

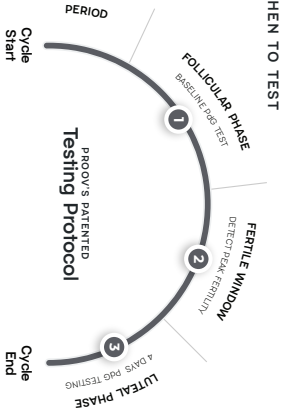
FIRST THINGS FIRST

What's PdG, and why is it so important?

PdG is short for Pregnenediol Glucuronide and is the marker or metabolite of progesterone in urine — the hormone released from the ovary after ovulation.

Sustained and high levels of PdG 7-10 days after peak fertility (the implantation window) confirms that successful ovulation has occurred.

Proov Confirm works by detecting the amount of PdG in urine over multiple days during the implantation window to see if your PdG levels rise and remain elevated long enough to confirm successful ovulation. Problems with ovulation can make conception difficult. As such, understanding if ovulation is successfully occurring is an important piece of information when trying to conceive.



1 WHEN TO TEST

1 Baseline Test After Your Period Ends

When you first use Proov Confirm PdG Tests, take one test the day after your period ends or on cycle day 5, whichever is later. Expect this test result to be negative, as this provides an important baseline result to which you can compare your future results. It'll come in handy, we promise!

2 Test for Peak Fertility

Begin testing for peak fertility with your method of choice: LH tests, cervical mucus, and/or basal body temperature. We define peak fertility as your first positive LH test. Record peak fertility date in the chart above.

3 Time to Confirm Ovulation

Test with Proov on days 7, 8, 9, and 10 after your peak fertility date (4 tests total). Record each PdG test result in the chart above. Do be sure to test on all four days, as your levels can fluctuate from day to day.

Pro tip 1: You only need to take a baseline test once every 6 cycles.

Pro tip 2: Always snap a pic of your result when it's time to read it (5-10 minutes after dip if reading by eye). That way, you can always view your result.

2 HOW TO TAKE A CONFIRM PDG TEST

REMINDER: You must begin your Proov Confirm protocol on the day after your period ends or cycle day 5, whichever is later. You'll count the first day of your period as cycle day 1.

1: PEE

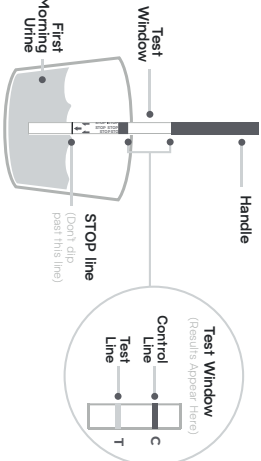
Collect your first morning urine in a clean, dry cup (not provided). **REMINDER:** retain your urine sample until you've finished using your test strip and have read your results. That way, in the event of an error, you can easily test again with the same first morning urine. Using urine other than first morning urine can lead to invalid results.

2: DIP

Dip the test strip up to the stop arrows and hold it in place until you see the urine begin flowing up the strip (usually about 10 seconds). **IMPORTANT:** Do not dip the strip past the Stop Line or the test will not work properly.

3: WAIT

Set the strip aside on a flat, nonporous surface and wait for it to develop (5-10 minutes if reading by eye). Please use a timer. Reading your test by eye before 5 or after 10 minutes will yield inaccurate results.



3 HOW TO READ YOUR RESULTS

It's normal for levels to fluctuate throughout the testing window, days 7-10 past peak fertility (DPP). You must complete a baseline plus all four days of testing to understand your pattern and gain meaningful insight. (See "Section 4: What Your Results Mean".)

In reading Proov Confirm results, it's important to take note of both the number of lines present (1 or 2), and the intensity of the test line's color, which can range from faint to dark. Always snap a photo of your results using consistent lighting to help compare readings from day to day.



POSITIVE

If only a single line shows (the "control line"), your test is positive, indicating elevated PdG.



NEGATIVE

When two lines appear, the result is negative, indicating PdG levels are not elevated enough for a positive result.

Even a negative test can suggest a slight rise in PdG, if the second line is fainter than it was on your baseline test.

Note: A baseline reading will typically be negative, although the test line may be faint. If you receive an unexpected positive baseline reading, contact us.



INVALID

At any time in your testing process, if no line shows at all, or if only a "test line" shows, your test did not function properly. Please contact us.

DPP = Days Past Peak Fertility

BASELINE		DPP = Days Past Peak Fertility			
TEST	proov/ DAY AFTER PERIOD ENDS	PEAK DAY	NOT TEST DAYS		proov/ 7DPP
CYCLE DAY	PERIOD ENDS		PEAK +1, +2, +3, +4, +5, +6		proov/ 8DPP
DATE	— / —	— / —			proov/ 9DPP
RESULT	NEGATIVE				proov/ 10DPP

4 WHAT YOUR RESULTS MEAN

Successful Ovulation
Positive results during testing window (sustained elevated PdG levels during the testing window) indicates a successful ovulation this cycle.

Unable to Confirm Successful Ovulation

Negative results during the testing window indicate PdG levels are not elevated high enough to indicate a successful ovulation this cycle. Successful ovulation is defined as sustained high levels of PdG during the 7-10 days past peak testing window. It is still possible to conceive without having a successful ovulation. We recommend following up with your doctor if you get negative results.

With Proov, you can now test your PdG at home safely and simply. Information from this test can help you determine if lack of ovulation or a problem with ovulation might be preventing you from conceiving this cycle.

Proov PdG test results can be impacted by accuracy of ovulation prediction method used, fluctuations in individual PdG levels, and precision of Proov PdG test usage as indicated.

Note: If you choose to use the Proov Insight App, you may get a slightly different interpretation of certain results because natural eye perception can vary from digital image scanning.

IF USING THE PROOV INSIGHT APP

Download the Proov Insight app on your Apple or Android phone to get started.

IF NOT USING THE PROOV INSIGHT APP

Simply snap a photo with your phone and send it to us—we're happy to help. info@proovtest.com



Ovulation Double Check *

proof/

confirm

Check for successful ovulation

The Self-Testing PdG Test to Confirm Successful Ovulation

Instructions for use:

1. When to test

2. How to take a Confirm PdG test

3. How to read your results

4. What your results mean

QUESTIONS & ANSWERS

1. What is PdG and why should I measure it?

Measuring PdG levels provides insight into ovulation that you can't get from BBT or blood tests alone. It starts with progesterone, a hormone important for successful implantation and pregnancy that your body only produces after ovulation. Progesterone is released from the body as the urinary metabolite (or marker), Pregnenolol Glucuronide (PdG). Proov Confirm tests measure this marker during the specific 4-day "implantation window," when high levels would indicate successful ovulation.

2. How accurate is Proov Confirm?

A laboratory study has shown this test to be over 99% accurate in detecting PdG in urine. The sensitivity of Proov is 5 ug/ml PdG.

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

Proov Confirm tests for elevated PdG levels. However, every woman's natural levels are different, so to understand what elevated means for you you must first establish a PdG reading early in the cycle when we expect levels to be low. This is your baseline, and it's essential for accurately interpreting your Proov PdG results later in your cycle.

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 lines is a negative result; 1 Control Line is a positive result. The Test Line is often lighter than the Control Line but, as long as both the Test Line and Control Line are present, it is a negative result when reading by eye.

6. I have taken these tests as directed and I am not getting positive results, does this mean I am having trouble ovulating?

Proov Confirm PdG 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.

7. Can I use my Proov result to understand my fertility status?

No, Proov Confirm PdG tests only provide a snapshot of where you are in your cycle and do not provide a reflection of your fertility status. If you have questions about your results, you should consult your physician.

Have Questions/Concerns?

WE'RE HERE FOR YOU

Visit us online: 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

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. Proov Confirm PdG tests should only be taken 7-10 days after peak fertility is detected and should not be used beyond this time frame.

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.

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Each pouch contains one immunochromatographic test. Each test contains a membrane with anti-PdG antibodies and conjugates in a stabilizing matrix of proteins and sodium azide.

STORAGE AND STABILITY

1. Store tests at room temperature (4-30°C/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. Do not use the test after the expiration date printed on the pouch, as the test may provide invalid or inaccurate results.



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CE

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EC REP

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Interpretation of Symbols

	Storage temperature		Lot Number
	In vitro diagnostic device		Expiry date
	Read instructions before use		Manufacturer
	Do not reuse		Suitable for storage
	Automated temperature testing		Device for self-testing

Proov® tests are patent-pending and manufactured in a cGMP facility for exclusive use by MFB Fertility, Inc.
U.S. Patents 11,061,026; 11,029,221; 11,131,665
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