

5 Portable health devices that you can use on the go

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Nowadays people are always on the go and too busy to spend time on health issues, which is increasing the demand for portable health devices. These handheld devices can help keep your healthy routine and ease your conditions when you are out. Check out some of these worth-purchasing health gadgets.



SteriPEN UV water purifier

It is a perfect handheld device to purify water while hiking or travelling. It is basically a small pen-like electronic device that can purify half a litre or a full litre of water at a time with its ultraviolet light. Just submerge the light wand end into the water and wait for one minute or until the light turns off and flashes green. If it flashes red, then you need to repeat the dose.

Verilux CleanWave UV-C portable sanitising travel wands

The ultraviolet-C (UVC) light emitted by UV-C Portable Sanitising Wands has germicidal abilities to kill 99.9% of viruses and bacteria found on the common surfaces. Just hold this travel wand over an item or surface, such as a doorknob, seat, toilet seat, table, phone, etc. for 30 to 60 seconds. This handheld device is rechargeable and a reasonable alternative to using chemicals to disinfect the surfaces.



LARQ self-cleaning bottles

LARQ has an exceptional feature than all other reusable bottles and that is to purify water itself. This self-cleaning bottle uses powerful UV-C LED technology, which intelligently activates in every 2 hours to eliminate harmful microbes. The process of purification takes only 60 seconds in this bottle. LARQ is water-proof and it can work up to a month on a full charge.



GLO brilliant teeth whitening device

This innovative teeth whitening device combines professional elements of heat and blue LED light to provide faster and visible results without sensitivity. It requires four 8-minute application sessions daily which makes your teeth up to 5 shades whiter in just 5 days. All the required things such as mouthpiece and case, lip care balm and 10 G-Vials of the whitening gel are included in this whitening kit.



ScanWatch: health-oriented hybrid smartwatch

ScanWatch is the most advanced fitness and the first hybrid smartwatch to date. It continuously scans vital parameters that help monitor respiratory and heart health and improve overall fitness. It can track heartbeat irregularities, measure blood oxygen saturation during sleep, and keep track of your daily steps or activities. ScanWatch boasts a 30-day battery life.

Note that you can order these through e-commerce sites or online retailers who deliver in Bangladesh.