

Fully Read Instructions PRIOR to Test

* **Store plates in box position indicated on box.**

* **Use plates BEFORE expiration date printed on each plate.**

FACE MASK USAGE is for your protection if entering areas that you don't normally come into contact with daily. i.e. crawl spaces, attics. Use is discretionary and not to prevent cross contamination.

NOTICE: The test plates contained in this kit use a moist agar required to culture mold. It is common to see some condensation on the inside of a sealed test plate.

CONTENTS: 10 - Malt Extract Agar with 0.01% Chloramphenicol test plates; 1- N95 Particulate Filter Mask

This mold screening test gives you three pieces of information:

1. IF you have a problem
2. The severity of that problem
3. The location of that problem

This test will give you the information necessary to make important remediation decisions. The test also offers you an indication of a Mycotoxin problem. If the test plate develops with **very dark gray or black colonies, that is a sign of Mycotoxin producing spores.** A DIAGNOSTIC test is required to confirm that result accurately.

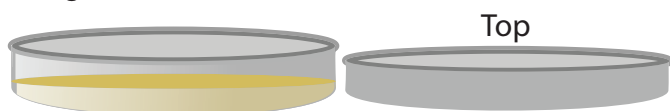
FOLLOW THESE STEPS

1 Gather the following additional items:

- Clear Tape
- Permanent Marker
- Aluminum Foil
- Small plastic bag (such as a grocery or trash bag)
- Clock or Timer

2 Plan what areas you want to test. Consider testing all the rooms in your home, your crawl space, your attic, and even your vehicles. By testing your entire home or office you gain better information on the pervasiveness of the problem than just testing one or two areas. *Mold is often present in rooms you do not suspect.*

3 Open individual test plate package. DO NOT open plates until you are ready to put them in the testing area. Place closed plate on testing surface and lift the lid off the bottom of the of the mold media. Flip the lid over and place it upside down next to base. You want to expose the inside of the plate to the air. Repeat for every testing area.



4 Write down time or start timer once all plates are in place. Testing time is one hour.

5 Close the doors to the testing spaces. This helps to isolate the rooms with the greatest problem. Run your AC or heat as normal. This will keep the air moving and give you a measurement that reflects real living conditions.

6 Wait one hour.

7 Place lid back on mold media. Use clear tape to seal the outside rim of the plate shut. On each plate write what room was tested and the date of the test. Wrap plate in aluminum foil (Mold needs to be out of direct light in order to grow). Place plate in plastic bag. Repeat for all plates.

8 Place in warm dry place and **wait for 5 days.** This is the time needed to grow mold colonies to a size you can see with the naked eye. The temperature needs to be in the range of 68 - 85 degrees to allow the proper incubation.

Tap Testing Specific Objects or Pets

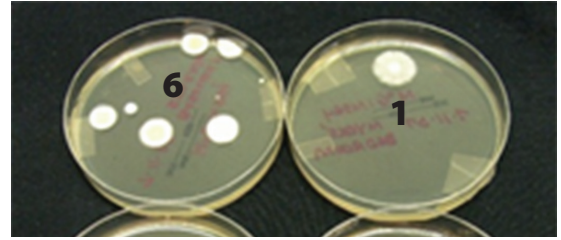
You can test specific objects (like a sofa or bed) or even pets with a Tap Test using the bottom half of your test plate that has the Agar in it. Turn the plate so that the inside is facing the object you wish to test. Tap it several times on the test object. The puff of air that forms as the plate strikes the object will push mold spores into the Agar. This technique tests the collected amount of spores on the surface of the object or pet in questions. **It does not require the one hour exposure and can be sealed up right away.**

HOW TO READ RESULTS

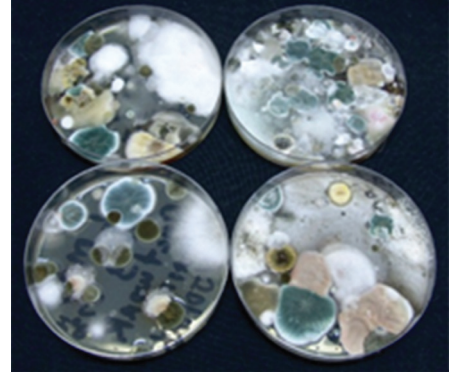
During the incubation period mold captured in the plate will grow into small round cultures of varying size and color. These colonies are typically dime-size or smaller. If you get a much larger colony it is usually caused by two spores that have grown together. **Each culture is to be counted.**

The severity of your problems is ranked as follows based on the number of cultures:

- 1 - 2** Low risk of inflammation
- 3 - 5** Moderate risk of inflammation for low sensitivity sufferers / High risk of inflammation for severe sufferers.
- 6 - 10** High risk of inflammation to all sufferers
- 10+** Risk to all persons / Causes autoimmune diseases



Each of the below is 10+ cultures.



Again, the test plates show the PRESENCE of mold and the density. If you suspect TOXIC mold you should note which area the suspicious mold originated and order a DIAGNOSTIC mold test which will be sent to an independent lab and will verify the type(s) of mold present. These tests are also available on MicroBalanceHealth.com.



TIP: Use a camera to document your process. Photos of the plates *during* the test and then photos of each plate *after* incubation with its corresponding top that clearly indicates the test location and the date of the test. This is particularly important if you test your work site or need to provide a landlord with documented proof of a mold issue.



Sinusitis Wellness

*For in-depth information of
mold remediation visit*
www.SinusitisWellness.com

Disclaimer: This test kit is not intended to diagnosis, treat or cure any disease. If adverse symptoms occur discontinue use. The products and protocols produced and distributed by Micro Balance Health Products, LLC are not meant to replace the care of your regular physician. If symptoms worsen seek medical attention.

Product Limitations: The ability to detect yeasts, molds and fungi by culture techniques can be affected by the following factors: improper specimen collection, storage and inoculation, improper culture incubation temperatures and atmospheres, improper length of culture incubation, and improper storage and handling of culture media.

MALT EXTRACT AGAR WITH 0.01% CHLORAMPHENICOL INTENDED USE

Malt Extract Agar is used for the isolation, cultivation and enumeration of yeasts and molds. The media is rendered selective for fungi by the addition of Chloramphenicol. The Agar specifically targets *Candida albicans* (ATCC 10231), *Trichophyton mentagrophytes* (ATCC 9533), and *Aspergillus niger* (16404).