

# FertileFocus® Fertility Chart

Directions: Write down the first day of your period in the first “cycles” field. Test each day and track results in the “days” field. Use N for not fertile, T for Transitional, and F for Fertile. For more comprehensive fertility charting, please visit [ovagraph.com](http://ovagraph.com) where you can chart your readings and other fertility signs, and connect with others who are trying to conceive.

		Days																																							
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36				
Cycles	1																																								
	2																																								
	3																																								
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FertileFocus®

## Trying to Conceive?



Fairhaven Health provides a broad selection of natural products designed to support reproductive health.

## FertiliAid®

Fertility supplements containing vitamins, minerals, antioxidants and herbs to help support male and female reproductive health and fertility.



An accurate, convenient fertility monitor that predicts ovulation up to 7 days in advance. Readings sync via Bluetooth to the OvaGraph fertility charting app.

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# FertileFocus®

Instructions for Use

## FertileFocus Ovulation Microscope

### Introduction

FertileFocus is a personal ovulation microscope that allows you to predict ovulation - your most fertile time of the month to conceive.

Just before ovulation, your saliva begins to form a distinct fern-like pattern due to an increase in hormone levels - as seen through FertileFocus. This "ferning" pattern begins to appear about 3 days prior to ovulation, allowing you to predict ovulation and peak fertility. With FertileFocus, just add a drop of saliva to the lens and let the sample dry. In five minutes, view the sample through the microscope. Press the LED light button and focus by turning the eyepiece of the microscope. If you are ovulating - or about to ovulate - a ferning, crystal-like pattern can be viewed.

### Using FertileFocus

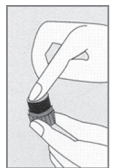
Test on a daily basis. Collect your sample first thing in the morning. Never test after eating, drinking, smoking or brushing your teeth.

Step 1: Carefully remove the lens by **Pulling** it out of the casing. Do **NOT** unscrew. **Pull the entire lens-piece from the body of the microscope.**

Step 1



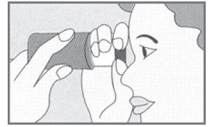
Step 2



Step 2: Place a drop of saliva from underneath your tongue with a clean, dry finger tip on the exterior surface of the lens. Try to avoid creating air bubbles.

Step 3: Allow the saliva sample to dry for at least five minutes and replace the lens into the body of the microscope.

Step 4: Look into the lens and push the light button to observe the test result. To focus, rotate the lens while bringing it close to the eye (remember to remove eyeglasses).



Step 4

Step 5: Clean the lens before and after every use. Use a soft, damp cloth.

Tip: If you find the light is a bit bright, remove the lens and place a small piece of toilet paper or tissue in the tube to soften the brightness.

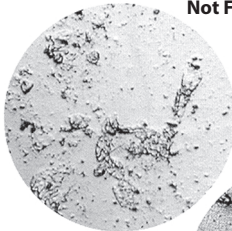
### Reading FertileFocus Results

**Not Fertile:** Simple dot patterns and lines indicate no ovulation. You are not fertile at this time.

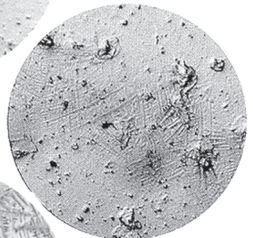
**Transitional:** Small ferning patterns - or crystal forms - appear among the spots and lines. Ovulation may occur in 3-4 days. At this time, conception is possible, though not yet likely.

**Fertile:** Strong ferning - or crystal - patterns dominate the sample. Ovulation is about to occur or already occurring. At this time, conception is likely. This is your most fertile time of the month. Conception is possible from between 4 days before to 24 hours after ovulation.

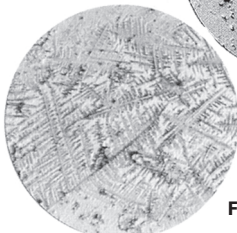
Not Fertile



Transitional



Fertile



Ferning may become visible in saliva only when estrogen is present. So, as you approach your fertile window you will see transitional ferning become full ferning as estrogen increases and ovulation is approaching. Record your results on a fertility chart or calendar. When instructions are followed, ovulation microscopes are 98% accurate in predicting ovulation. The FertileFocus is not to be used as a contraceptive device.