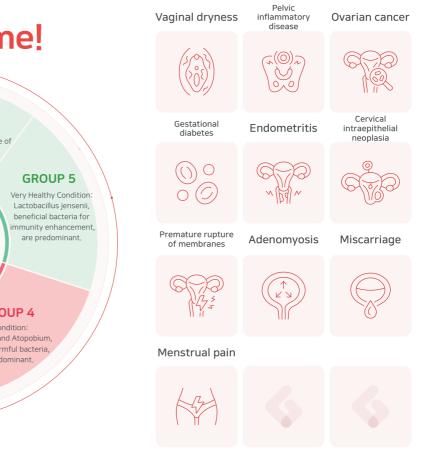
#### Women's Vaginal Health, It depends on your vaginal microbiome! A woman's vagina is home to beneficial bacteria. harmful bacteria, and intermediate bacteria. The balance of vaginal microbiome is crucial for a woman's health. **GROUP 1** Role of beneficial bacteria Very Healthy Condition: Lactobacillus crispatus, known as one of the best lactic acid producing Producing lactic acid, maintaining bacteria, are predominant. **GROUP 2 GROUP 5** a slightly acidic environment Healthy Condition: Very Healthy Condition: inhospitable to harmful bacteria. Lactobacillus gasseri, Lactobacillus jensenii, beneficial bacteria beneficial bacteria for that produces lactic immunity enhancement, Inhibiting the invasion acid and antimicrobial are predominant. of harmful bacteria, substances. are predominant thereby preventing infections. Helping maintain a balance of vaginal microbiome and strengthen the **GROUP 3 GROUP 4** immune system, enhancing defense Normal Condition: Bad Condition: against female-specific diseases. Lactobacillus iners, Gardnerella and Atopobium a neutral microbiome a vaginal harmful bacteria, are predominant. are predominant. Reducing the risk of inflammatory diseases due to the anti-inflammatory effect of beneficial bacteria.

## What if there are a lot of harmful bacteria?



Reducing unpleasant vaginal odor by combating harmful bacteria that cause such smells, like fishy odors.

## What is a vaginal microbiome test?

A vaginal microbiome test analyzes the distribution of microorganisms living in the vagina and cervix, which are the reproductive organs of women, by classifying them into beneficial and harmful bacteria. Assessing the balance of the microbiome through vaginal microbiome testing and tailoring health care based on microbial community type are essential to protect vaginal health and prevent female diseases.

# Vaginal microbiome, why is it important?

Generally, a woman's vaginal health is influenced by the predominant microbiome community, whether it's beneficial or harmful bacteria. One of the most well-known beneficial bacteria is Lactobacillus, which produces lactic acid and keeps the acidity in the vagina slightly acidic (pH less than 4.5), thereby inhibiting the growth of harmful bacteria and protecting the female body from the invasion of foreign bacteria.

Bacteria that produce toxic substances causing inflammation, allergic reactions, and a weakened immune system are referred to as 'harmful bacteria'. Generally, our body maintains a balance of beneficial and harmful bacteria. It has been reported that an abnormal increase or decrease in proportion of specific bacteria due to various factors can have 'harmful' effects on human health.

- Adolescents under the age of 14 and pregnant women should consult a specialist before applying.

## Why EG vaginal?

#### Easy to check!

Easily and conviniently test your vaginal microbiome without a complex vaginal sample collection process.

#### **Extremelv** accurate!

By analyzing various types of vaginal microbes, the test can provide highly accurate information about

### How to fill out the analysis application & Kit Set

## eGnone 문Guilia

#### STEP 01

Attach a serial number barcode sticker to the top of the application form and fill out your personal information.



#### **STEP 02**

Attach a serial number barcode sticker to the front side of the sample kit.



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#### **STEP 03**

Attach the serial number barcode sticker to the top of the first page of the "USER GUIDE" and keep it (You'll need this to view the results later)



#### **STEP 04**

Results can be accessed on autreport.eanome.co.kr within 5 business days (PLUS) or 10 business days (PRO) after the arrival of the sample.



Sample kit cotton swab

Ziplock bag Analysis USER GUIDE serial number agreement sticker (Application)

## Vaginal Gut MicrobiomeAnalysis **USER GUIDE**

and prepare your kit.

hands to prevent contamination.

STEP 01

**STEP 02** 

STEP 03

#### Collection kit How to use

Wash your hands before collecting

Avoid touching the tip of the swab with your

Hold the swab with one hand, and gently stretch the skin on the outside of the vagina

with the other, inserting the swab tip

2.5-5 cm into the vaginal entrance.











lid and place the tube in the enclosed ziplock bag.

#### **STEP 06**



Place the completed application form and the ziplock back in the box and send it via our contracted courier company, CJ Logistics.

Send to eGnome Co., Ltd. E-mail: cs@egnome.co.kr Egenome, 9th floor, Geumgang Building, 304 Bongeunsa-ro, Gangnam-gu, Seoul



Attach the serial number barcode sticker here.

# **EG** vaginal

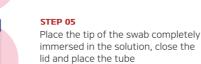
From common beneficial and harmful microbes to ones associated with various women's diseases! Your health starts with the management of your vaginal microbiome!





#### **STEP 04**

Remove the swab, and insert it fully into the tube, and snap off excess part at the cutting point.



immersed in the solution, close the

Ensure not to spill the solution, as insufficient solution makes analysis problematic.