

1. Intend Use :

Fore Health Saliva Ovulation Microscope (FHN-002) that helps you predict your most fertile days and the ideal time to conceive.

2. Detection principle :

When the ovulation period is approaching, the concentration of estrogen in blood will rise, and estrogen will increase the concentration of sodium and chlorine in saliva to produce fern shaped crystals to judge whether ovulation is occurring.

3. Contents :

- 1 x Fore Health Saliva Ovulation Microscope
- 15 x Plastic slides
- 1 x Battery (CR1220)

4. Item Weight :

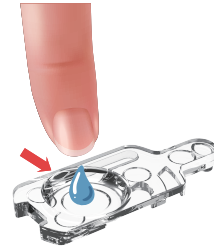
22 g (include battery)

5. Caution and Note :

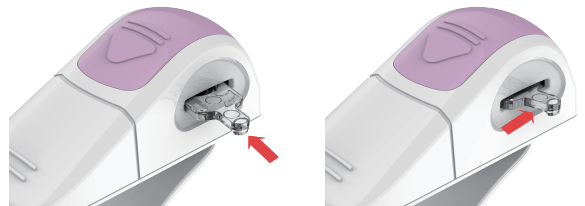
- 5.1 Please consult your Physician before making any important decisions. The long-term negative result requires confirmation through other means or consultation with a doctor.
- 5.2 Best time to use device right after you wake up in the morning before brushing teeth and eating breakfast.
- 5.3 Do not eat, drink, smoke, or brush your teeth before using the device.
- 5.4 Do not expect accurate saliva test results if the subject has oral inflammation.
- 5.5 Do not spread saliva back and forth on the plastic slide to avoid affecting the clarity of images.
- 5.6 Do not apply saliva unevenly or allow saliva bubbles, as it may affect the result.
- 5.7 If the image can not be seen on your smartphone's screen, adjust position or reduce the exposure value (EV) of your camera to get a clear view.
- 5.8 Do not use device if you are taking hormone medicine.
- 5.9 Do not use device during menstrual period, pregnancy or breast feeding.
- 5.10 Do not share the slide with others to avoid transmitting diseases, it also may affect the image.
- 5.11 Wash mouth before using after each meal.
- 5.12 When it is difficult to observe the image, wait for longer time to get it dry.
- 5.13 Do not subject the device to heavy falls.
- 5.14 The accuracy of prediction will be higher by collecting data of more than 2 to 3 months to observe and compare the differences in individual menstrual cycles.
- 5.15 Please use saliva as the specimen for this device, other specimens are not suitable.
- 5.16 Record one cycle of your ovulation period to get familiar with your crystal images.

• How to Operate

1. Rinsing your mouth with water and wait for 5-10 minutes before testing.
2. Avoid having saliva bubbles on the slide, drip a drop of saliva on the tip of your tongue or under your tongue with your finger, and then apply it on the slide (concave side up, convex side down).
3. Waiting 5-15 minutes to make the saliva get dry.

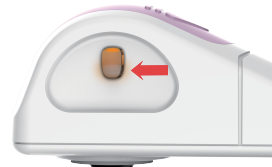


4. Insert the slide with the concave side up into FHN-002 and gently push it forward to secure the slide in the FHN-002.

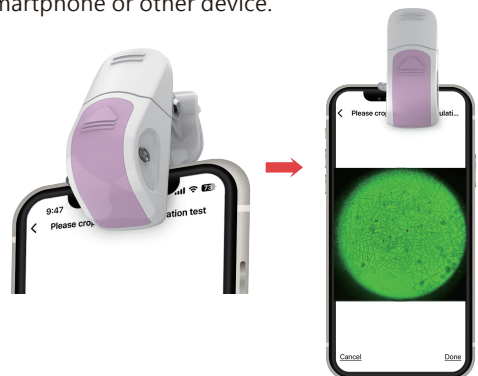


(The slide is inserted into FHN-002 from a 45° angle to the left front)

5. Press the power on the side (lighting indicates the device is turned on).



6. Attach the FHN-002 to the front or rear camera of your smartphone or other device.

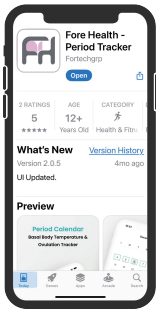


7. Focus on the recognition section and take photo.
8. Press the power on the side to turn off the FHN-002, or it will automatically shut down after two minutes.



• Setting Up Smartphone for Record

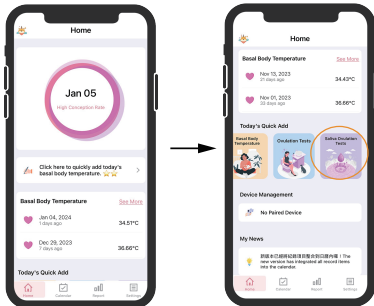
1. Please download the APP "Fore Health" on your phone/device, and apply it.



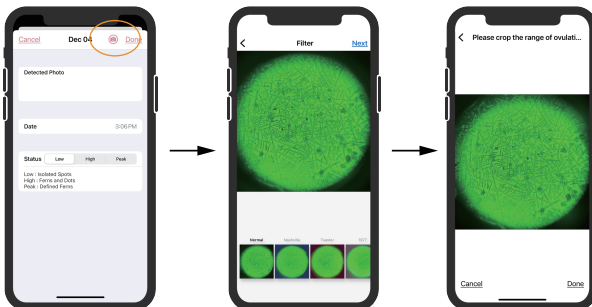
Please Refer to the Official Website for APP Download and Instruction Video



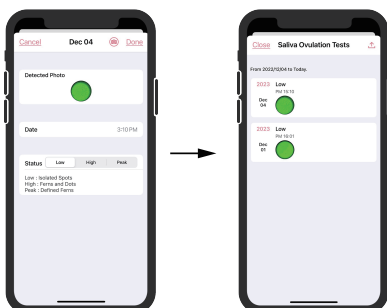
2. Find and click the option of "Saliva Ovulation" in the main page to add the photo.



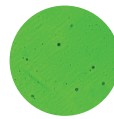
3. Click the "Camera" option to use existing photos on device or take a new photo.
4. Click the "Next" after confirming photo, and choosing the color of filter with corresponding option.
5. Then click "Next" to capture the photo area.



6. Click "Finish" to record photo. And there are three status for reference: Low, High, and Peak. Choose the appropriate status that matches the test result according to guidance on app.
7. After confirming status, click "Done" to save result in the app.

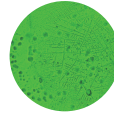


• Analysis



Low: Non-Fertile Stage

During this period, there are some isolated spots.



High: Transition Period

During this period, some fern-shape crystals & spots



Peak: Most Fertile Stage

During this period, some fern-shape crystals

• How to Clean and How to Disinfect

Wipe off the saliva crystals lightly with lens cloth or alcohol cotton pad, let slide dry before storing it.

• How to Replace the Battery

1. Push the top battery cover to open it.(Fig. 1)
2. Remove the used battery by finger or any pointed object but not sharp metal. (Fig. 2)
3. Place the battery on the two side clips, then push it downward, ensuring that the positive terminal is facing upward. Make sure the battery is securely placed in the correct position (Fig. 3)
4. Close the battery cover until it locks securely.

