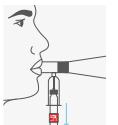
Directions for use



Exhale steadily into the mouthpiece. When you are almost finished exhaling, press the vial firmly into the collection device. The needle in the device will pierce the rubber stopper to direct breath into the vial.



Step 8

Keep blowing for at least 2-3 seconds. Then detach the vial from the collection device and set it aside.



Now drink the milk completely.



Please place all breath specimens in the bubble wrap bag provided. Please seal the envelope carefully and send it immediately by post free of



5 3 hours after drinking

Step 12

Check if the test has been activated and dispose of the used components in the



(+) cerascreen°



Supplier: Breath collection mouthpiece CE, breath collection vials CE: Quintron Instrument Company, Inc., 2208



Lactose Intolerance Test

Your test kit contains



collection vials



1 C€-marked breath collection mouthpiece



1 test-ID card with 5 stickers

IVD In vitro diagnostics

Read the instructions before taking the sample

(2) For single use only



Store at a temperature between 2 °C and 30 °C







1 bubble wrap bag

Manufacturer

Expiration date

C€ Conformité Européenne

LOT Batch number

SKU Item Number

Information and tips

IMPORTANT



The sample should only be taken between Sunday and Tuesday (latest) and sent off on the same day. Please take into account any public holidays.

We can only analyse your sample if you activate your test with the test-ID of your test-ID card! More details on this can be found in step 2+3.

General information

- Read the Instructions for use carefully before you begin and follow the listed steps.
- Do not open the rubber cap on the breath collection vials. This will release the vaccum
- Do not smoke for at least one hour before or during the test.
- Do not exercise immediately before or during the test.
- The samples should be collected before brushing your

- teeth. Please avoid the use of mouthrinses, mouthwashes, chewing gum or other breath refreshments.
- If you have recently taken antibiotics or remedies to relieve constipation, this may influence the result.
- Drink very little water or do not drink it at all during sampling.
- If you have any difficulties collecting the sample or if the kit is incomplete, contact our customer service department, who will treat this matter confidentially.
- The already drilled hole in the breathing bag is needed to perform the test.

Instructions on how to perform the test

- Avoid the foods that most commonly cause flatulence or fibre rich foods 24 hours before taking the test (beans. lentils, cabbage, peas, whole grains, etc.). In addition, foods containing fructose, lactose or sorbitol should be avoided.
- This test requires a 12-hour fast (no food or drink, except water).

 To perform the test, you must take cow's milk (UHT milk) or fresh milk). You cannot use lactose free milk. In addition, it should be kept at room temperature when consumed.

Warnings

- Store this kit out of reach of children.
- The kit may only be used by adults aged 18 and over.
- This breath collection kit is for single personal use only!
- Caution: Sample collection device contains a sharp needle!

If you have any questions, please visit our help website: help.cerascreen.com

Directions for use



Preparation

Please attach the test ID-card coloured stickers to the 5 breath collection vials and put them next to each other.

Please fill a cup with 550 mL

of cow's milk (must be room

temperature).



my.cerascreen.com

Check that all conditions are fulfilled for sample taking. Please read the section "Information and tips" carefully.



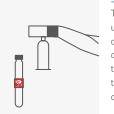
Step 3

To receive your result report. log in via the my cerascreen® app (Android, iOS) or on my.cerascreen.com. Insert your six-digit ID-number according to your test-ID card under 'activate test' and follow the



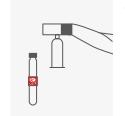
Step 5

Please insert the sample vial with the safety cap into the sampling device. Caution: The needle should NOT pierce the cap at this point!



for further instructions.

If you are a new customer, please create an account at my.cerascreen.com or with the my cerascreen® app. See our FAQs on help.cerascreen.com



Step 4

instructions.

The first breath sample is used as a reference BEFORE drinking milk! Take the sample collection mouthpiece and hold the breath collection vial with the red sticker in the other hand.



Step 6

Hold the mouthpiece and breathe deeply through the nose. Caution: DO NOT remove the rubber stopper. It will open when you follow the instructions in the next step.