

USER GUIDE

1. Remove the cap of Sample Jar 1 and fill it up with urine until it reaches the mark (20 ml)
2. Remove the cap of Vial 2 containing the IOI Azure 0.5 reactant and add the reactant to the Sample Jar drop by drop.
Caution: Do not let the liquid flow, instead, drip it slowly!
3. Count the number of drops. After each drop, wait 30 seconds and shake the jar. Continue dripping until a swirling bluish precipitate appears. Then wait two minutes and make sure the precipitation has actually occurred. **Caution: If no precipitation is observed, the sample does not contain calcium ions or only very low concentration.**
4. After finishing the test, pour the liquid from Sample Jar 1 into the toilet, then put the cap back on the jars and throw them into a municipal waste bin.

INTRODUCTION

The aim of the caFIT test device for self-checking caFIT is to detect urinary calcium ion level. The IOI Azure 0.5 solution forms precipitate when dripped into urine. **The result of the test is the number of drops dripped into the urine.** This way, calcium ion deficiency can be determined in a few minutes. The received result can be checked in the table under the **EVALUATION** section of this user guide. The received result is indicative only. Seek a specialist's help and do not implement any kind of medical treatment without prior consultation.

CONTENTS OF THE BOX

1 piece of Sample Jar numbered 1 with screw cap; 1 piece of Vial numbered 2 containing the IOI Azure 0.5 reactant with cap, containing enough reactant to perform one test; and a user guide.

CAUTIONS

Before use, please read this user guide carefully!

Only after careful perusal and understanding of the user guide should you begin the test. If you have questions about using the test, please consult our webpage or our office.

Only use damage-free products!

Store the product at a dry place, away from sunlight, between 5-30 Celsius degrees.

Do not freez the product!

Keep away from children!

The test is only for in vitro diagnostics purposes.

Do not take it into the mouth, do not swallow it!

TEST PROCEDURE

Step 1:

Be prepared by specifying the number of urine excreted daily (24 hours) for evaluation. After receiving the test, you will be able to start testing as soon as the next day and the evaluation can take place the following day when the daily number of urine is drained.

Step 2: Sampling

Do the test with the first urine in the morning!

Fill Sample Jar 1 with screw cap up with urine until it reaches the mark on its inside (20 ml). Please, always check for a fresh sample!

Caution: the test must be performed with clear, translucent urine!

In most cases, the urine poured into the Sample Jar is a clear, translucent liquid in a various hues of yellow.

If the urine is turbid (not entirely translucent), let it settle.

When the urine is settled, the Sample Jar should be filled up with the upper, clear section of the urine until it reaches the mark.

Step 3: Testing the sample

Prepare Vial 2 with pipette containing the IOI Azure 0.5 reactant solution, and prepare Sample Jar 1 filled with urine. For testing, contents of the vial must be dosed into the urine drop by drop.

After each drop, shake slightly and wait 1-2 minutes and observe the formation of bluish squid precipitation. If precipitation is not observed after opacity, continue to drip IOI Azure 0.5 reagent and observe the formation of bluish-coloured, grunting precipitation.

Step 4: Evaluating the received result

Two numbers had to be recorded prior to evaluation, one for the number of urine per day excreted and the other for the

number of drops obtained during testing. These two values are required to successfully perform testing.

Evaluation:

At the intersection of the row determining the number of drops and the column indicating the amount of urine, the amount of urine calcium in mg/day is located.

If the value in the table is:

Less than 100 - **low calcium level**

It is between 100 and 250 - **normal calcium level**

Over 300 - **high calcium level**

It also leads us to infer calcium supply to our body.

ABOUT CALCIUM DEFICIENCY

Calcium is a natural 'sedative' and also plays a major role in the production of a hormone called melatonin. Thanks to melatonin, this compound also regulates our body's natural circadian rhythm, which is when we are alert and when we are sleepy.

If melatonin levels are not adequate, sleep disorders can easily develop. Calcium is also needed by our immune system, so its absence causes the immune system to weaken. Because of this, it is not only easier to catch infectious diseases, but also harder to recover from them.