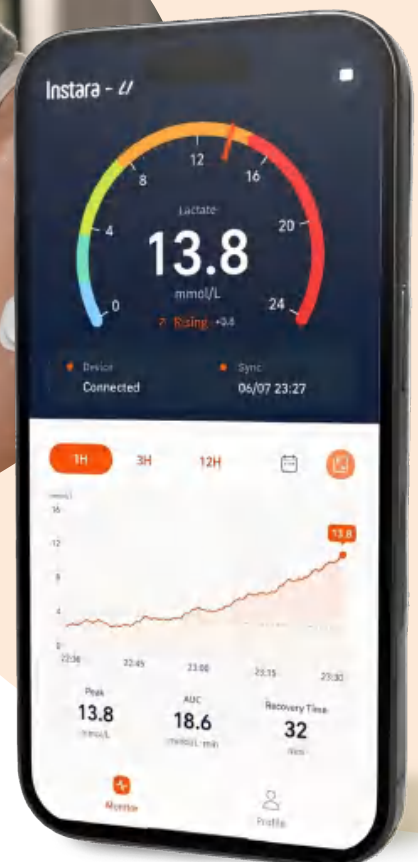


Instara™ - L1

7-Day Continuous Lactate Monitor System

Redefining Lactate Monitoring



7-Day

Continuous Monitoring



1 min

One Data Point per Minute



AUC and Recovery Time Monitoring



Instara™ - L1
Lactate Monitor

Continuous Lactate Monitoring
/Breakthrough Tool For Sports Science

Lactate, Live



Train by Lactate
Perform at Your Best

Train in the right zone — Identify when intensity moves through aerobic and threshold ranges

Know when to push — See lactate accumulation in real time rather than relying only on heart rate or perceived exertion.

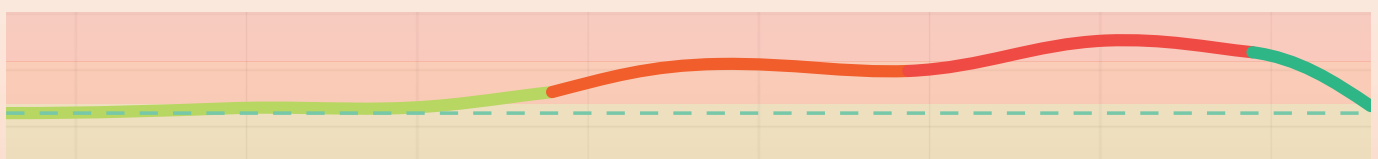
Optimize intervals — Understand how quickly lactate rises during hard efforts and clears during recovery.

Personalize training — Establish an individual lactate profile and track changes as fitness improves.

Improve recovery — Monitor lactate clearance after intense exercise.

Avoid overtraining — Potentially identify when the body's response to a given workload is changing.

Turn physiology into actionable data — Connect workload, heart rate, and lactate to understand what is actually happening inside the body.



— Base — Rising — High — Recovery

Instara™ - // App

Continuous Lactate, Continuous Insight

- **Real-Time Value**

Current lactate reading and trend.

- **Device & Sync**

Device ID and last sync time visible.

- **1H / 3H / 12H**

Different Time window Displays to Choose.

- **Peak**

Show peak maximum in selected time window.

- **AUC**

Display overall lactate exposure across a selected period.

- **Recovery Time**

Know your time required to return to a defined reference range.



About

Instara™ - L1 CLM

BUILT FOR EFFORTLESS USE



1



Pair with
your phone
or smart
watch

2



View
continuous
lactate
display on
your device

2



Review and
analyze

Download Now

Q Instara-L1



Download on the
App Store



GET IT ON
Google Play



Product Name:

Instara-L1 7-Day Continuous Lactate
Monitor System



Category:

Scientific instrument

Warm-up time: 15 minutes

Wear time: Up to 7 days

Data transmission interval:

Every minute



Measurement:

Lactate trend (mmol/L)



Time Windows:

1H, 3H and 12H

Analysis Metrics:

Peak, AUC and Recovery Time

Intended Use:

Sports science

CERTIFICATE:



ABOUT TELJANE:

Website: www.teljane-instara.com

Email: marketing@teljane.com

From a single reading to a complete lactate curve.