



Quantitative Ovulation Predictor

Premom Quantitative Ovulation Predictor is an integration solution including Premom semi-quantitative LH test and a free Premom Ovulation Calculator app to read LH Level quantitatively by scanning the test result.

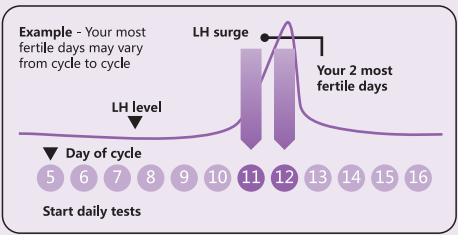
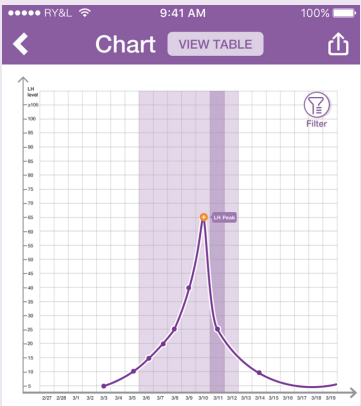
Women’s hormonal patterns vary greatly from one to another. A quantitative LH level reading can help women know the peak, high and low, but also the exact LH level increase to the peak prior to ovulation.

Premom semi-quantitative are performed similar to traditional urine ovulation test. However, unlike traditional ovulation tests indicating a positive or negative result, semi-quantitative ovulation tests give a numerical LH range from 0-80 mIU/mL.

Its bold and clear test line with invariable control line enable the Premom app to read the LH level quantitatively.

When you upload your test results on the Premom app, you will see both a numerical digital reading and a colored label indicator “Low”, “High”, and “Peak.” Also, the app can automatically chart the LH progression, which can be seen in the “Chart” section of the app.

See the following test gallery window and chart.



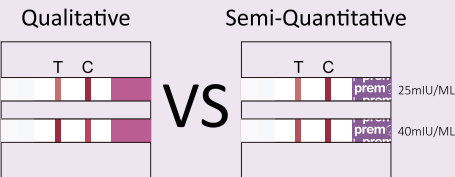
Cycle Length	Day of Cycle to Begin Testing
	Day of Cycle
21 days	days 5
22 days	days 6
23 days	days 7
24 days	days 8
25 days	days 9
26 days	days 10
27 days	days 11
28 days	days 12
29 days	days 13
30 days	days 14
31 days	days 15
32 days	days 16
33 days	days 17
34 days	days 18
35 days	days 19
36 days	days 20
37 days	days 21
38 days	days 22
39 days	days 23
40 days	days 24

Cycle Chart

HOW IT WORKS

The LH in the urine of most women will increase to a peak level right before ovulation occurs. The color intensity of semi-quantitative test lines will change according to an advanced calibration designed by the manufacturer. Unlike the traditional ovulation tests -- in which control test line colors differ according to LH levels -- semi-quantitative test control lines normally will not change. See the example below.

Example:



WHEN TO START TESTING

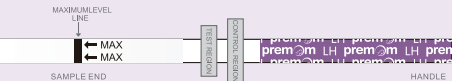
The length of the menstrual cycle is the duration from your first menstrual bleeding day to the day before the next bleeding begins. Determine the length of your menstrual cycle before testing. **Count the first day of bleeding as Cycle Day 1.** Please refer to the chart below to determine when to start testing. If you do not know your cycle length, start testing at Cycle Day 5 until you detect your LH surge.

WHAT IS NEEDED TO COLLECT THE URINE SAMPLE

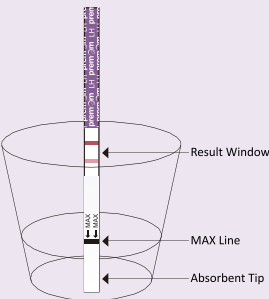
1. A clean, dry, plastic or glass container to collect the urine.
2. Timer (watch, clock, or smartphone).

HOW TO PERFORM THE TEST

When performing the test and immersing the strip in the urine sample, the urine will flow to saturate the testing area. A colored line will appear at the Control Region if the test has been performed properly.



1. Remove the test strip from the sealed pouch.
2. Dip the white absorbent tip of the test into the urine up to the black “MAX” line without passing it. Keep the tip in the urine until the dye rises into the results window. (Estimated time to dip test: 5- 10 seconds)
3. Lay the test strip flat on a clean, dry, and non-absorbent surface.
4. Read the results between 5 and 10 minutes after immersion. **Do not read results after 10 minutes, as they are then invalid.**



HOW TO UPLOAD TEST RESULTS TO THE APP?

You can simply take a photo with your smartphone. Then, whenever you have time, you can upload the test photo. Tap the “Choose from Photo Album” to upload your test result.

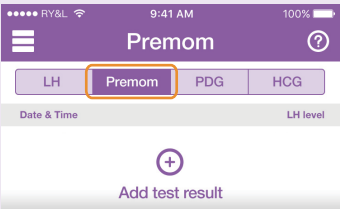


Lightly use two fingers to adjust the image: twist to rotate the image, and drag to zoom in and out.

You can also **take a photo directly through the app**, just tap the “Take photo automatically” or “Take photo manually” to take photos.



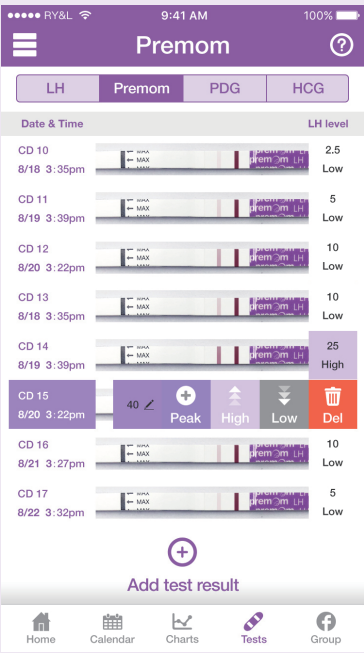
Note: In order not to mix up the results if you are using traditional tests and semi-quantitative tests in the same time, make sure to select" Premom " before you upload/scan the test tests.



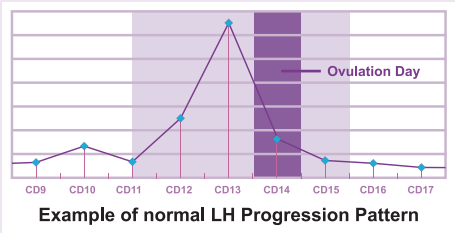
HOW TO READ THE RESULT

Option 1: Quantitative LH Level Reading

The Premom App can read your results automatically. The results are indicated in two ways: the numerical LH level urine range from 2.5-80 mIU/mL and the colored label indicator---for instance, purple represents your peak.



In the case that you want to edit the result, you can do it by clicking “edit” after sliding the record image. You can also click “Charts” in the bottom menu to view your LH progression and its pattern.

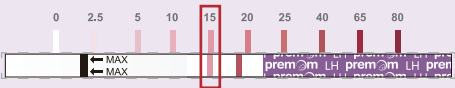


Option 2: Semi Quantitative LH Level Reading

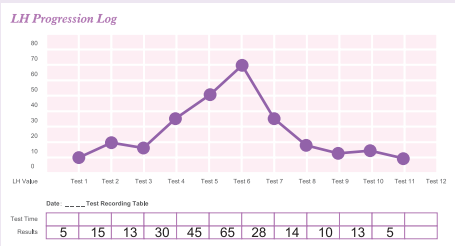
The color chart on the pouch includes a series of pairs of colored lines and numbers. Each colored line on the chart is used for comparison to your test line. The numbers represent the corresponding LH level through advanced calibration, according to the designed testing results. **With this reference chart you can easily estimate the LH level range by comparing your test line to the lines on the pouch reference guide.**

Follow these steps:

1. Lay test in window slot.
2. Compare test line to reference line.



3. Log the estimated corresponding number on the LH Progression Log table included in the instruction manual.



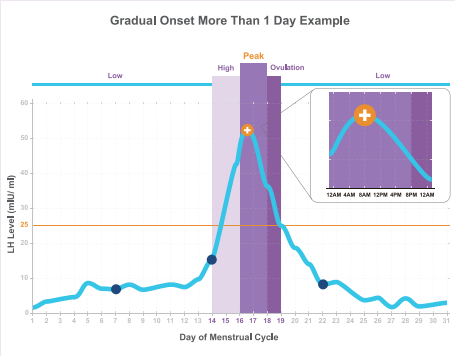
For example, if the test line matches the darkness of the colored line under 15, log "15". If the color is between two consecutive colors (such as 20 and 25), mark the middle number, like 23. See the picture below.



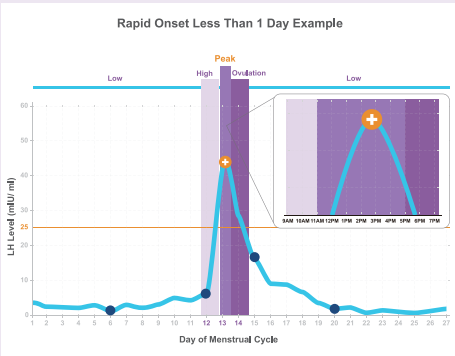
- If no color band appears in the control region, the test result is invalid. Repeat with a new test strip. If the test still fails, please contact us for assistance.

Types of Patterns Found in the LH Progression Chart

1. **Gradual LH Surge:** Women with a gradual surge pattern will have elevated LH levels for 1-6 days



2. **Rapid LH Surge Pattern :** Women with a rapid surge pattern will have elevated LH levels for only a hours to one day. In this case, it is recommended to test at least twice a day as the predicted ovulation day approaches.



***Note:** In either case, gradual onset or rapid onset, the final, darkest test line is your peak.

***Note:** It is recommended to continue testing until your darkest line becomes lighter again (and stays lighter), so that you CONFIRM you have found your peak. The Premom App will adjust your highest test for you peak.

Three main causes of a missed LH peak:

1. Short or rapid LH surge
2. Low LH surge
3. LH surge later than average

Some women's surge levels are below 25 mIU/mL. This is considered "low LH surge." If this is the case for you, your LH peak is still your darkest test line among your results.

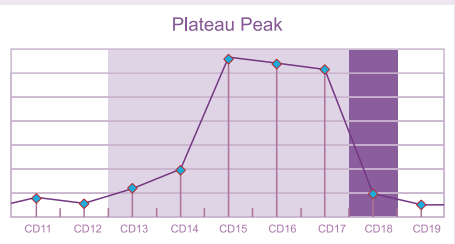
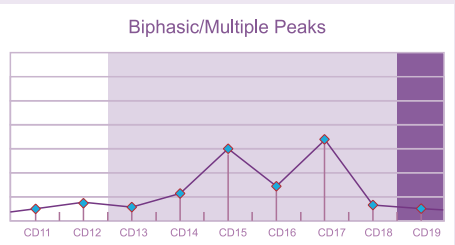
HOW LONG AND HOW OFTEN TO PERFORM THE TEST

For the first cycle, it is suggested to perform the test right after the period ends to find the baseline of the LH progression. Test once a day, or test every other day, if two consecutive numbers are very similar. Or start testing CD 5 if you have an irregular cycle or do not know your cycle length.

After more than one cycle of consecutive testing, you can do less testing and start 3~5 days earlier than the predicted peak day.

***Note:** If your test line is getting darker and you may be closer to ovulation, it is suggested to test more often at this time.

***Note:** Biphasic/multiple peaks and plateaus are possible. Continued testing is important to confirm ovulation did occur.



CONTENTS OF THE TEST KIT

1. Individually sealed Semi-quantitative ovulation tests with color reference chart on each outer pouch.
2. Instruction manual with LH progression log.

3. Desiccant, which is for storage purpose only and is not used in the test procedures.

STORAGE AND STABILITY

1. Store at 39°F to 86°F in the sealed pouch up to the expiration date. DO NOT use after the expiration date.
2. Keep away from direct sunlight, moisture, and heat.
3. DO NOT FREEZE.
4. The test should be used immediately after opening.

QUESTION & ANSWERS

1. **Could I test water or other liquid with ovulation tests?** No, don't test water or any other liquids besides fresh human urine for the test.

2. **Do I need to compare the colors of the T line with the C line?**

No, not for Quantitative Ovulation Predictor Kit.

3. **Can the test result be interpreted after 10 minutes?** It depends. The actual test result itself will be invalid after 10 minutes. However, if you upload the test results picture **within 10 minutes** to the Premom APP and save it, the results can keep valid forever and can be interpreted from the app any time.

4. **Do alcohol or common medications affect the test?** No, but you should consult your physician if you are taking any medications.

5. **Will the amount of liquid I drink affect the result?** Yes, it is suggested to limit your fluid intake for about two hours before collecting the urine. Heavy intake of fluids prior to testing will dilute the hormone in your urine.

6. **Once I find the peak, when is the best time to have intercourse?** Ovulation is likely to occur within 12-28 hours. This is your most fertile time. Sexual intercourse is advised within this time frame and the following day after ovulation.

7. **If I find I have more than one peak, after which peak did I ovulate?**

Ovulation occurs after the last peak, whether you have two or more peaks. In fact, many women have two peaks. It is quite common.

PRECAUTIONS

1. This kit is for external use only. Do not swallow.
2. Discard after first use. The test strip cannot be used more than once.
3. Do not use the test kit beyond the expiration date.
4. Do not use the kit if the test pouch is punctured or not fully sealed.
5. Keep out of the reach of children.
6. For over-the-counter use only.

LIMITATIONS





1. The tests results are more accurate when the test procedures are precisely followed.
2. This test may not be used as a form of birth control.
3. Consult a doctor if irregular or unusually long cycles are experienced.

If you have any questions, please call us toll-free at **1-855-822-6999 (Monday-Friday 9:00 a.m.-5:00 p.m Central Time).** Our professional staff will be happy to assist you.

To learn more, please visit us at

www.premom.com

MEANING OF SYMBOLS ON PACKAGE

-  Keep away from sunlight
-  Store between 36°F and 95°F
-  Keep dry
-  Do not re-use

CLIA WAIVED



Questions or comments?
Please call toll-free:
1-855-822-6999 M-F 9 a.m.-5 p.m. CST
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360 Shore Dr. Burr Ridge, IL USA 60527
Made in China