

Instruction for Saliva Ovulation Microscope

What is an Ovulation Microscope?

An ovulation microscope monitors and predicts fertility by detecting hormone changes that occur prior to and during ovulation. When a woman approaches her date of ovulation, she experiences a gradual increase in the hormone estrogen. This “estrogen surge” facilitates an increase of salinity in her saliva, which in turn produces qualitative changes in the structure of her saliva – the formation of distinct crystalline patterns often referred to as “ferns” or “ferming” – that can be viewed through an ovulation microscope.

Ovulation microscope is an easy-to-use, saliva-based ovulation test that allows you to predict ovulation with 98% accuracy – days in advance. It works by allowing you to identify your “estrogen surge”, the characteristic surge in estrogen that occurs before you ovulate. Ideal for women with both regular or irregular menstrual cycles, **Ovulation microscope** offers you a natural and affordable way to increase your chances of conception. And because the estrogen surge typically precedes the luteinizing hormone surge (luteinizing hormone is the hormone detected by urine-based ovulation tests), **ovulation microscope** provides you with **greater advance notice of when you’ll ovulate** – giving you a greater opportunity each cycle to conceive.

How It Works

*"When it comes to trying-to-conceive a baby, accurately predicting ovulation - your most fertile time of month - is the key to success. And with **Ovulation microscope**, you have the **first ovulation microscope at an affordable price.**"*



With the ovulation microscope, determining your most fertile time of month is just a focus away. No more expensive, messy urine ovulation tests and no more guesswork - even for women with irregular cycles. **Ovulation microscope** is a **100% safe, natural, and accurate** aid to conception - and it's the **most affordable** saliva fertility monitor available. All-natural, hygienic, and effortless to use, **Ovulation microscope** is also backed by clinical research. For women who are trying to conceive, ovulation

microscopes are 98% accurate in pinpointing ovulation. Ideal for women with both regular or irregular menstrual cycles, Ovulation Microscope offers you a natural and affordable way to increase your chances of conception!

"For **Quality, Convenience and Price**, **Ovulation Microscope** is the **ideal** personal ovulation microscope.
- **Accurate, reusable, and affordable**

Quality	Convenience
<ul style="list-style-type: none">• High Quality 50x focusable lens.• Durable metal housing.• Clear, easy-to-read results.• 98% accuracy based on research.• Reusable for Unlimited tests.• Includes long-lasting, replaceable battery.	<ul style="list-style-type: none">• No messes, no chemicals• Discreet: Looks like a lipstick case.• No awkward urine LH testing.• Testing takes just 5 minutes.• All-natural, hygienic, and safe.

Ovulation Microscope Advantages

It is a **re-usable** ovulation predictor test, meaning you receive unlimited tests in one high-quality, low-cost personal ovulation microscope. And it is the **doctor-approved** fertility prediction solution. With the personal ovulation microscope, you also receive:

- **Quality:** A sturdy metal body & quality lens means reliability and long life!
- **Clarity:** A powerful 50X magnification lens for 98% accuracy* and ease-of-use.
- **Discretion:** it looks like an attractive lipstick case!
- **Convenience:** Test anytime and anywhere. Results in just five minutes.
- **Affordability:** Other brands of saliva fertility tests offer lesser quality at twice the cost...

Instructions

Introduction

It is a personal ovulation microscope that allows you to predict ovulation – your most fertile time of the month to conceive - with 98% accuracy.

When a woman is about to ovulate, her saliva begins to form a distinct crystal, fern-like pattern due to an increase in hormone levels – as seen through microscope. This “ferming” pattern begins to appear around 3 to 5 days prior to ovulation, allowing you to predict peak fertility.

Using Ovulation Microscope

With **Ovulation Microscope**, **PULL** the lens from the tube and just add a drop of saliva. Let the sample dry. In about five minutes, view the sample through the microscope. Press the LED light button and focus by turning the eyepiece of the microscope. If you are ovulating - or about to ovulate - a ferning, crystal-like pattern can be viewed. **NOTE:** Test first thing in the morning using a sublingual saliva sample (fresh from below the tongue). Do **not** test after eating, drinking, smoking, or brushing teeth.

Step One 1

Carefully remove the lens by pulling it out of the casing. **Pull the lens - do not unscrew.**



Step Two 2

Place a drop of saliva on the surface of the lens. Try to avoid creating air bubbles.



Step Three 3

Allow the saliva sample to dry for at least five minutes and replace the lens into the body of the microscope.



Step Four 4

Look into the lens and push the light button to observe the test result. To focus, rotate the lens while bringing it close to the eye.



Interpreting Test Results

With **ovulation microscope**, just add a drop of saliva to the lens and let the sample dry. In five minutes, view the sample through the microscope. Press the LED light button and focus by turning the eyepiece of the microscope. If you are ovulating - or about to ovulate - a ferning, crystal-like pattern can be viewed



Not Fertile: Simple dot patterns and lines indicate no ovulation. You are not fertile at this time.

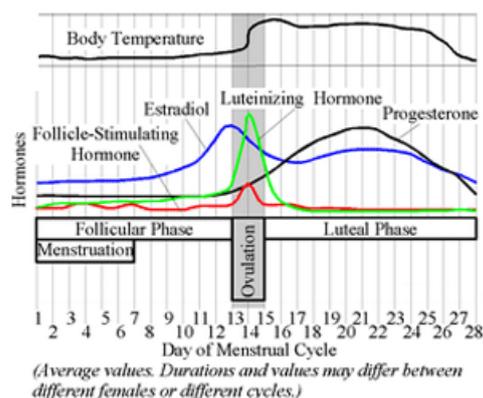
Transitional: Small ferning patterns – or crystal forms - appear among the spots and lines. Ovulation may occur in 3-4 days. At this time, conception is possible, though not yet likely

Fertile: Strong ferning – or crystal – patterns dominate the sample. Ovulation is about to occur or already occurring. At this time, conception is likely. This is your most fertile time of the month. Conception is possible from between 5 days before to 24 hours after ovulation

For best results, test on a daily basis, preferably first thing in the morning before eating, drinking or brushing your teeth. Track each day's results on a calendar or fertility chart. When you begin to see a ferning pattern, the onset of ovulation is approaching. This is the beginning of your most fertile time to conceive

Understanding How to Work

The science behind **ovulation microscope** is really quite simple in principle. As you approach the time of the month when you are most fertile, the level of the hormone estrogen increases in your body (see the *blue line* below). As the estrogen surge intensifies, so does the concentration of electrolytes (salinity) in your saliva. This is the cause of the crystal ferning patterns that indicate that you may be about to ovulate. By detecting changes in electrolytes in saliva - which are caused by an increase of the hormone estrogen - you can learn when you are most likely to conceive a baby!



The **Blue Line** represents the hormone **estrogen** that increases in your body before you ovulate - and causes the ferning patterns viewable in dry saliva samples. As the blue line rises, indicating an estrogen surge, so increases the intensity of ferning patterns, indicating that ovulation is about to take place - or is already taking place.

Notice how the blue line increases earlier than the green line? The green line is LH - or luteinizing hormone. Lh ovulation (urine) tests tell you when you are going to ovulate just a day

or two before ovulation happens. **Ovulation Microscope** can alert you to when you will ovulate up to several days before peak fertility!

FAQ

Trying to Conceive? Then increase your odds of becoming pregnant by pinpointing your most fertile days of the month - the handful of days prior to and during ovulation

Questions and Answers about Ovulation Microscopes: FAQ

How does Ovulation Microscope work?



Ovulation Microscope detects hormone changes that occur prior to and during ovulation. As estrogen increases, "ferning" or crystal patterns can be viewed in dried samples of saliva (due to elevated quantities of electrolytes that will appear in your saliva). These ferning patterns indicate that ovulation is about to take place. The duration of a woman's fertile period is typically around six days, ending 24 hours after ovulation takes place. Unlike urine LH tests, **Ovulation Microscope** allows you to track fertility and your cycle changes throughout your entire menstrual cycle. When you observe a **positive** result (crystal/ferning patterns), ovulation is likely to occur within 24 to 72 hours.

Tip #1: When applying a saliva sample, remember to PULL the lens from the microscope - do not unscrew.

When do I test with Ovulation Microscope?

Test on a daily basis and record results on a fertility chart or calendar. Test first thing in the morning - but never after eating, drinking, or brushing your teeth. These activities may interfere with results. If you test later in the day, try to wait at least two to three hours after eating or drinking.

Is Ovulation Microscope accurate?

When instructions are followed, determining fertility through ovulation microscopy has been shown to be 98% accurate. **Ovulation microscope** meets or exceeds all ovulation microscopy quality standards.

Tip #2: Avoid brushing teeth, eating, or drinking for several hours before collecting a sample. A sublingual saliva sample, collected from below the tongue will provide the best results! To apply a saliva sample, swirl fresh saliva to the tip of your tongue and dab on the lens. Alternately, use a clean dry finger or soft applicator to collect and apply the saliva sample.

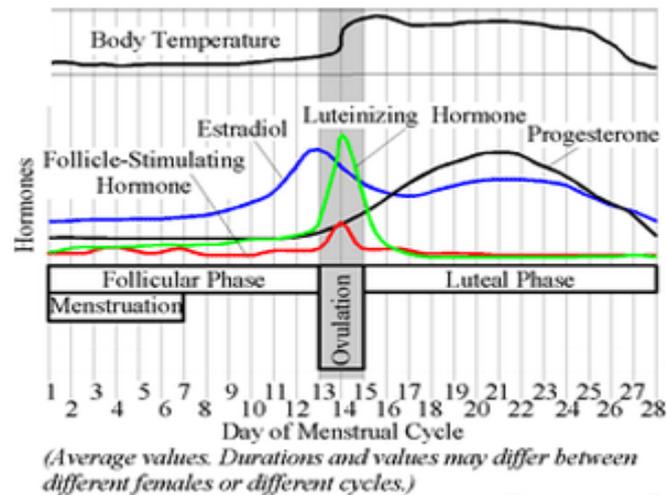
How do I clean Ovulation Microscope?

To clean the glass slide or lens, simply use a damp, non-abrasive cloth (no soaps or cleanser).

What is an "estrogen surge" or "estrogen spike"?

While estrogen is present in your body throughout your cycle, just prior to ovulation you may have an "estrogen surge" - a marked increase in the presence of estrogen. The increase of estrogen facilitates the ferning patterns in your saliva. An estrogen surge or ovulation may not occur in all cycles for all women. Intensity and duration of the surge may vary among women. Using average menstrual cycle values, the chart below shows the increase of

estrogen during the early part of the cycle - up to and during ovulation. The blue line (estradiol) represents the primary estrogen hormone. Note how the gradual increase of the blue line / estrogen allows for you to predict ovulation earlier than with LH urine tests that use luteinizing hormone



What kind of ferning pattern "schedule" or result timeline can I expect?

For most women, results patterns will conform to the following general schedule, though variables like cycle length and intensity/duration of estrogen surge may influence results. As a general guideline, this is what you can expect to see. Notice how the timeline matches the graph below!

- ◆ **Follicular Phase:** Early part of your cycle (Negative Result): Low Estrogen Levels. You'll See Dots, bubbles, and lines. You are not likely fertile.
- ◆ **0-2 Days (Transitional):** Increasing Estrogen. You'll see incipient ferning patterns, light ferning at margins of result. You are approaching your most fertile time.
- ◆ **2-4 Days (Positive):** Estrogen Surge: You'll see strong ferning patterns: You are at peak fertility.
- ◆ **0-2 Days (Transitional):** Decreasing Estrogen. You'll see diminishing ferning patterns, light ferning at margins of result.
- ◆ **Remaining luteal phase** following Ovulation (Negative Result): Low Estrogen Levels. You'll See Dots, bubbles, and lines.

Are ferning patterns observable at other times in my cycle?

A second second estrogen surge may occur right at the end of your cycle. By monitoring cycle length, and keeping daily results, the second surge should not be confounded with the estrogen surge preceding ovulation. Also, as different women produce differing levels of estrogen, ferning patterns may vary a bit in appearance and duration.

Can Ovulation Microscopes be used as a contraceptive device?

Ovulation microscopes should not be used as a contraceptive device.

How do I apply a saliva sample?

For best results, collect a sublingual saliva sample as saliva glands are located below the tongue. Pull (do not unscrew) the lens from the housing. Collect a dab of saliva and place it on the surface of the lens. Try to avoid making bubbles and allow the sample to dry for at least five minutes before attempting to read results.

Will Clomid interfere with test results?

Clomid will not interfere with **Ovulation Microscope** results, though it may intensify the appearance and duration of ferning. If you are taking Clomid, consult your physician for details.

Can I use Ovulation Microscope if my cycle is irregular?

Yes, **Ovulation microscope** can be used by women with both regular and irregular cycles.

What are some tips for optimizing results?

Do not eat, drink, smoke, or brush teeth for at least 2-3 hours before taking the test. Apply sublingual saliva sample to the exterior lens (pull the lens from the housing/do not unscrew lens). Always allow the saliva sample to dry, avoid air bubbles in the sample and Focus by turning the focalizable lens (remove eye-glasses).

What can interfere with results?

Pregnancy, menopause, or hormonal imbalance, supplemental estrogen, and recent discontinuation of birth control medication may interfere with results. In continued absence of any ferning, your body may not be producing sufficient estrogen. Consult your physician

Attachment: Fertility Chart.

