

Tips for Success:

Store Biosense in the protective storage pouch when not in use. Be sure to keep Biosense away from solvents such as:

- hand sanitizer
- cleaning solution
- nail polish remover
- perfume

Wait 60 minutes to use Biosense after eating, smoking, vaping, drinking flavored beverages, or using products such as:

- toothpaste
- mouthwash
- cough drops
- breath mints
- chewing gum
- lip balm
- artificial sweeteners


After consuming alcohol, wait until the next day to use Biosense.


Frequently Asked Questions: mybiosense.com/faq


Questions? Email us at support@mybiosense.com

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Breath Ketone Monitor



Quick Start Guide


The first time you use Biosense, and later if Biosense loses power, you will be prompted to pair to the mobile app to set the device clock.



If you choose to use Biosense without the app, press  to skip pairing. If you skip pairing, Biosense will prompt you to set the device clock manually.

For directions to pair to the app, visit: mybiosense.com/pairing

How to take a measurement:

To wake up, press and hold the  button until the logo appears, then release the button.



Press START  to begin a measurement.



After a normal inhale, place your lips around the mouthpiece and exhale with steady medium force.



Biosense will take up to 300 seconds to warm up.



Biosense will make final preparations.



You will feel Biosense start to vibrate near the end of your breath. Continue blowing until vibrating stops.



Biosense will take about 15 seconds to analyze your breath sample.