

# Mobile laboratory

*Urea, creatine kinase (CK) and uric acid are the three most important blood parameters besides lactate which are applied in high performance sport for training management.*

While lactate measurement serves the regulation of the training intensity, urea measurement permits the evaluation of the training scale and helps to avoid overtraining in endurance sport.

In contrast, elevated CK values are a sign for an excessive demand or rather for an unfamiliar stress of several groups of muscles. The parameter is responsive to every kind of muscular impulse and is likewise important for the speediness and endurance training. Another parameter, which may be used for controlling the regeneration, has recently produced increasing interest: uric acid.

All mentioned parameters, except for CK, can be determined from capillary blood with the Vario photometer DP 300, the all-purpose mobile small-sized photometer from Diaglobal.

## Collect samples and control later

A new developed mobile small-sized device is now available for the CK measurement. The measurements of the mentioned parameters may be conducted both as single and serial measurements (n=20 and n=6 respectively). The mobile laboratory with the Vario photometer results proper for field tests (lactate) as well as for physical examinations in training camps. Sampling and measurement can be scheduled separately, i. e. at first the samples are collected and become measured later on. The measurement values remain recorded in the device.

## Measure portably urea and CK

For the measurement of urea, uric acid and CK a mini-centrifuge is additionally needed, which can be found together with the measurement device in a handy carrier case. The CK measurement also requires a small dry thermostat which meets the requirements of a mobile laboratory as well.



## Ready-to-use tests

- Lactate
- CK
- Glucose
- Urea
- Uric acid
- Protein
- Haemoglobin
- Cholesterol
- HDL-Cholesterol
- LDL-Cholesterol
- Triglycerides
- Iron
- Haematocrit
- etc.

