

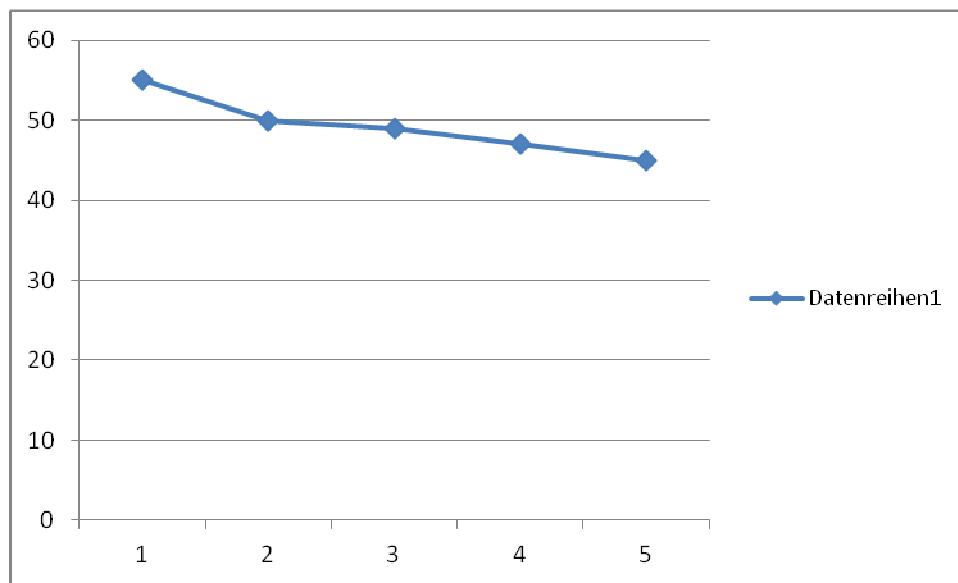
Test results of 5 days hydration progress

KÖHYD z2 readings

Application applied by drinking 200ml. fluids every 180 minutes.

Masculine 21 years old

09:00	55	51	48	47	45
12:00	53	49	49	45	46
15:00	54	52	50	46	47
18:00	55	50	49	47	45
	Day 1	Day 2	Day 3	Day 4	Day 5



Graph reading result at 18:00 5 days test