



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



Open the pouch and urinate on all the colored boxes on the strip during mid-stream. Do not urinate on the strip for more than 2-3 seconds.

3



Wait 90 seconds after urinating for the strip to absorb your urine. A timer is displayed on the test screen for your convenience.

4



Click the test icon in the app to take a photo of your strip to receive your personalized advice.

## Precautions

The product is not intended for diagnosing diseases or other conditions. It should not be used to determine or monitor the state of your health for curing, mitigating, treating, or preventing any disease or any of its symptoms.

You can perform your urine test at any time of day. However, we recommend taking the urine tests first thing in the morning after waking up or the second time you use the bathroom upon waking. You should administer every following test close to the same time of day of your first test. Administering the test first thing in the morning is recommended because of the greater chances that it is

concentrated with sufficient nutrients for the strips to detect and analyze.

- Do not use strips after the expiration date.
- Vivoo strips should remain in the sealed pouch until use.
- Do not touch the colored boxes of the strips.
- Discard any discolored strips that may have deteriorated.
- Used strips should be discarded after testing.
- Strips are intended for single use only.

### **Intended Use**

The product sold on this site is not intended for use in

diagnosing any disease or other medical conditions. It should not be used to determine your state of health for curing, mitigating, treating, or preventing disease or its sequelae. The Vivoo Urinalysis Reagent Strips, Website, Application, and Services do not contain or constitute medical advice or opinions, and should not be interpreted as such. Vivosens, Inc. and all of its services are not that of a medical professional, and the Vivoo Urinalysis Reagent Strips, Website, Application, and Services do not provide medical services or claim to render medical advice. The Vivoo Urinalysis Reagent Strips, 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, Website, Application, and Services should not be relied upon when making medical decisions, or to diagnose or treat a medical or health condition. If you require medical advice or services, you should consult a medical professional. Your use of the Vivoo Urinalysis Reagent Strips, Website, Application and Services does not create a doctor-patient relationship between you and Vivoo. We do not recommend showing your results to your medical professionals for any medical diagnosis or treatment.

## Reagents and Performance Characteristics

The Vivoo strip includes 9 different parameters that appear as colored boxes on the strip. These boxes detect ketone, free radical, sodium, magnesium, calcium, vitamin C (ascorbic acid), pH, protein, and specific gravity levels in urine



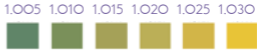
Ketone  
40s

Neg.



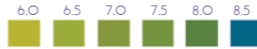
Specific  
Gravity  
45s

1.000



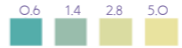
pH  
60s

5.0



Ascorbate  
40s

0





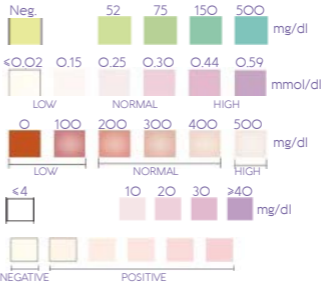
Protein  
6Os

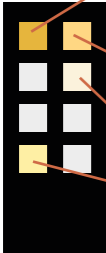
Magnesium  
6Os

Sodium  
6Os

Calcium  
6Os

Free Radical  
6Os





Specific Gravity  
6Os



pH  
6Os



Ketone  
6Os



Protein  
6Os



## Disclaimers for parameters

Ketone:

Vivoo Ketone levels can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including clinical dehydration, kidney disease, diabetes, any deficiency or any other disease and conditions. Vivoo Ketone measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

Water:

Vivoo Specific Gravity measurements can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including clinical dehydration, kidney disease, diabetes, any deficiency or any other disease and conditions. Vivoo Specific Gravity measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes. If you suspect clinical dehydration, please consult your healthcare provider as Vivoo is not a diagnostic tool for clinical hydration status.

pH:

Vivoo pH measurements can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including clinical dehydration, kidney disease, diabetes, any deficiency or any other disease and conditions. Vivoo pH measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

Vitamin C:

Vivoo Vitamin-C measurements can only be used for self tracking



purposes, it can't be used for diagnosis of any disease or condition including clinical dehydration, kidney disease, diabetes, any deficiency or any other disease and conditions. Vivoo Vitamin-C measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

Protein:

Vivoo Protein measurements can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including clinical dehydration, kidney disease, diabetes, any

deficiency or any other disease and conditions. It is not intended for use by people who have been previously diagnosed with any kidney-related diseases. Vivoo Protein measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

Calcium:

Vivoo Calcium measurements can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including calcium deficiency, clinical dehydration, kidney disease,

diabetes, any deficiency or any other disease and conditions. Vivoo Calcium measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

Magnesium:

Vivoo Magnesium measurements can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including magnesium deficiency, clinical dehydration, kidney disease, diabetes, any deficiency or any other disease and conditions. Vivoo Calcium measurements are not intended for medical use, including

self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

Sodium:

Vivoo Sodium measurements can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including sodium deficiency, clinical dehydration, kidney disease, diabetes, any deficiency or any other disease and conditions. Vivoo Sodium measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

## Oxidative Stress:

Vivoo Oxidative Stress measurements can only be used for self tracking purposes, it can't be used for diagnosis of any disease or condition including clinical dehydration, kidney disease, diabetes or any deficiency, or any other disease and conditions. Vivoo Oxidative Stress measurements are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.

## **Materials:**

Materials provided: Strips, package insert

Reagent (Colored Box)	Scan Time	Composition	Description
Ketone	60 sec.	sodium nitroprusside; buffer	Detects acetoacetic acid as low as 2.5-5 mg/ dL (0.25-0.5 mmol/L).

Specific Gravity	60 sec.	bromothymol blue indicator; buffer and non-reactive ingredients; poly (methyl vinyl ether co maleic anhydride)	Determines urine specific gravity between 1.000 and 1.030. Results correlate with values obtained by the refractive index method within $\pm 0.005$ .
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pH	60 sec.	bromothymol blue indicator; methyl red; non-reactive ingredients	Measures the quantitative differentiation of pH values within the range 4.5-9.
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).



Calcium	60 sec.	o-cresolphthalein; a buffer; nonreactive ingredients	Detects calcium as low as 0.5-2.5 mmol/L in urine.
Ascorbic Acid	60 sec.	2,6 dichlorophenol indophenols; nonreactive ingredients	Detects ascorbic acid levels as low as 0.5-0.6 mmol/L in urine.

Sodium	60 sec.	AgNO <sub>3</sub> ; potassium chromate; non-reactive ingredients	Detects sodium as low as 100-200 mg/dL in urine.
Magnesium	60 sec.	o-cresolphthalein a buffer; nonreactive ingredients	Detects magnesium as low as 5-36 mg/L in urine.

Free Radical	60 sec.	1,3-diethyl-2-thiobarbituric acid; trichloroacetic acid; nonreactive ingredients	Detects malondialdehyde as low as 0.4 $\mu\text{mol} / \text{L}$ in urine.
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## Limitations

Cases of Vitamin C (ascorbic acid) exceeding 50 mg/dL can occur in cases where there is excessive Vitamin C (ascorbic acid) intake or supplementation in a user's diet.

## Test Procedures

There are several methods for using the strip. You can either urinate directly on the strip at mid-stream or urinate into a collector and dip the strip into the collected urine.

For the most accurate results:

- Urinate during mid-stream on the colored boxes of the strip.
- Do not urinate directly for more than 2-3 seconds on the colored boxes.
- If you prefer to use a collector, avoid soaking the colored boxes for more than 2-3 seconds.
- After waiting 90 seconds for the urine to be absorbed, dry or get rid of the excess urine droplets to avoid any glare during the photo scan. If necessary, pat a dry paper towel on the test strip to get rid of any excess urine droplets.
- When scanning, place the strip against a light-colored background and place the colored boxes facing upward.






- Make sure that there is no shadow on the strip when scanning.
- Avoid bright and dark environments during the scan.

## **Stability and Storage**

- Keep the strips enclosed in the closed canister or the sealed pouch. Store it at either room temperature or keep it refrigerated (2-30°C or 36-86°F). Keep the strips out of direct sunlight.
- The Vivoo strip is viable until the expiration date printed on the canister label or the sealed pouch.
- Each strip is for one-time use only.
- DO NOT FREEZE.

- Since the 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 are not harmful to nature.
- After using your strip, strips can be discarded normally or be discarded as compost.

## Quality Control and Symbol List

Symbol					
Meanings	One test per strip	Consult instructions for use	Store between 2-30°C or 36-86°F	Do not reuse	Recyclable

For more information, check Vivoo's website, at [www.vivoo.io](http://www.vivoo.io).



## **Vivosens Inc.**

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

Designed by Vivosens Inc., in California, USA; Assembled in Istanbul,  
Türkiye.