



Metabolic+ 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 what your body is telling you—simply and clearly.

Here's how to take your SparkDX Metabolic+ Test.

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The **SparkDX Metabolic+ Test** turns a simple test into personalized wellness insights—measuring 3 biomarkers that reflect your body's general metabolic performance.

Ketones

pH

Hydration

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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

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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 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

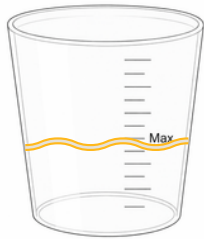
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How to Take Your Test

In addition to these instructions, there are step-by-step instructions in 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).



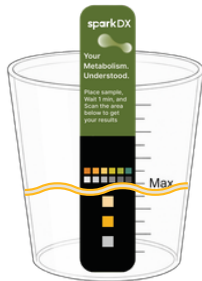
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How to Take Your Test

2 Dip the Test Strip

- Dip the colored end of the test strip into the urine 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



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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.



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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:** You must wait the full 1 minute before continuing to step 5.

Performing Step 5 without waiting the 1 minute may result in a less accurate results.



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How to Take Your Test

5 Scan Your Test

Using the SparkDX app:

- With your test strip on the camera card, hold your phone over the 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.



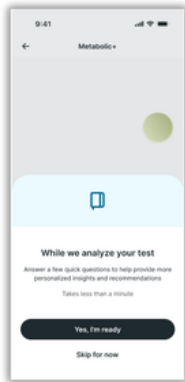
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How to Take Your Test

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 provide deeper insight into your results.



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How to Take Your Test

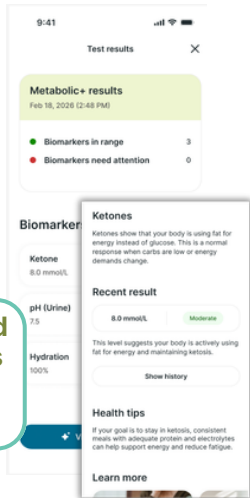
7 See Your Results

The SparkDX app will analyze your 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 the cup with soap and water for reuse, rinse well, and let air-dry.
- 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 SparkDX tests:

Wellness

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

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.

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