

Fertile-Focus

Why Fertile-Focus?



Quality

- High-quality **60X** focalizable Lens.
- Durable metal housing.
- Clear, easy-to-read results.
- **98%** Accurate
- Reusable for **Unlimited** Tests.



When it comes to trying-to-conceive a baby, accurately predicting ovulation - your most fertile time of month - is the key to success.

"Finally! A high-quality ovulation microscope at an affordable price!"

With the **Fertile-Focus** ovulation microscope, determining your most fertile time of month is just a focus away. No more expensive, messy urine ovulation tests and no more guesswork - *even for women with irregular cycles*. Fertile Focus is a **100 % safe, natural, and accurate** aid to conception - and it the **most affordable** saliva fertility monitor available.

All-natural, hygienic, and effortless to use, Fertile-Focus is also backed by clinical research. For women who are trying to conceive, ovulation microscopes are **98 % accurate** in pinpointing ovulation. Ideal for women with both regular or irregular menstrual cycles, Fertile-Focus offers you a **natural and affordable way to increase your chances of conception!**

Convenience

- No messes, no chemicals.
- Discreet; Looks like a lipstick case.
- No awkward urine LH testing.
- Testing takes just 5 minutes.
- All-natural, hygienic, and safe.

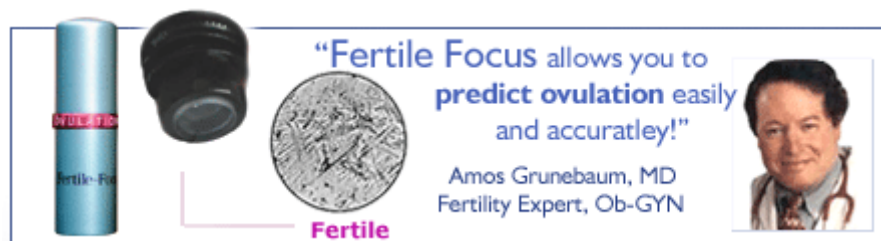
Fertile-Focus Advantages!

Fertile-Focus is a re-usable ovulation predictor test, meaning you receive **unlimited tests** in one **high-quality, low-cost** personal ovulation microscope. With the Fertile-Focus personal ovulation microscope, you also receive:

- **Quality**: A sturdy metal body & quality lens means reliability and long life!
- **Clarity**: A powerful **60X magnification** lens for **98 % accuracy*** and ease-of-use.
- **Discretion**: Fertile-Focus looks like an attractive lipstick case!
- **Convenience**: Test anytime and anywhere. Results in just five minutes.
- **Affordability**: Other brands of saliva fertility tests offer lesser quality at twice the cost...

Trying to Conceive? Then increase your chances of pregnancy by removing the guesswork from conception!

Using **Fertile-Focus** is easy. Simply 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 turn the focalizable eyepiece of the microscope to sharpen the image. If you are ovulating - or about to ovulate - a "**ferning**", **crystal-like** pattern can be viewed.



Fertile-Focus works by allowing you to see the changes in the make up of your saliva just prior to ovulation. The "ferning pattern" indicating a positive result will begin to appear about **three days before ovulation**, *whether your cycle is regular or irregular*. Fertile-Focus allows you to predict ovulation with **98 % accuracy**, helping trying-to-conceive couples "focus on fertility" and increase the chance of pregnancy.



Focus on Fertility!

Getting the hang of Fertile-Focus takes no time at all. With a powerful **60X lens** and gentle LED light, just turn the focalizable eyepiece to view your test result. For best results, test in the morning before eating or drinking or brushing your teeth, and then record results on a calendar or fertility chart. Soon, you will recognize the

unique saliva patterns that indicate infertile, fertile, and transitional periods. **Fertile-Focus is quality, accuracy, and ease - at an affordable price.** For complete instructions

Introduction

Fertile-Focus is a personal ovulation microscope that allows you to predict ovulation – your most fertile time of the month to conceive - with **98 % accuracy**.

When a woman is about to ovulate, her saliva begins to form a distinct crystal, **fern-like** pattern due to an increase in hormone levels – as seen through Fertile-Focus. This “ferning” pattern begins to appear around 3 days prior to ovulation, allowing you to predict peak fertility.

Reading Results

A crystal or - “ferning” - pattern indicates a positive result for ovulation - your most fertile time.

Fertile!



Using Fertile-Focus

With Fertile-Focus, **PULL** the lens from the tube and just add a drop of saliva. 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. **NOTE:** Test first thing in the morning. Do **not** test after eating, drinking, smoking, or brushing teeth.

Step One 1

Carefully remove the lens by pulling it out of the casing. **Pull the lense - do not unscrew.**



Step Two 2

Place a drop of saliva on the surface of the lens. Try to avoid creating air bubbles.



Step Three 3

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



Step Four 4

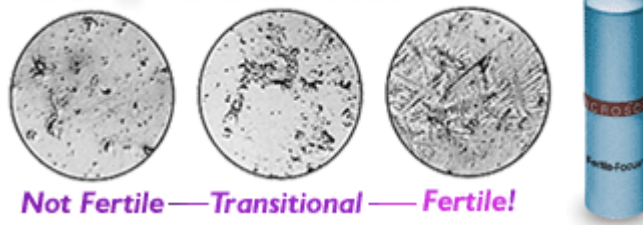
Look into the lens and push the light button to observe the test result. To focus, rotate the lens while bringing it close to the eye.



Interpreting Fertile-Focus Results

With Fertile-Focus, 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 Fertile-Focus



- ▶▶ **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 5 days before to 24 hours after ovulation.

Reading Results

A crystal or - "ferning" - pattern indicates a positive result for ovulation - your most fertile time.



Fertile +

For best results, test on a daily basis, preferably first thing in the morning before eating, drinking or brushing your teeth. Track each day's results on a calendar or fertility chart. When you begin to see a ferning pattern, the onset of ovulation is approaching. This is the beginning of your most fertile time to conceive.

Questions and Answers about Ovulation Microscopes: FAQ

Tip #1: When applying a saliva sample, remember to **PULL** the lens from the microscope - **do not unscrew**.

How does Fertile-Focus work?

Fertile-Focus detects hormone changes that occur prior to and during ovulation. As estrogen increases, "ferning" or crystal patterns can be viewed in dried samples of saliva. These patterns indicate that ovulation is about to take place. The duration of your most fertile time lasts from several days before ovulation to 24 or so hours after ovulation. The duration of a woman's fertile period is typically around six days, ending 24 hours following ovulation. Unlike urine LH tests, Fertile-Focus allows you to track fertility and your cycle changes. When you observe a positive result (crystal/ferning patterns), ovulation is likely to occur within 24 to 72 hours.

When do I test with Fertile-Focus?

Test on a daily basis and record results on a fertility chart or calendar. Test first thing in the morning - but never after eating, drinking, or brushing your teeth. These

activities may interfere with results. If you test later in the day, try to wait at least two to three hours after eating or drinking.

Is Fertile-Focus accurate?

When instructions are followed, determining fertility through ovulation microscopy has been shown to be 98% accurate. Fertile-Focus meets or exceeds all ovulation microscopy quality standards.

Tip #2: Avoid brushing teeth, eating, or drinking for several hours before collecting a sample. A **sublingual** saliva sample, collected from below the tongue will provide the best results!

What is an "estrogen surge" or "estrogen spike"?

While estrogen is present in your body throughout your cycle, just prior to ovulation you may have an "estrogen surge" - a marked increase in the presence of estrogen. The increase of estrogen facilitates the ferning patterns in your saliva. An estrogen surge or ovulation may not occur in all cycles for all women.

Are ferning patterns observable at other times in my cycle?

A second second estrogen surge may occur right at the end of your cycle. By monitoring cycle length, and keeping daily results, the second surge should not be confounded with the estrogen surge preceding ovulation. Also, as different women produce differing levels of estrogen, ferning patterns may vary a bit in appearance and duration.

Can Ovulation Microscopes be used as a contraceptive device?

Ovulation microscopes should not be used as a contraceptive device.

How do I apply a saliva sample?

For best results, collect a sublingual saliva sample as saliva glands are located below the tongue. Pull (do not unscrew) the lens from the housing. Collect a dab of saliva and place it on the surface of the lens. Try to avoid making bubbles and allow the sample to dry for at least five minutes before attempting to read results.

Will Clomid interfere with test results?

Clomid will not interfere with Fertile-Focus results, though it may intensify the appearance and duration of ferning. If you are taking Clomid, consult your physician for details.

Can I use Fertile-Focus if my cycle is irregular?

Yes, Fertile-Focus can be used by women with both regular and irregular cycles.

What are some tips for optimizing results?

Do not eat, drink beverages (besides water), or brush teeth for at least 2-3 hours before taking the test. Apply sublingual saliva sample to the exterior lens (pull the lens from the housing/do not unscrew lens). Always allow the saliva sample to dry, avoid air bubbles in the sample and Focus by turning the focalizable lens (remove eye-glasses).

What can interfere with results?

Pregnancy, menopause, or hormonal imbalance, supplemental estrogen, and recent

discontinuation of birth control medication may interfere with results. In continued absence of any ferning, your body may not be producing sufficient estrogen. Consult your physician.

Clean the lens after every use (with a soft cloth or lens cleaner).

Fertile-Focus

Fertility Facts



To increase your chances of becoming pregnant, pinpointing your most fertile time in your cycle is key. With Fertile-Focus ovulation microscope, a woman can learn to identify the days when she will most likely ovulate - the best time to conceive a baby.

Focusing on Fertility

For too many trying-to-conceive couples, the path to becoming pregnant is filled with delays and complications. Why? Typically, a woman is fertile for a mere handful of days during each menstrual cycle. And because the unfertilized egg has a short life-span of just 24 hours, timing intercourse is central to successful conception. For many couples, 'guesswork' is not enough when it comes to timing, and learning to predict ovulation helps us understand our own unique fertility patterns and anticipate our 'prime time' for conception.

The Menstrual Cycle and Fertility

During your menstrual cycle, there are far more infertile days than fertile days. And within this short fertile period - the window of opportunity for conception - there is just a day or two of "peak fertility". Identifying this peak time, and planning accordingly, can help maximize your chances of becoming pregnant.

Predicting Ovulation... *Focusing on Fertility...*



Not Fertile — Transitional — Fertile!

"Accurately predicting ovulation significantly increases your chances of conception...and **Fertile-Focus** provides a reliable, effective way to pinpoint your most fertile time to conceive..."

Fertility and Conception: Timing is Everything!

A woman's fertile period during her menstrual cycle, on average, lasts about 5 days. The most fertile period consists of the days before and during ovulation. There are a number of reasons why this is the most fertile time: the amount of cervical fluid increases, body temperature begins to rise to create a warmer, more hospitable environment for a fertilized egg, and the cervix will start to rise and begin to open up. Given a fertile environment, sperm can live a handful of days. The egg, however, can live only 24 hours - so timing is everything!

Estrogen, Ovulation, and Saliva Patterns

During ovulation, a number of different hormonal changes take place. Within the ovaries, follicles house each individual, developing egg. Follicle Stimulating Hormone enables your ovaries to nurture eggs - and the follicle secretes estrogen to support fertility. Estrogen helps the uterine lining thicken and expand, and increases blood flow to the uterus. Immediately before ovulation, the follicle begins secreting a great deal of estrogen. It is the increase of estrogen in a woman's system that produces changes in saliva patterns - allowing women to predict ovulation by observing and tracking these changes.

Ovulation Prediction and Saliva Fertility Monitors (Ovulation Microscopes)

The [Fertile-Focus](#) ovulation microscope is designed so you can easily, accurately, and confidently observe changes in saliva composition due to increases in estrogen hormone levels. Fertile-Focus works by allowing you to see the changes in the make up of your saliva just prior to ovulation - and the "ferning pattern" (or frosty/crystal appearance) indicating a positive result will begin to appear about three days before ovulation, whether your cycle is regular or irregular.

Accurately predicting ovulation significantly increases your chances of conception - and Fertile-Focus provides a reliable, effective (98% accurate!) way to pinpoint your most fertile time to conceive... **Fertile-Focus is quality, accuracy, and ease - at an affordable price.** For complete instructions and testing guidelines

Fertile-Focus Product Guarantee

Fertile-Focus is designed to offer a lifetime of hassle-free use and is guaranteed free of defects in material and workmanship for a full year from the original purchase date.

If a defect is found and an exchange is warranted, our service experts will issue you an RMA (Return Merchandise Authorization) number to send back your Fertile-Focus for a replacement unit. Please ensure that the original receipt and packaging accompanies the returned unit.

Fertile-Focus is the first *quality* saliva-based fertility test (ovulation microscope) that allows you to predict ovulation with 98% accuracy - at an affordable price...

Fertile Focus Success Stories...

Reviews from satisfied - *and expecting* - Fertile Focus customers.

★★★★★ Completely Satisfied!

I have been using Fertile-Focus every day and I find it very easy to read. I use it every morning, first thing, so I can compare my saliva and notice the change in pattern when I ovulate. I am over 41, have 2 kids and am a newlywed and anxious to give my husband his first child. My biological clock is ticking so I don't have time to waste. That's why I tried the Fertile-Focus and am very satisfied with how easy it is to detect ovulation. Now I'm just waiting and keeping my fingers crossed! - Kimberly, over 41 from PA (Purchased at BabyCenter)

★★★★★ **You will know when you see it!**

I was kind of skeptical at first. I never saw much the first few days I used the Fertile-Focus! However, I can attest that it DOES WORK LIKE IT SAYS! Today I tested and it was diffinetely a "fern pattern"! I am highly impressed with this little predictor! I have a 2 1/2 year old and am 42 years old. I need all the help I can get to have another child ASAP! I Would recommend the Fertile-Focus to anyone needing to predict their ovulation! AAAA++++ product! - *Julie, Mother of 1-hopefully 2 soon! from Riverside, California (Purchased at BabyCenter)*

★★★★★ **Wonderful Product**

I was extremely pleased. It worked just as described. Became pregnant on the first try. Effective and inexpensive!! - *Soon to be mom from Alabama (Purchased at BabyCenter)*

★★★★★ **Fertile Focus Saliva Ovulation Test**

What I found by using this product was that my ovulation cycle was off from the "norm" by a week.. I was ovulating a week earlier than most people. After tracting this every morning--which was better than doing the temp thing--I figured it out.. So the day before my appointment with the Fertility Doctor I found out I was already pregnant. The set up is a little used to getting used to but after you get the hang of it.. it is a snap! Thanks!! I will be expecting in December! - *T.B.(Purchased at The Fertility Shop)*

★★★★★ **Fertile Focus Saliva Ovulation Test**

I bought this product and love it!! It is very easy to use and it is small enough to carry in your pocket. It looks just like a tube of lipstick. The ferning patterns are very easy to identify. I would definitely recommend the fertile focus.- *T.B.(Purchased at The Fertility Shop)*

★★★★★ **IT WORKED GREAT**

I was trying to get pregnant with my second child. After a few months of trying we decided to try the Fertile Focus. It was easy to read and I tested everyday. I am now pregnant and after the first month I used it! Wow! Inexpensive and it worked. 5 stars! - *Kathy, mother 1 1/2 from Dallas Metroplex, Texas (Purchased at BabyCenter)*

★★★★★ **Great Product**

I found this product easy and fun to use. It was very obvious when I was "ferning". I am now 4 weeks pregnant. It worked on the first try! - *Alicia, future mommy from York, PA (Purchased at BabyCenter)*

★★★★★ **Totally Excited!!!**

I, like another customer reviewed this product and bought it a few days after my period. I was not expecting to ovulate so soon. It was showing the fern pattern 4 days before I expected it to. I have been ttc for one month now and will be greatly overjoyed if this product has worked in this short of time. I love it b/c it is soo easy to use if you follow the instructions. The best time to test is in the morning before you eat or drink anything like it says. Good luck to everyone else out there ttc!!!! - *Excited and new at ttc!! (Purchased at BabyCenter)*

★★★★★ **Great Buy!**

I purchased this at the beginning of my cycle and am now 5 weeks pregnant! This product was easy to use. I was able to chart my fertility with the chart included, and found that I ovulate around day 10 in a 28 day cycle. Never would have known this without this inexpensive product. I found it easy to read and clearly saw the ferning at ovulation. Highly recommend! Became pregnant within the first cycle used! - *Sariah, soon to be mother of 2 from WA (Purchased at BabyCenter)*

Research

International Review of Medical Sciences
A New Test For Female Ovulation Diagnosis

REPRINT Vol 6 - N° 1, 1994 Edizioni Universitarie Romane Fertility Tester G. GALATI*, E. TRAPANI, M. YACoub, M.R. TOCCACELI, G.M. GALATI, C. FIORELLI, F. BANDIERA, A. PAOLILLO // III Clinica Ostetrica e Ginecologica, Università degli Studi di Roma "La Sapienza" (Direttore: Prof. L. Marzetti)

Abstract

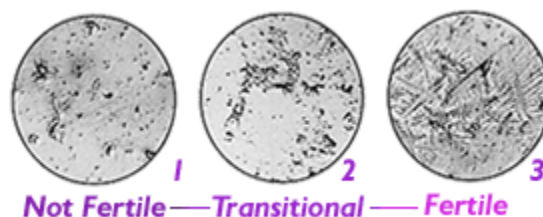
The Authors performed the saliva test on n°328 women using the Saliva Tester. In n°48 cases the test results revealed a fern-like crystallized structures as illustrated in "Figure 3" below. In n°20 cases they performed a Transvaginal Ultrasonography (T.V.U.S.). In n°16 cases (80%) they found an ovarian follicle greater than 2 cm.

To know the days of their menstrual cycle when fecundation is possible has always been a demand felt by women and this both in the case when they want to avoid it (1). Many methodologies exist that enable us to verify or not the presence of a mature ovarian follicle or its happened explosion. A very simple methodology was reached with observation and testing of the Saliva Tester; results that may be easily and directly realized by any woman, at any moment of the day, anywhere. The prospective advantages that descend as to the knowledge of the useful days for a fecundation are such that they led us to directly and correctly try this new test.

Material and Method

It has been considered the use of a mini-microscope, or "Saliva Fertility Tester", made up of a small cylindrical body or eyepiece where we note an optical part with an opposite small slide where a sample of saliva is placed. As soon as the sample of saliva has dried, the small eyepiece body is put into a cylindrical container, that leads down to a lighting system. By focusing the lens, a fern-like characteristic crystallization is pointed out, in a very near correlation with the ovulation period (Figure 3). Out of the fertile days there are no fern-like crystallization structures seen, as pictures named "Figure 1" (during the non-fertile period) and "Figure 2" (during the intermediate period) indicate. See image below.

We have taken into consideration 328 women between 15 and 50 years old, not using OCP who were placed under our observation at the out-patients' departments of the Institute of Obstetrics and Gynecology of the University "La Sapienza" in Rome. No selective principle has been adopted. We have only invited the patient to leave a sample of saliva on the slide of the mini-microscope, and afterwards age, day of the cycle in which the patient was and length of her cycle were noted. 48 women, whose sample of saliva gave the fern-like characteristically stratification were invited to undergo an ultrasonography with transvaginal sound for the control of the ovarium and of the presence or not of the pertinent follicle. 20 women accepted our request, 28 women refused.



Results

Results are reported by Tables 1,2 and 3. In Table 1 we see nº48 women of nº328 who, as far as anamnesis is concerned, are in the ovulation period; nº40 of these women gave us the picture "Figure 3" type after test, nº40 gave us the picture "Figure 2" and nº248 the picture "Figure 1" type (Table 2). At the anamnesis, nº 36 women were in the intermediate period; in all 36 cases of this group, we have noted a picture "Figure 2" type. At the anamnesis, nº 244 women were in the non-fertile period and we have noted a picture "Figure 1" type in all the 244 cases. In the Table 3, are pointed out the nº20 cases who, at the saliva test, showed a picture "Figure 3" type and have accepted to undergo sonographic control by means of transvaginal sound.

Table 1 - Number of women undergoing the saliva test, correlated to the supposed fertile or non-fertile period of the cycle.

Day of the cycle	Non-fertile period	Intermediate period	Fertile period	Total
N° of women undergoing test	244	36	48	328

Table 2 - Picture stressed by means of the saliva test.

Stressed picture	Figure 1	Figure 2	Figure 3	Total
N° Cases	248	40	40	328

Table 3 - Echographic control of nº 20 women by means of picture Figure 3 type of the saliva test.

Ovarium Echographic Control	Follicle Absence	Follicle < 1 cm	Follicle > 2 cm
N° cases	0	4	16

In 16 cases, equal to 80% of the total, an ovarian follicle has been stressed having dimension over 2 cm, in 4 cases a follicle having diameter less than 1 cm has been stressed.

References

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Conclusions

The Saliva Fertility Tester can be used to determine the fertile period: the fertile cycle will be identified with a continuous use, cycle after cycle. The Tester will also allow, by repeating every month the tests, to obtain some significant indications about the monthly cycle behavior and the hormonal situation of the woman. The Fertility Tester can be used to avoid an undesired pregnancy: the comparison of the figures given in Tables 1 and 2 indicate the following: at the anamnesis n° 244 women were in the non-fertile period and we have noted a picture "Figure 1" type. In all 244 cases at the anamnesis n° 36 women were in the intermediate period; in all 36 cases of this group, we have noted a picture "Figure 2" type. In both cases we had a perfect coincidence between supposed fertile or infertile days of the cycle and tests executed with "The Saliva Fertility Tester". At the anamnesis 48 women were in the fertile period; in 40 of them we have noted a picture "Figure 3" type. Such difference is due to the fact that 4 of them had a meal one hour before testing, thus invalidating the result, and the other 4 may have not correctly performed the test. Therefore, even if we assume that all these 8 women were in fact fertile (very unlikely), the final result of such test is that ONLY 8 women out of a panel of 328, i.e. less than 3%, resulted in false negative (in fact fertile) at the saliva testing.

MANUFACTURER



Fairhaven Health is a specialty manufacturer of fertility-related products, including the Fertile-Focus™ Ovulation Microscope.

Located in the historic district of Bellingham, Washington, USA, Fairhaven Health combines quality products at affordable prices, offering our distributors and retailers unique opportunities in fertility, preconception markets, health and supplement markets. Superior quality health products, excellent customer service, and affordable prices make Fairhaven Health a number one source of natural health and fertility products.

PRINCIPAL DISTRIBUTOR

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