

Male Virility Study: Monthly Testing Instructions

Trak Male Fertility Test of Semen Volume and Sperm Count:

- Please be sure to read the **Trak Owner's Guide** included in your Trak Kit before your first test.
- **Do not throw away your Trak Engine.** You will receive refill test kits with future food orders.
- **Abstain from ejaculation 5-6 days (acceptable range is 2-7 days), before testing to ensure test accuracy.** Abstain for the same period of time prior to each of your Trak tests (e.g., if you abstained for 3 days the first time, try to abstain for 3 days before each of the following tests).
- **Don't use lubricants or condoms when collecting your sample.**
- Make sure you collect **the entire semen sample** into the Volume Cup. If you don't collect the entire sample, discard that sample and try again in 2-7 days.
- The white flakes in the Volume Cup are normal and **should not be discarded.** The cup is coated with an enzyme that helps break down sample viscosity during testing.
- Load the included AA batteries into the Trak Engine prior to your first test.

How to test and record your results:

1. Pull out (1) Volume Cup and lid and the contents from (1) white "Trak Accessories" bag.
2. Collect a sample by masturbation into the Volume Cup, place the lid on the cup, and **swirl the cup for at least 15 seconds.**
3. **Wait 30 minutes** for the sample to fully liquefy.
4. After 30 minutes, **take a photo of the Volume Cup** that clearly shows the sample volume (in milliliters). Save photo for upload on your weekly questionnaire.
5. Remove the Trak Prop from the foil pouch, remove the foil seal from the center, and add **one full dropper load** to the Prop. Seal the prop with the orange "Seal Before Spin" sticker.
6. Attach the Prop to the metal Engine rod and close the lid. The Engine will start spinning and will stop automatically after 6-8 minutes.

- When the Engine stops and a green light illuminates, open the Engine lid and **take a photo (within 3 minutes) of the Prop cell counting channel** that clearly shows the white column. Save photo for upload on your weekly questionnaire.
- Used disposables (Prop, cup, and dropper) can be discarded in your regular trash. Store the Engine in the Trak kit box until you test again next month. Batteries can remain in the Engine.
- Record estimated semen volume and sperm count on your questionnaire. Nutrient will review each sample and may adjust the numbers.



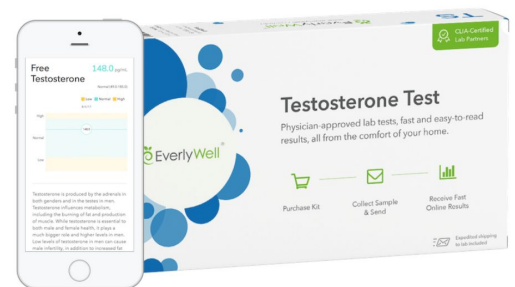
Volume cup

Prop

EveryWell Testosterone Testing:

[Read the instructions contained in the EveryWell kit.](#)

- Register your kit at everlywell.com/register using the Unique Kit ID found inside the kit box. **This is required for our lab to process your results.**
- Collect your saliva sample **within 30 minutes of waking up**. ***Do not** eat or drink, smoke, brush your teeth or chew gum prior to sample collection
- Write your name and collection date on the sticker located on the collection tube.
- Collect enough saliva that the tube is at least 75% full (not including bubbles).
- Place the tube in the prepaid envelope and mail as soon as possible.



Questions? Email Everlywell at support@everlywell.com or call 1-855-422-3855.