



Could indoor **MOLD**
and **ALLERGIES**
be making you **SICK?**

**Test your air with the
examinair® home test kit**

Have you heard about the dangers of mold in the media? Do you suspect that it is present in your home? In the past, having your home tested for allergens and mold would cost thousands of dollars. **Not anymore! The examinair® allows you to easily test up to three rooms in your home and receive results within one week.**

- ✓ **EASY TO USE**
- ✓ **STEP-BY-STEP INSTRUCTIONS**
- ✓ **ALL LAB FEES INCLUDED**
- ✓ **PRE-PAID POSTAGE LABEL**



 **examinair®**

Allergen & Mold Home Test Kit

The examinair® was developed as an economical means to assist in the identification of potentially allergenic or pathogenic particles in the air you are breathing.

The negative health effects of mold allergens have been widely recognized, with the risk of exposure more prevalent than originally suspected.

Molds produce allergens (substances that can cause allergic reactions), irritants, and in some cases, potentially toxic substances (mycotoxins). Inhaling or touching mold or spores may cause allergic reactions in susceptible individuals.

COMMON SYMPTOMS INCLUDE:

- **Respiratory problems, such as wheezing, difficulty breathing and shortness of breath**
- **Nasal and sinus congestion**
- **Pneumonitis**
- **Eye irritation (burning, watery or red)**
- **Dry, hacking cough**
- **Nose or throat irritation**
- **Skin rashes**
- **Nosebleeds, headaches, fatigue and fever**

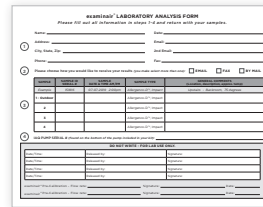
HOME TEST KIT INCLUDES:



**examinair®
Pump**



**Allergenco-D™ Air
Sampling Cassettes**



**Laboratory
Analysis Form**



**Instructions &
Allergen Information**

Pump is ready to use and has easy operation with automatic cut-off at the end of each sample cycle. The outdoor sampling cassette serves as a baseline measurement for the type of local fungi present in the environment. The indoor cassettes allow you to test “suspect” areas in your home. After sampling simply return the pump, cassettes and forms using the pre-paid postage label. You will receive your detailed home report within one week.

TYPE	DESCRIPTION	POSSIBLE HEALTH EFFECTS
Cladosporium	Most frequently found in outdoor air. Indoors, usually occurs at low concentrations in damp or humid areas, but may be found in high concentrations in water-damaged building materials. Its ability to sporulate heavily and to get airborne makes it an important fungal allergen. Some species produce a mycotoxin, epicladosporic acid that acts in an immunosuppressive manner.	hay fever, common allergies, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery/bloodshot eyes, itchy eyes/nose/ear canal/skin, one species can cause chronic subcutaneous infection
Ascospores	Common in nature and in outdoor environments. This group is a possible mycotoxin producer.	possible allergens, opportunistic human pathogens
Basidiospores	Spores that are produced by a class of fungi called basidiomycetes. Includes the mushrooms, toadstools, boletes, wood bracket fungi, and puffballs. Basidiospores have the potential to produce a variety of toxins. Members of this family produce type I and III fungal hypersensitivity reactions.	hay fever, asthma, eczema, pneumonitis, allergic alveolitis, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin
Penicillium/Aspergillus group	Many species are common contaminants on a variety of substrates. May be found indoors in air samples, carpet dust, or on wallpaper. Some species are able to produce mycotoxins. There are over 175 different aspergillus species and they can produce type I and III fungal hypersensitivities. There have been over 15 different species of aspergillus implicated in either producing mycotoxins or other harmful health effects.	allergic reactions, keratitis, hypersensitivities, and pneumonitis. Most of these symptoms occur if they individual is immunocompromised in some way (HIV, cancer, etc). Commonly produces allergic reactions such as hay fever, asthma, eczema, pneumonitis, allergic alveolitis, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin
Alternaria	Common saprobe found on decaying wood, decaying plants, food, soil and outdoor air. Some species are plant pathogens. It is one of the more common fungi found in nature. Indoors, it can be found in house dust, carpet, damp areas around showers and window frames and anywhere condensation occurs. Because of its abundance and ubiquity, alternaria is one of the most important fungal allergens.	one of the most important fungal allergens and is recognized as the chief fungal cause of hay fever characterized by fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin
Drechslera/Bipolaris group	These groups of fungi constitute the most commonly reported causes of allergic fungal sinusitis. They produce type I fungal hypersensitivity in humans.	hay fever, asthma, eczema, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin
Curvularia	Curvularia species is found on plant material. It has been reported to cause type I hypersensitivity.	hay fever, asthma, eczema, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin
Stachybotrys	Grows indoors on water-damaged cellulose rich materials, such as sheet rock, paper, ceiling tiles, insulation backing, gypsum board, and wallpaper. The presence of this fungus can be significant due to its ability to produce mycotoxins under certain environmental conditions. Exposures to the toxins can occur through inhalation, ingestion, or skin exposure. It has a worldwide distribution.	hay fever, asthma, eczema, dermatitis, cough, rhinitis, headache, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin. It is possible that stachybotrys may play a role in the development of sick building syndrome.
Torula Herbarum	Typically found in wood containing materials. Reported to produce type I fungal hypersensitivity.	hay fever, asthma, eczema, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin
Chaetomium	This genus is found on materials containing cellulose, or other wet materials. Chaetomium can produce type I fungal hypersensitivity. It can also produce mycotoxins.	hay fever, asthma, eczema, nail infections, fatigue, runny nose, sneezing, stuffy nose, plugged ears, watery bloodshot eyes, itchy eyes/nose/ear canal/skin

Physician/IAQ Professional: In accordance with industry standards, air sampling pumps are calibrated at the factory prior to shipment and upon receipt prior to submission of samples for analysis to ensure proper flow rates, sample air volumes and bioaerosol deposition. Please contact My Healthy Home® at (866) 743-8563 to participate in the consultant program. Examinair® kits are shipped directly to clients and results are sent to both client and consultant for discussion and additional interpretation. Volume discounts are available.

To order an examinair® please call: (866) 743-8563