

"Ru25 Plus"

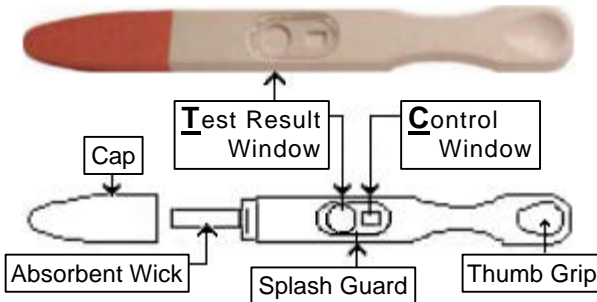
FSH Menopause Test

In women, elevated levels of FSH (follicle-stimulating hormone) is associated to the symptoms and stages of menopause.

Read directions carefully.

Directions for Use

Remove the Ru25 Plus FSH Menopause test device from its protective pouch just before use.



1. Remove the test device from the protective pouch.
 2. Remove the pink plastic cap to expose the absorbent tip.
 3. Hold the thumb grip of the test device so that the absorbent tip is pointing downwards.
 4. Urinate on the absorbent tip until it is thoroughly wet (about five seconds).
- Alternatively, you may urinate into a clean, dry cup or container, then dip the absorbent tip into the urine for about five seconds.
5. Recap with the pink top, lay the device on a flat surface with the window facing up. Wait for the test result.
 6. Read results at 5 minutes. Do not read after 10 minutes.



Note: The first morning urine contains the highest level of FSH and is the best for testing. Urine collected during the day will contain lower levels of FSH and may cause false negatives. Do not drink excess fluids after midnight before testing in the morning.

- Store at room temperature 15-30° C (59-86° F)
- For in-vitro diagnostic use only. Not for internal use.
- Keep away from children.
- Each test should be used only once. Discard after use.

How to read the result

Keep the test device on a flat surface for 5 minutes and read the result. There should be a pink line (control line) that appears in the small square control window to tell you that (1) the test is valid and (2) the test is completed.



Negative (-)

If the color intensity of the test line is less than that of the control line, the result is negative. A negative result indicates FSH hormone levels below 25 mIU/ml. If you get a negative test result and are experiencing menopausal symptoms consult with your doctor.



Positive (+)

If the color intensity of the test line is stronger than that of the control line, the result is positive. A positive test indicates FSH hormone levels at or above 25 mIU/ml. If you get a positive test result, you should retest because the levels of FSH may change during your menstrual cycle. Testing should be repeated after 5 to 7 days.



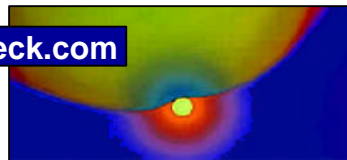
Positive (+)

If the color intensity of both lines is equivalent or similar, a second test should be performed 5 to 7 days after the first test to finalize the result.

Two positive test results indicate that you may be in a stage of menopause and should consult with your doctor.

Note: If neither of the lines appear in these windows, the test is invalid. It is an indication that either improper test procedure is carried out or the test device is deteriorated.

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Frequently Asked Questions

How does the Ru25 Plus FSH Test work?

Usually, as a woman nears menopause her FSH (follicle-stimulating hormone) levels surge and notably rise. The FSH surge is generally that of ten (10) fold (approximately 110 mIU/ml, can reach as high as 500 mIU/ml) compared to normal levels. The FSH level could remain constant for many years after menopause. The Ru25 Plus FSH Menopause Test detects this particular hormone level in urine.

What is peri-menopause?

Peri-menopause is the period of time between pre- and post-menopause. Symptoms of peri-menopause vary from woman to woman. The most common symptoms are hot flashes, insomnia, irregular periods, mood swings, and fatigue. During the stages of peri-menopause changes take place in the balance of hormones that regulate and control your monthly menstrual cycle. This slow change in ovary cycle can start between two to ten years before your final menstrual period.

What if I'm unsure about the test result?

If it is hard to compare the color intensity between the test line and the control line, repeat the test in 5 to 7 days after the first test.

What does it mean if the test is positive?

Positive results shows that the FSH level in your body is at or above 25 mIU/ml. It indicates that the levels of sex hormones such as estradiol, progesterone and testosterone, et. al, have declined and you are in the stage of the peri-menopause. Discuss your test results and symptoms with your doctor.

My test is negative. Does that mean I'm not in menopause?

No. While a negative test result means that you are probably not in menopause, if you are experiencing some of the common symptoms associated with menopause you should consult with your doctor.

Q&A's Continued on Next Page...

Frequently Asked Questions

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I'm close to the age of menopause. My test reads positive but I still have regular periods. Why is this?

A positive FSH test only tells you that FSH levels in your body are at or greater than 25 mIU/ml (elevated) and you may be in the transition of menopause. Menopause by definition is having gone 12 months without a menstrual cycle. A positive FSH test does not tell you exactly when you will reach menopause. Menopause usually occurs in women in their late forties to late fifties. The transition period lasts for most women about four (4) years in which the FSH levels remain constantly high. It is not contradictory to have a positive FSH test and still have regular periods.

Can the pill or patch contraceptives affect the results of this test?

Yes. After using the pill or patch your cycle may be irregular and may take some time to become regular again. You may wish to wait until you have two normal periods before using the Ru25 Plus FSH Menopause Test.

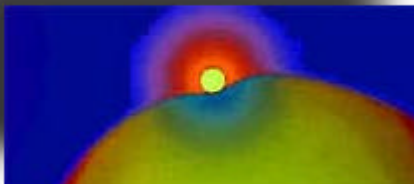
Can I use the test as a form of birth control?

No. Contraceptives and birth control should never be discontinued based on the results of this test.

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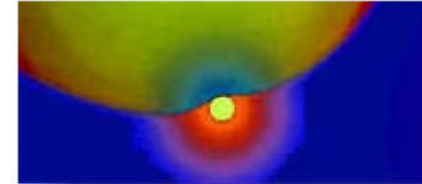


Notes, Precautions, and Limitations

Read directions, precautions, and limitations before using or opening the Ru25 Plus FSH Menopause Test.

- Store at room temperature 15-30° C (59-86° F)
- Keep out of reach of children.
- Do not use after expiration date printed on foil pouch.
- Hold device at the thumb grip. Avoid touching the wick.
- Do not compare results from a different device.
- Test result is to be read at the five-minute cutoff.
- Do not read the test result after more than ten minutes.
- Taking the pill (oral contraceptives), using the patch contraceptive, hormone replacement therapy (HRT), estrogen supplements, or other forms of hormones may affect this test and cause a false negative reading. Ovarian and pituitary tumors may cause false results. Although the test is very accurate in detecting FSH concentrations in urine at or above the cutoff point of the test, a very low incidence of false results can occur.
- Results of this test are not to be used to determine fertility or lack of fertility. This test is for FSH use only and is not to be used as a pregnancy or ovulation test. Decisions about contraception should not be made on the results of this test.
- The device does not contain any viable infectious agents however all urine samples must be considered as being possibly infectious. Clean spills thoroughly using an appropriate disinfectant. Clean/dispose of specimen and all potentially contaminated materials.
- Diagnoses of health/medical conditions are not made by HormoneCheck.com, or by any of its associates. No treatment is provided. The Ru25 Plus FSH Menopause Test is not a treatment or a cure for any condition or disease.
- A definitive clinical diagnosis should not be based on the results of a single test, but should only be made by the physician after all clinical and laboratory findings have been evaluated and studied.
- Discuss positive Ru25 Plus FSH Menopause Test results and questions concerning menopause and the treatment for menopausal symptoms with your doctor.
- For in-vitro diagnostic use only. (Not for internal use.)

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**"Ru25 Plus"
FSH Menopause Test**



In women, elevated levels of FSH (follicle-stimulating hormone) is associated with low estrogen and the stages of menopause.

The "Ru25 Plus" FSH Test detects FSH in urine at concentrations of 25 mIU/ml or greater.

It can help you to determine if your hot flashes, irregular periods and other health symptoms are menopause related.

• This Test Kit includes 2 (two): "Ru25 Plus" FSH Menopause Tests and Complete Directions.

