



Your Body's Voice



# USER MANUAL

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## DIRECTIONS FOR USE

1



Download the Vivoo application from the **App Store** or the **Google Play Store** and register.

2



Urinate on all boxes of the strip while mid-stream. Do not urinate on the strip more than a few seconds.

3



Wait **120** seconds for the strip to be activated. A timer is displayed on the test screen for your convenience.

4



Click the upper right test icon on the app to take a photo of your strip and receive your advice.

## Summary

Vivoo is a wellness assistant that provides personalized nutrition and lifestyle advice to the users, based on their urine sample analysis, to encourage people to make healthier choices. Urine undergoes many changes during states of body functions.

## Precautions

- The product is not intended for use in the diagnosis of disease or other conditions, including a determination of the state of health, in order to cure, mitigate, treat, or prevent disease or its sequelae.

- Do not use after the expiration date.
- The Vivoo strip should remain in the sealed pouch until use.
- Do not touch the Vivoo reagent boxes of the Vivoo strip.
- Discard any discolored strips that may have deteriorated.
- The used strip should be discarded after testing.
- For single use only.

**Welcome to your wellness journey.**

## VivooApp Box Description

The Vivoo application gives you some results based on your Vivoo strip analysis. These results and the meaning of the results are shown below.

### Wellness Box

This box shows the state of your “overall wellness score” based on your urine test, habits and body parameters.

- Great: **10**
- Normal: **5-9**
- Weak: **0-4**



## Liver Box

This box shows the state of your liver function by looking at bilirubin and urobilinogen in urine. It doesn't represent your overall liver health. It can be affected by certain diseases.

- Great: **10** No bilirubin or urobilinogen
- Normal: **5-9** Trace amounts of Urobilinogen/bilirubin detected
- Weak: **0-4** Urobilinogen/Bilirubin detected

## Ketone Box

This box indicates the presence of ketones (products of fat metabolism) in urine. It can be affected by diet, starvation, physical activity or certain diseases.

- Great: **10** No ketones
- Normal: **5-9** Trace amounts of ketones
- Weak: **0-4** Large amounts of ketones

If people choose ketogenic diet as an eating habit in the VivooApp, they also can track their ketosis level according to the following values:

- Great: **8-10** Optimal Ketosis
- High: **6-8** Higher Level of Ketones
- Normal: **2-6** Low Level of Ketones
- Weak: **0-2** No Ketones

## **Water Box**

This box indicates your water consumption based on the “specific gravity parameter” in your urine test.

- Great: **10**, Optimum hydration
- Normal: **5-9**, Mild dehydration
- Weak: **0-4**, Dehydration

## **pH Box**

This box shows the level of alkalinity or acidity of your urine. It can be affected by diet or certain diseases.

- Great: **10**, Urine pH 6.5 & pH 7.5
- Normal: **5-9** Urine pH 4-6 & pH 7.5 - 8

- Weak: **0-4**, Urine pH below 6.0 or above 8.0

Also, if people choose alkali diet or vegan as an eating habit in the VivooApp, they also can track their alkali level according to the following values:

- Great: **10** Urine pH 7 - pH 7.5
- Normal: **5-9** Urine pH 6.5 - pH 8
- Weak: **0-4** Urine pH below 6.0 or above 8.0

### **Kidney Box**

This box shows the state of your kidney function by looking at proteins in urine. It doesn't represent your overall kidney health. It can be affected by diet, exercise, stress or certain diseases.

- Great: **10** No proteins in the urine
- Normal: **5-9** Trace amounts of proteins
- Weak: **0-4** Proteins in the urine

### **Immunity Box**

This box indicates the presence of leukocyte esterase (white blood cells that fight against infections) in your urine.

- Great: **10** No leukocytes in urine
- Normal: **5-9** Trace amounts of leukocytes
- Weak: **0-4** Leukocytes

## UTI Box

This box shows the possibility of a Urinary Tract Infection by looking at leukocyte and nitrite parameters in your urine.

- Great: **10**, No nitrites
- Normal: **5-9** Trace amounts of nitrites & leukocytes
- Weak: **0-4** Large amounts of nitrites & leukocytes

Vivoo Boxes' Descriptions are above if you want to learn more details about boxes, please visit our blog page

**[vivoo.io/blog](http://vivoo.io/blog)**

## Intended Use

The product being sold on this site is not intended for use in the diagnosis of disease or other conditions, including a determination of your state of health, in order to cure, mitigate, treat, or prevent disease or its sequelae. The test results may provide information regarding the status of carbohydrate metabolism, acid-base balance, water consumption, kidney function, liver function, some infection types, and urinary tract infection. The Vivoo Urinalysis Reagent Strips contain a solid phase reagent area affixed to a paper base stick. They are provided as a dry reagent. The Vivoo Urinalysis Reagent Strips are for the qualitative and/or semi-quantitative detection of ketones, pH, nitrite, urobilinogen, bilirubin, protein, and specific gravity. The

Vivoo Urinalysis Reagent Strips are for single use only. Vivosens, Inc. provides The Vivoo Urinalysis Reagent Strips, the Website, Application, and Services for informational purposes only. The Vivoo Urinalysis Reagent Strips, The Website, Application, and Services do not contain or constitute, and should not be interpreted, as medical advice or opinion. Vivosens, Inc. or any services of that company are not a medical professional, and The Vivoo Urinalysis Reagent Strips, The Website, Application, and Services do not provide medical services or render medical advice. The Vivoo Urinalysis Reagent Strips, The Website, Application, and Services are not a substitute for the advice of a medical professional, and the information made available on or through The Vivoo Urinalysis Reagent Strips, The Website, Application, and Services should not be relied upon when making medical



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Rest is the boring part



## Reagents and Performance Characteristics

The Vivoo strip includes eight different parameter boxes. These boxes detect bilirubin, ketone, specific gravity, pH, protein, urobilinogen, leukocyte and nitrite level in urine.

The description of these boxes is written below.

Reagent	Scan Time	Composition	Description
Bilirubin	60 sec.	2, 4-dichloroaniline diazonium salt; buffer and non-reactive	Detects bilirubin as low as 0.4-1.0 mg/dL (6.8-17 $\mu$ mol/L).
Ketone	60 sec.	sodium nitroprusside; buffer	Detects acetoacetic acid as low as 2.5-5 mg/dL (0.25-0.5 mmol/L).

Reagent	Scan Time	Composition	Description
Specific Gravity	60 sec.	bromothymol blue indicator; buffer and non-reactive ingredients; poly (methyl vinyl ether/ maleic anhydride); sodium hydroxide	Determines urine specific gravity between 1.000 and 1.030. Results correlate with values obtained by refractive index method within $\pm 0.005$
pH	60 sec.	bromothymol blue indicator; buffer and non-reactive ingredients; poly (methyl vinyl ether/ maleic anhydride); sodium hydroxide	Determines urine specific gravity between 1.000 and 1.030. Results correlate with values obtained by refractive index method within $\pm 0.005$

Reagent	Scan Time	Composition	Description
Protein	60 sec.	tetrabromophenol blue; buffer and non-reactive ingredients	Detects albumin as low as 7.5- 15 mg/dL (0.075-0.15 g/L).
Nitrite	60 sec.	p-arsanilic acid; N-(1-naphthyl) ethylenediamine; non-reactive ingredients	Detects sodium nitrite as low as 0.05-0.1 mg/dL in urine with a low specific gravity and less than 30 mg/dL ascorbic acid.

Reagent	Scan Time	Composition	Description
Urobilinogen	60 sec.	p-diethylaminobenzaldehyde; buffer and non-reactive ingredients	Detects urobilinogen as low as 0.2-1.0 mg/dL (3.5-17 $\mu$ mol/L).
Leukocytes	90 - 120 sec.	derivatized pyrrole amino acid ester; diazonium salt; a buffer; nonreactive ingredients	Detects leukocytes as low as 9- 15 white blood cells Leu/uL in clinical urine.

## **Specimen Collections**

It is best to avoid collecting the initial stream of urine. There are several methods to use strips. After the initial part of urine is disposed of in the toilet, you can urinate on the Vivoo Strips or urinate into a collector then dip the strips. You need to wet the colored boxes for a few seconds. Methods of the collection are slightly different for customers.






## **Stability and Storage**

Store as packaged in the closed canister or the sealed pouch either at room temperature or refrigerated (2-30°C or 36-86°F). Keep out of direct sunlight. The Vivoo strip is stable through the expiration date printed on the canister label or the sealed pouch. Every strip can be used only once.

**DO NOT FREEZE. Do not use beyond the expiration date.**

Since strips are sensitive to specific environmental factors such as moisture, heat, and light, do not expose strips to these factors. Vivoo Strips are disposable and not harmful to nature, so after using your strip, you can throw it away.

### Quality Control and Symbol List

Symbol					
Meanings	One test per strip	Consult instructions for use	Storage temperature er strip	Do not reuse	Recyclable

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