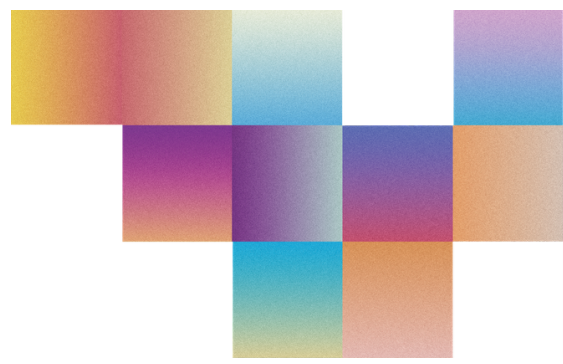


Overview

The Salhy personal hydration test is a saliva-based test that is simple to use, convenient and portable. It provides your hydration results in minutes



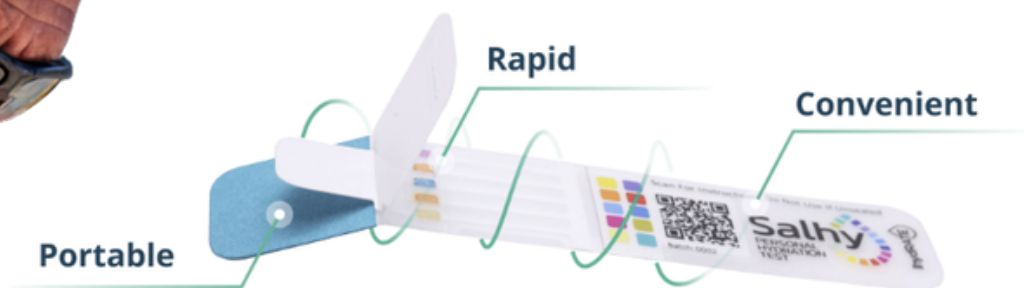
*The Salhy hydration test is not a substitute for medical advice.
Salhy is a tool to help you understand and optimise your personal hydration. It is not a medical device.
Recommended for ages 16+*



Take the guesswork out of managing hydration

A **simple to use**, saliva-based test that gives hydration feedback in minutes

- Real time feedback on hydration status.
- Multiple indicators provide hydration insights - **fluids, electrolytes** and **more**.
- Track hydration **over time**, compare to prior test results.
- Share hydration insights with others / **digital dashboards** for groups
- Great for **sports people, coaches** and worker **health & safety** teams



Understanding hydration has never been this easy

- ◀ The Salhy personal hydration test measures personal hydration levels using saliva. Salhy works by bringing together different attributes of your saliva to calculate a hydration index. It helps you understand and optimise your level of hydration.
- ◀ Simply place the Salhy test point on your tongue for a few seconds. Your saliva activates different biomarker indicators that provide a multi-faceted snapshot into your hydration. The test takes 2 minutes to process, with the results of the hydration indicators captured and interpreted by the Salhy smartphone software app.
- ◀ The Salhy app uses advanced machine vision to scan your test and analyse each biomarker indicator. It can be used in all environments, even when out of mobile range.



Rapid

Test takes seconds to complete, receive your hydration results in a couple of minutes



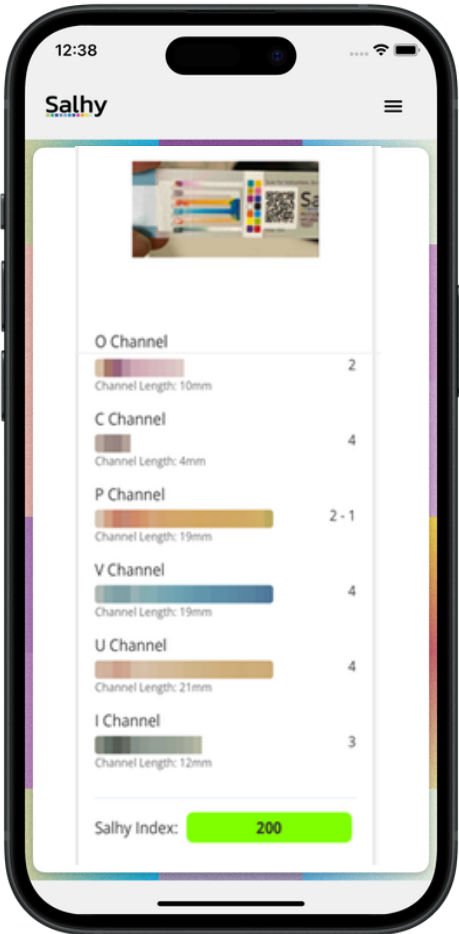
Portable

Lightweight and flexible, test can fit in you pocket. Phone app scans your test where ever you are



Easy to Use

Just place on your tongue, the app guides you step-by-step

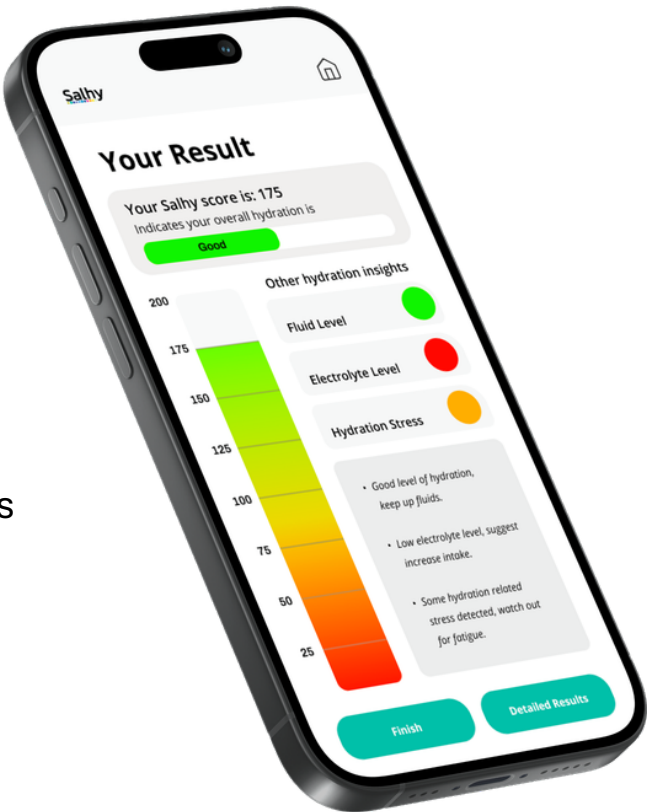


Each indicator provides unique insight into your hydration

The combined hydration indicators are read by the Salhy phone app, providing a fast, on-the-spot understanding of your hydration status.

Hydration snapshot

Hydration insights including suggestions on fluids, electrolytes and recovery.



The Science of Saliva

Ionic (Electrolyte) Concentration

As salivary water content decreases during dehydration, overall saliva osmolality increases. Electrolytes become more concentrated, including ions such as sodium and chloride.

Saliva Viscosity

Dehydration reduces saliva flow and water (serous) components, making saliva thicker. Increased viscosity is commonly observed as hydration status declines, while well-hydrated individuals typically have thinner, more fluid saliva.



Urea Concentration

Urea concentration may increase during dehydration as the body conserves water. Prolonged physical activity or heat exposure can also influence urea levels, reflecting hydration-related physiological strain.

Protein Concentration

Reduced salivary water during dehydration leads to relative concentration of proteins. Additionally, certain proteins may increase in response to sympathetic nervous system activation or physiological stress associated with intense activity or heat exposure.

Who needs the Salhy Test?



Sports Athletes

- ◆ Athletes, high performance coaches.
- ◆ Teams and individuals.



Workers

- ◆ Mining, Heavy Industry, Emergency.
- ◆ Worker health & safety team manager
- ◆ Heat-affected work environments.
- ◆ Workers wearing PPE.

When should the Salhy test be used?

Baseline

Establish a baseline when you are optimally hydrated (called eu-hydrated). Compare any future tests to your baseline.

Pre Workout

Great for checking hydration before starting an intensive workout or prior to a work shift

During Activity

Test during a work break or half-time at a sports game. Gauge how well your fluid / electrolyte strategies are performing.

Recovery

Post activity test to understand how well your hydration has recovered. Check if you are back to your original hydration 'baseline'.

The problem with other methods

Traditional methods of measuring hydration are slow or complex, such as a blood test or measuring body mass change. Some are invasive or impractical, such as urine testing. Others are simply unreliable such as the skin 'pinch' test.



Invasive



Slow



Complex



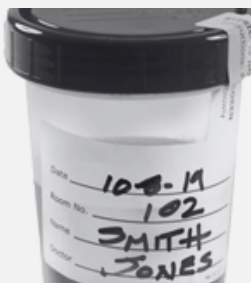
Unreliable



Not portable



Blood
Test



Urine
Testing



Galvanic Skin
Test



Body Mass
Change



Bioimpedience



Salhy

PERSONAL
HYDRATION
TEST



Affordable



Fast



Portable



Not Invasive



Reliable



Easy-to-use



How does the Salhy test calibrate for natural variability in saliva?

Human saliva is inherently variable, both between and within individuals, according to many different factors - for example the time of day, whether you have just eaten or even based on your age group.

The Salhy biomarkers and software work in combination to reduce the impact of saliva variability on your hydration results.

Step-by-step guide

Our step-by-step app instructions not only time your test they also provide important reminders on how to use the test accurately. This helps avoid accidental user errors.

Contextual data

The app tracks the time of day to adjust for natural body rhythm. Your profile information such as age group and sex, help to fine-tune results for more accurate readings.

Biomarker calibration

The Salhy test includes a marker to calibrate for changes in saliva that could otherwise affect accuracy of test results.

Baseline testing

We encourage users to incorporate baseline testing. These are tests when you are well hydrated. The Salhy app uses your baseline tests to create a personalised profile - providing more insight into your hydration changes over time.



Proven in the Field

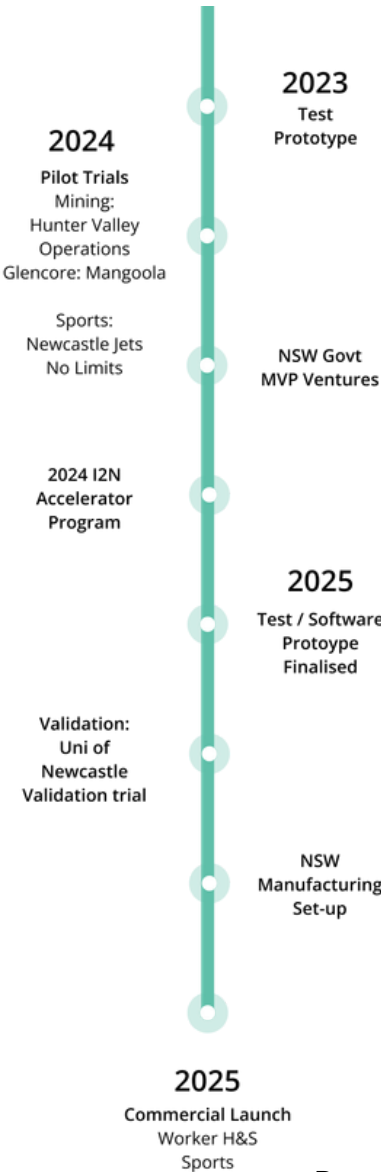
Salhy has been successfully piloted across mine sites and elite sports teams, confirming its reliability in real-world conditions. Trialists highlighted its ease of use, portability, and ease of mobile-based scanning for results - even in rugged, remote locations.

Validation Study

An independent validation study conducted by the **University of Newcastle Exercise and Sport Science** evaluated the Salhy Hydration Test under controlled dehydration and rehydration conditions. They compared Salhy results with body mass change - a widely accepted reference method for assessing hydration, during participant dehydration of up to 3% body fluid loss and subsequent rehydration.

The study demonstrated a strong association between Salhy results and changes in body mass within the study protocol.

The study white paper is available. Additional validation studies on Salhy electrolyte and heat-stress markers are planned.





HYDRATION TEST PROGRAMS, PACK SIZES & PRICING

Pricing for enterprise groups - work sites and sports teams is by individual quote. Enterprise programs available that include:

- Group hydration education sessions
- Supported Salhy test programs - including Salhy tests and software
- Individualised hydration results and insights.

Individual pack sale is available. Price guide (ex GST & Shipping):

- 20 x test pack: \$78
- 40 x test pack: \$152

Nb: The Salhy software app is free to scan for test results.

PACKAGING

Durable, resealable 100% recyclable tin, well suited to rugged worksite conditions, with biodegradable refill pouches to reduce waste.



SCANNING APP

The Salhy scanning app is currently available on **iOS** (iPhone/iPad) via the **App Store**. **Android** (e.g Samsung) is available for pilot use.



An enterprise dashboard for WHS professionals to view aggregated hydration trends across crews is in development, with timing to be confirmed.

Subscription pricing for the enterprise dashboard will be provided separately.

The Salhy hydration test is not a substitute for medical advice. Salhy is a tool to help you understand and optimise your personal hydration. It is not a medical device. Recommended for ages 16+

For more information. Contact Info@Salhy.com.au / lisa@lhydrate.co / **04035716387** or visit website salhy.com.au

