

End User Information:

From the Conclusion of a Lay User Study from 2016, "Lay user study showed Maybe Baby mini-microscope for ovulation cycle observation is appropriate to be used as a self-testing device by unskilled lay user in her home environment. Results showed that instructions for use provide all necessary information for correct device usage." -

End User Study on Maybe Baby - <https://www.maybebabytester.com/wp-content/uploads/Maybe-Baby-Mini-microscope-Lay-user-study.pdf>

Medical Information:

Researchers have been observing and studying the phenomenon of ferning in cervical fluid since 1945... Subsequent researchers have studied the ferning of other body fluids, including saliva. In 1969, Dr. Biel Cassals, a Spanish gynecologist, studied the crystallization of saliva. His presentation, to the Barcelona Medical Board was in regard to the relationship between hormonal changes during the female menstrual cycle and the crystallization of saliva, indicating that the ferning saliva is virtually identical in appearance to the arborization effect of cervical fluid.

"Ferning occurs due to the presence of [sodium chloride](#) in mucus under estrogen effect. When high levels of [estrogen](#) are present, just before ovulation, the cervical mucus forms fern-like patterns due to crystallization of sodium chloride on mucus fibers. This pattern is known as arborization or 'ferning'.¹"

- *Patrick Duff, MD (2016). Preterm premature (prelabor) rupture of membranes. In Vanessa A Barss, MD, FACOG (Ed.), uptodate Retrieved from <http://www.uptodate.com/>*

"In 1992, a study involving 300 women from an IVF (in vitro fertilization) program was created at the 2nd Department of Gynaecology and Obstetrics in Brno, Czechoslovakia. Patients were instructed in the use of a hand held microscope to observe salivary ferning." - "This study found a definite correlation between oestrogen activity and crystallization of saliva, between LH curve and crystallization of saliva and between follicular growth and crystallization of saliva. The study classified reliability as "very high level", and claimed that combining the sympto-thermal method with the microscope method resulted in a 99% reliability rate."

- <http://fertilitytracker.com/history-of-saliva-ferning/> - *Final paragraph*

"One can therefore conclude that the assessment of activity of salivary LDH and LAP are reliable in predicting the start of ovulation. Furthermore, saliva is an easily available body fluid, and this can be easy method for the determination of ovulation"

- *Indian Journal of Experimental Biology Vol.27, August 1989, pp. 695-698 'Cyclic changes in salivary lactate dehydrogenase, peroxidase and leucine aminopeptidase during menstrual cycle' <https://www.maybebabytester.com/wp-content/uploads/Cyclic-changes-in-saliva-1.pdf>*