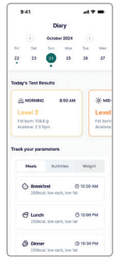
Train your exhalation: Insert the mouthpiece, open the app, and start Training Mode under *Settings*. Keep the displayed ball inside the dashed circle throughout your exhalation.

Determine your lung volume: Insert the mouthpiece, open the app, and start the Lung Volume Test under *Settings*. Take a deep breath, then exhale evenly for as long as possible. The device will calculate and save your lung volume.

Measurement: Insert the mouthpiece, open the app, select *Measure*, and follow the instructions.

Measurement failed? Check your exhalation pressure and keep the ball inside the dashed circle. If it's difficult, practice in Training Mode.

Alivion Core App



Using your Diary: Track your nutrition, activity, and weight in the app's Diary section. This helps you understand your fat burn and build a sustainable lifestyle for your weight and fitness goals.

Service and maintenance

Device calibration: Calibrate your device every 14 days using Nutrion™ calibration standards for accurate measurements. After a long pause, calibrate before the next measurement. The calibration status is shown on the display. Without calibration, results may be less accurate.

Connection status: The connection icon indicates whether your device is connected to the App.

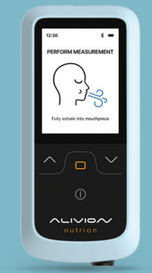
Battery status: The battery icon on the device shows the current charge level.

Low battery warning: Charge the device using the supplied USB cable and charger.

Device cleaning: Wipe the device with a dry or slightly damp cloth. Do not use alcohol or chemicals. Avoid running water and keep water away from openings and the USB port.

Disposal: At the end of its life, do not dispose of this product as regular waste. Instead, dispose of it at a disposal point for the recycling of electronic devices

ALiViON



Welcome to Alivion!

We're thrilled to have you as part of our community. Our mission is to help you sustainably activate your fat metabolism to support a healthier lifestyle. Follow the steps below to set up your Nutrion™ device and get started on your journey to well-being.

Find out more on alivion.ch:
User Manual, Service & Support

Alivion AG Flughofstrasse 42 8152 Glattbrugg Switzerland
+41 41 511 46 71 service@alivion.ch

Create an Alivion account

You have either purchased a Nutrion™ device or received one on loan from an organization. An Alivion account has been created for you. Before using Nutrion™, locate the login link sent to your email and verify your account. Please note that Nutrion™ cannot be used without verifying your Alivion account.

Getting started

Insert the filter and charge the battery: Take the orange filter out of its packaging and insert it into the opening at the back of the device. Push it in until you hear an audible click, indicating it is securely in place. Connect the device to the included USB cable and charger to begin charging.

Install the Alivion Core App: Get the app from the App Store or Google Play Store. Nutrion™ cannot be used without it.

Alivion Core App for iOS

Download on the App Store

Alivion Core App for Android

GET IT ON Google Play

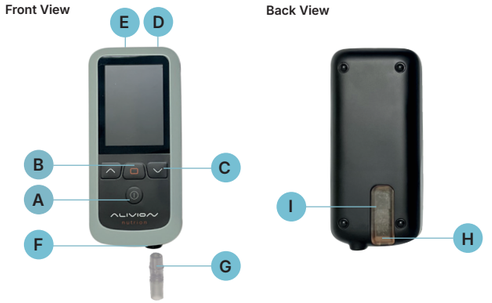
Alivion Account verified, and App installed? Connect your Nutrion™ with the Alivion Core App

- **Turn on your Nutrion™ device** by pressing the power button for 4 seconds. Note: the device might take up to 5 minutes to get ready**.**
- **Activate Bluetooth on your smartphone,** then open the Alivion Core App. Go to *Settings*, then *Connected devices*, and tap *Confirm*. Select your device from the list and tap *Add Device*.
- **Select your Nutrion™** on the displayed device list in the App by selecting *Connect*.

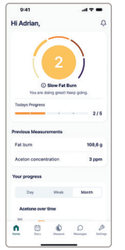
During exhalation, ensure that no moisture enters the air inlet of the device, as this can cause damage to the device.

To ensure accurate results, avoid consuming beverages such as coffee or juice, eating, smoking, or brushing your teeth (including using mouthwash) within 15 minutes before the measurement. If you have consumed alcohol, wait at least 10 hours to allow it to fully leave your system. After exercising, wait for 2 minutes before taking a measurement for the most accurate readings.

Guidance



A	Power button On / Off	Press and hold the button for 4 seconds
B	Confirmation button	Confirm selection
C	Scroll buttons	Browse in list
D	USB port	USB port for charging and software updates
E	Air outlet	Do not block airflow
F	Air inlet	Plug in Mouthpiece
G	Mouthpiece	
H	Filter connection	Insert the filter here.
I	Filter	



Reading your results: Find your measurement results in the Home section of the App. They are dispalyed as acetone concentration (ppm) and fat burn (g) on a 1–5 scale for an easy overview. Note: Fat burn can not be displayed on a ketogenic diet.

Level Guide

Please note that the levels displayed below only represent your fat burn/ketosis level at the time of measurement.

Fat Burn

Level	ppm range	Description
1	0-1.9	No fat burn
2	2.0-3.9	Slow fat burn
3	4.0-5.9	Moderate fat burn
4	6.0-7.9	Fast fat burn
5	8.0-10.0	Unsustainable fat burn

Ketosis

Level	ppm range	Description
1	0-2	No ketosis
2	2.1-3.9	Trace ketosis
3	4.0-6.5	Mild ketosis
4	6.6-9.4	Proper ketosis
5	9.5-40.0	Optimal ketosis