intended for emergency or critical care use.

Better understanding your body starts with awareness—but meaningful health decisions should always be made in partnership with a qualified healthcare professional.

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Hi.

We are glad you are here. You're about to better understand how your body performs—simply and quickly.

This is your instructions on how to take your SparkDX Performance+ Test.

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The **SparkDX Performance+ Test** measures 3 key biomarkers—Nitric Oxide, pH, and Uric Acid—to help you understand your body's metabolic performance.

Nitric Oxide

pH

Uric Acid

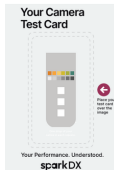
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What is In Your Kit

Kit Contents



Test Strips



Camera Card



Saliva
Collection
Sponge



Instructions

You Will Also Need:

The SparkDX app installed.

If you have not already installed the SparkDX app, please scan the QR code:



! You will need the SparkDX app to view your results

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Before You Start

Test Kit Preparation

- Test in a well-lit room with even lighting (avoid shadows and glare)
- Have your phone ready with the SparkDX app open
- Wash and dry your hands
- Remove all components from packaging
- Place the test strip and camera card on a flat surface
- Remove the saliva sponge without touching the tip and dry your hands

Important note: For best results do not eat, drink, or brush teeth for 10 minutes before testing.

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How to Take Your Test

In addition to these instructions there is step-by-step instructions on the SparkDX app.

1 Collect Your Sample

- Place the sponge under your tongue and leave it there for 1 minute.
- To help ensure you collect enough saliva start the 1-minute timer on the SparkDX app
- This will help to allow the sponge to become fully saturated.



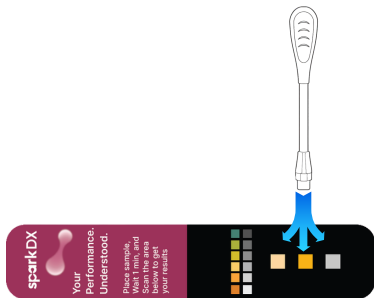
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How to Take Your Test

2 Tap the Test Strip

- Press the saliva sponge onto each of the 3 squares on your test strip.
- Gently press until all three are lightly covered.

Note: No need to press hard—just a light, even press is enough.



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How to Take Your Test

3 Wait 1 Minute

- Start the timer in the SparkDX app.
- During this time the color pads on the strip will develop.



Important note: You must wait the full 1-minute before going to step 4.

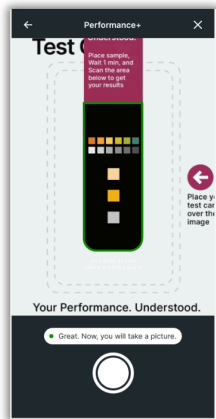
Performing Step 4 without waiting the 1-minute will result in a less accurate result.

How to Take Your Test

4 Scan Your Test

Using the SparkDX app:

- Hold your phone about 12 inches above the card.
- Align the strip and camera card inside the on-screen frame.
- Take the photo when the app indicates alignment is correct.
- The app will guide you through the process.



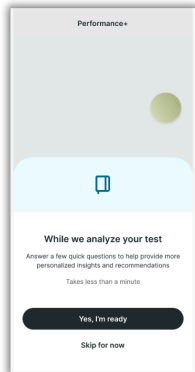
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How to Take Your Test

5 Complete the Health Log Questions

As the SparkDX app is analyzing your results, complete the Health Log Questions (the app will ask you these questions).

Answering these questions will help give greater insight into your results.



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How to Take Your Test

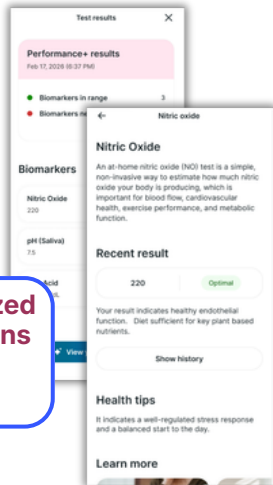
6 See Your Results

The SparkDX app will analyze the test then you will see:

Your results
for each of
the 3-
biomarkers

Metabolic
Insights

Personalized
Suggestions



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After Your Test

- Dispose of the test strip in household waste.
- Wash your hands.

Need Help?

Visit: mysparkdx.com/support

Your body is always sending signals.
SparkDX helps you understand them.

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Discover all of SparkDX tests:

Wellness

A complete picture of how your body is responding—so your daily habits finally make sense.

Ketones

Understand how your body uses energy—so you can make smarter daily choices.

Stress

See what stress (cortisol) is doing to your body—in real time.

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