UriDynamics introduces HydraTrend® test strips to monitor hydration status Â– for athletes, fitness enthusiasts.

*HydraTrend (TM) test strips are the first over-the-counter urine test to measure hydration status. The kit is targeted to professional, college and high school athletic teams. The kit provides feedback on athletes' hydration status to allow them to adjust fluid intake.*

(PRWEB) June 2, 2004 --Today, at the Annual Meeting of the American College of Sports Medicine in Indianapolis, UriDynamics, Inc. introduced HydraTrend® , the first over-the-counter urine test strip kit for monitoring an individual’s hydration status over time. The HydraTrend® kit offers a simple, fast and easy-to-read method for tracking hydration, according to Myron Rapkin, president. The kits are initially targeted to athletic trainers, coaches, athletes and fitness enthusiasts, Rapkin said.

HydraTrend® test strips measure both specific gravity (density) and pH (acidity or alkalinity) of the urine. Results are available within 30 to 60 seconds. Using a dip and read technique, you compare the color on the developed test strip to a color chart on the bottle. Results will indicate whether hydration status is very good, good, fair or poor.

Â– An individual can measure hydration status before and after an event Â– such as a football or soccer game, a cycling event, a workout or marathon Â– or any other strenuous activity by using HydraTrend®. These readings will help an individual adjust fluid intake,Â– said Rapkin.

Â– I have seen numerous examples that indicate proper hydration can improve athletic performance,Â– said Ralph Reiff, Director, St. Vincent Hospitals Sports Medicine and Sports Performance Center in Indianapolis. Â– I think many athletes and sports medicine professionals are aware of the importance of hydration in sports performance and are interested in methods that help athletes stay properly hydrated.Â–

Rapkin expects professional athletic teams, as well as college and high school teams to be among the early adopters of HydraTrend® because coaches and athletic trainers will want to monitor the hydration status of athletes.

Â– The HydraTrend® method of testing urine for hydration has advantages over current methods,Â– Rapkin said. Until now, some athletic trainers or coaches used a laboratory instrument such as a hydrometer or refractometer to check hydration, he said.

Â– We think the portability, speed, ease of use and accuracy of HydraTrend® test strips will be attractive to users,Â– said Rapkin.

Each HydraTrend® kit contains 50 test strips, complete instructions, a sample collection container, a color chart for reading results, quality control materials, and a card for recording results.

Contact Information
Alice Irvan
AIRVANCONSULTING
http://www.uridynamics.com
317-508-7924

Online Web 2.0 Version
You can read the online version of this press release here.