



THE AT-HOME
Progesterone Test

So... what's progesterone, and why is it so important?

Progesterone is the hormone released from the ovary after ovulation, and is required to prepare the uterus to receive an embryo.

In order for the uterus to be receptive to the embryo and allow for implantation, progesterone must be sustained at high levels when the embryo reaches the uterus— typically 7-10 days after ovulation (AKA the implantation window). Low progesterone levels can indicate problems with ovulation or poor functioning of the ovaries, making conception difficult.

Proof works by detecting the amount of pregnanediol glucuronide (PdG) in urine, and allows for daily progesterone testing during the implantation window.

Symptoms of low progesterone include:

- Infertility
- Miscarriage
- Irregular menstrual cycles
- Heavy period and/or spotting before or after your period
- PMS
- Cyclic headaches

Testing Best Practices

Progesterone and PdG are low in the beginning of a woman's cycle and increase after ovulation, so it's best to Proof on days 7-10 after suspected ovulation/peak fertility. This is when levels need to be highest in order to support conception. Your peak fertility date should be monitored via your method of choice— LH testing (LH), cervical mucus (CM), or basal body temperature (BBT), not included. Also, keep in mind that progesterone levels can vary from woman to woman, and even from one cycle to another, so Proving each cycle is important.

Step 1: Baseline Test When Period Ends

When you first use Proof, take one test the day after your period ends. Expect this test result to be negative, as this provides an important hormone baseline result to which you can compare your future results. It'll come in handy, we promise!

Pro tip 1: Be sure to always use first morning urine, after a 6-hour hold.

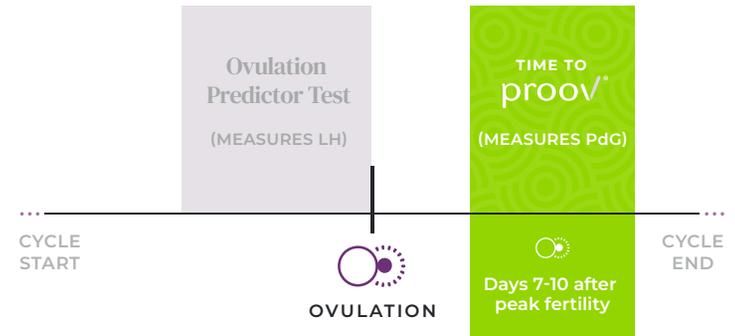
Pro tip 2: Snap a pic of your Proof results 5-10 minutes after dip (when results are accurate). It's also helpful to record results on the chart below, with a "Negative" or "Positive" indicating your result that day.

Step 2: Track Peak Fertility

Begin testing for ovulation with your method of choice: LH tests, cervical mucus, and/or basal body temperature. Record peak fertility date in the chart below.

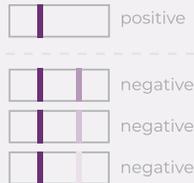
Step 3: Time to Proof

Test with Proof on days 7, 8, 9, and 10 after your peak fertility date (4 tests total). Record each day's test results on the chart below. Do be sure to test on all four days, as your levels can fluctuate from day to day.



Reading Your Results

Negative Proof results are as unique as you are! The darkness of the second line can vary a lot from woman to woman.



As long as the 2nd line is visible, the test is considered negative.

Need help reading your results? Snap a photo and send it to us! We're happy to help. info@proovtest.com

What your results mean

Positive 4 out of 4 days: No sign of low progesterone. Progesterone levels are likely not preventing you from conceiving.

Positive 3 out of 4 days: Progesterone likely not preventing you from conceiving, we suggest testing an additional cycle to make sure.

Positive 0, 1, or 2 out of 4 days: Evidence of low progesterone. Consult your physician on what to do next.

With Proof, you can now test your progesterone at home safely and simply. Proof Test strips clue you in on what's going on inside your body—and more importantly alert you when it's time to see your doctor. Information from this test can help you determine if ovulatory disorders might be preventing you from conceiving.

Test	proof [®] Baseline	LH+ / BBT+ /CM	NOT TEST DAYS	proof [®]	proof [®]	proof [®]	proof [®]
Cycle Day	Day after your period		PEAK +1, +2, +3, +4, +5, +6	PEAK +7	PEAK +8	PEAK +9	PEAK +10
Date							
Result	NEGATIVE						

How to take a Proov test

1: Pee. Collect first morning urine in a clean, dry container. Using urine other than first morning urine can lead to invalid results.

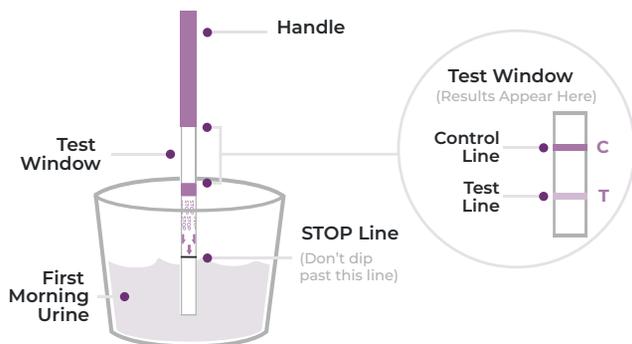
2: Dip. Without going past the STOP line, dip the white end of the strip into the urine sample until you start to see urine going up the test window (**est. 5-10 seconds**). Then, lay the strip flat.

****IMPORTANT: Do not dip the strip past the Stop Line or the test will not work properly.****

3: Wait 5 Minutes. Then, check out your results promptly, because they are only valid between 5-10 minutes after dip.

1 line indicates high levels; 2 lines indicate low levels. (As long as a second line is visible, the test is considered negative.)

****IMPORTANT: Do not read results before 5 minutes or after 10 minutes, as the results may be invalid.****



Precautions

1. Tests are for in vitro diagnostic and external use only. Do not swallow.
2. Discard after use. Test strip cannot be used more than once.
3. Do not use past the expiration date.
4. Do not use if pouch is not sealed properly.
5. Keep out of reach of children.
6. Read all instructions prior to use. Improper usage may lead to invalid results.
7. This product is not for contraceptive use.
8. It is always best to consult a doctor prior to trying to conceive.

Proov® tests are patent-pending, FDA-registered, and manufactured in a cGMP facility for exclusive use by:

MFB Fertility, Inc. 1630A 30th Street PMB 143, Boulder, CO 80301

Reading your results

Positive result: If you see a Control Line but do not see a line in the test area, your test is positive and **PdG levels are high** that day.



Negative result: When two lines appear, the result is negative, indicating that **PdG levels are low**. Note that the test line *can* be much lighter than the control line, so if a second line appears at all, the test is considered negative.



Invalid: Test is invalid if no lines or no Control Line is seen. Please contact us if your test fails.



Limits of this test

Some medications such as hormonal birth control (pills, patches, rings, etc.) and any medication containing natural or synthetic progesterone can affect your results. Consult with your healthcare professional about how this may affect your test result.

If you become pregnant, discontinue Proov and consult your healthcare professional. They are the most qualified to track progesterone levels during pregnancy.

Storage and Stability

1. Store tests at room temperature (39-86°F) in the sealed pouch.
2. Keep away from direct sunlight, moisture, and heat.
3. Do not freeze.
4. Use immediately after opening pouch.
5. Pouch contains a test strip and desiccant. Desiccant is for storage purposes only.
6. Using the test after the expiration date printed on the pouch may provide invalid results.

Questions & Answers

1. Why does Proov measure PdG?

By measuring PdG in daily urine on four consecutive days during the implantation window, Proov allows women to get a more complete picture of ovarian progesterone production than a single blood test.

2. How accurate is Proov?

In lab studies, Proov has been shown to be over 99% accurate at detecting PdG in urine. The sensitivity of Proov is 5 µg/ml of PdG.

3. Why do I need to take a baseline test?

A baseline test helps you understand what a negative test looks like and it is important to know what your PdG levels were before ovulation.

4. Do I need to use first morning urine?

The test is most accurate with first morning urine. First morning urine is defined as the first urine after your longest sleep. Using any other urine could lead to inaccurate results.

5. My test has two lines, that is a positive test... right?

No, 2 pink lines is a negative result, and 1 control line is a positive result. The test line is often lighter than the control line, but it is still a negative result.

6. I have taken these tests as directed and I am not getting positive results, do I have low progesterone?

Proov tests do not replace medical advice. If you are not getting positive results, you should consult your physician and tell them about this information so they can properly diagnose you.

Got Questions/Concerns?

WE'RE HERE FOR YOU!

Visit our website: www.proovtest.com

Send us an email: info@proovtest.com

Call us toll-free: 1-833-PROOV-IT (833-776-6848)
Monday-Friday 9am – 5pm
Mountain Time