InFlow
By **Intake** Health™

Real-time hydration testing.

Optimal hydration can:

Improve
- 💪 Performance output
- 🧠 Decision making
- 🏃 Technical skill
- 🔋 Recovery

Decrease
- 💪 Muscle cramping
- 🤕 Headaches
- 🌡️ Heat illllness

🔵 **Pulsing Blue** Battery low, please charge

Ready
Maintain your healthy hydration practice

Solid Green

Replenish
Drink **8-12 oz of fluids immediately**

Drink more fluid with meals

Pulsing Yellow

Rehydrate
Drink **12 oz of fluid immediately**

Drink **16 oz of fluid in following hour**

Retest and repeat until hydration improves

Flashing Red

www.intake.health

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