



# Wellness Test Instructions

**sparkDX**  
You. Understood.

## **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.

**sparkDX**  
**You. Understood.**

# Hi.

We are glad you are here. You're about to better understand what your body is telling you—simply and clearly.

This is your instructions on how to take your SparkDX Wellness Test.

**sparkDX**  
You. Understood.

The **SparkDX Wellness Test** turns your results into personalized wellness insights—measuring 12 biomarkers that indicate your overall health and wellness.

**Ketone**

**MicroAlbumin**

**Calcium**

**pH**

**Leukocytes**

**Protein**

**Sodium**

**Hydration**

**Creatinine**

**Magnesium**

**Oxidative Stress**

**Vitamin C**

**sparkDX**  
You. Understood.

# What is In Your Kit

## Kit Contents



Test Strips



Camera Card



Urine  
Collection  
Cup



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

**sparkDX**  
You. Understood.

# Before You Start

For best results it is recommended you do the following prior to starting your test:

**Choose the timing that matches your goal:**



## General Baseline

First-morning  
sample



## Ketones/ Hydration Check

Mid-day sample



## Performance

Post-exercise  
sample

**sparkDX**  
You. Understood.

# 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 items from packaging
- Place the test strip, urine cup and camera card on a flat surface
- Ensure the urine cup is clean and dry

*Important tip: avoid touching the test strip color squares*

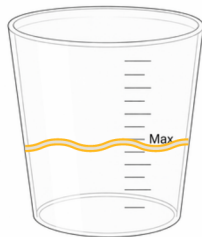
**sparkDX**  
**You. Understood.**

# How to Take Your Test

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

## 1 Collect Your Sample

- Use the provided cup to collect a small urine sample.
- You only need enough urine to go to the "Max" line.
- For an optimal sample, collect midstream urine (start urinating, then collect in the cup).



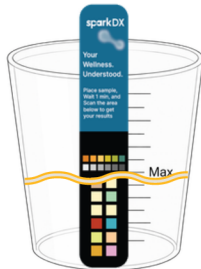
**sparkDX**  
You. Understood.

# How to Take Your Test

## 2 Dip the Test Strip

- Dip the colored end of the test strip into the urine sample for **2 seconds**.
- Remove the strip.
- Tap it gently on the edge of the cup to remove excess liquid.

*Tip: Keep the strip flat on a table/counter*



**sparkDX**  
You. Understood.

# How to Take Your Test

## 3 Place the Strip

- Place the camera card on a flat surface.
- Set the test strip inside the outline printed on the card.
- This helps the app read your test accurately.



**sparkDX**  
You. Understood.

# How to Take Your Test

## 4 Wait 1-Minute

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

**!** **Important note:** Wait the full 1 minute before scanning your test (Step 5).

Performing Step 5 without waiting the 1-minute will result in a less accurate result.



**sparkDX**  
You. Understood.

# How to Take Your Test

## 5 Scan Your Test

Using the SparkDX app:

- With your test strip on the camera card, hold your phone 12 inches above the card/strip.
- 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.



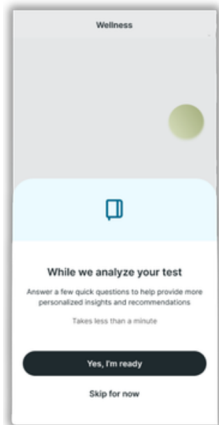
**sparkDX**  
You. Understood.

# How to Take Your Test

## 6 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.



**sparkDX**  
You. Understood.

# How to Take Your Test

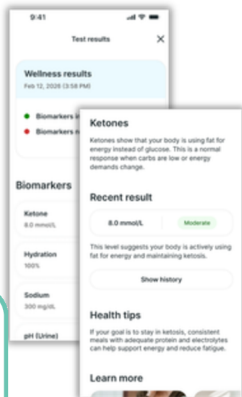
## 7 See Your Results

The SparkDX app will analyze your test and show:

Your results  
for each of  
the 12-  
biomarkers

Wellness  
Insights

Personalized  
Suggestions



**sparkDX**  
You. Understood.

# After Your Test

- Dispose of the test strip in household waste.
- Wash the cup with soap and water for reuse, rinse well and let air-dry.
- Wash your hands.

**Need Help?** Visit: [mysparkdx.com/support](https://mysparkdx.com/support)

---

Discover all of SparkDX tests:

## Metabolic+

*See how your body is using energy—so you can adjust with confidence.*

## Performance+

*Know if your body is ready to perform—before you push it.*

## Stress

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

**sparkDX**  
**You. Understood.**