

Exploro® Highly Sensitive NICOTINE URINE TEST (200 ng/ml)

After consumption of any products containing nicotine: tobacco, e-cigarette, hookah, vape juice, nicotine gum, nicotine patch, chewing tobacco and other products containing nicotine

The Exploro® Highly Sensitive Nicotine Urine Test is a rapid chromatographic immunoassay for the detection of cotinine (nicotine metabolite) in human urine at a cut-off concentration of 200 ng/ml.

The Exploro® Highly Sensitive Nicotine Urine Test is designed to detect cotinine (nicotine metabolite) (see FAQ #1) in human urine through visual interpretation of color development on the test strip.

ITEMS PROVIDED

- Cotinine (COT) test strips (see back of the box for quantity)
- User instructions

ITEMS NOT PROVIDED

- Timer
- Urine collection container

STORAGE

- Store the test at 39-86 °F (4-30 °C). DO NOT FREEZE.
- Do not open the pouch until ready for use.

DETECTION LEVEL AND APPROXIMATE DETECTION TIMES

- Detectable level: 200 ng/ml
- Minimum detection time*: 24 hours
- Maximum detection time*: 10 days*

* Note: The time indications are only approximate.

⚠ WARNING

- Read the complete information before performing the test.
- This assay provides only a preliminary analytical test result. A more specific alternate chemical method must be used to obtain a confirmed analytical result. Gas chromatography/mass spectrometry (GC/MS) or Liquid chromatography-tandem mass spectrometry (LC-MS/MS) are the preferred confirmatory methods. Clinical consideration and professional judgment should be applied to any drug of abuse test result, particularly when preliminary positive results are indicated.
- Have a watch, clock, or timer available.
- Do not use the test after the expiration date printed on the package and foil pouch.
- Do not use the test if its foil pouch is torn or damaged.
- The test is for one-time use only, do not reuse the test.
- Certain foods or medications may affect test results.
- Contaminated, tainted or diluted urine sample may affect test results (see FAQ #14).
- If you suspect that the urine sample may have been tampered with, a new urine sample should be collected.
- Keep out of reach of children.

TESTING

Before you begin

- Allow the test to reach room temperature before testing.
- Prepare a watch, clock, or timer.
- Prepare a urine collection container.

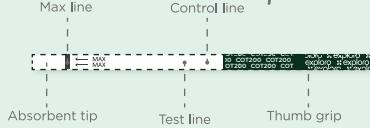
Step 1

- Collect urine in the urine collection container (see FAQ #5).



- Remove the test strip from the sealed pouch and use it immediately (see FAQ #10).

Note: Prolonged exposure to hot and humid environments will cause product deterioration. Do not use the test after the expiration date (see FAQ #12).



Step 2

- With arrows pointing toward the urine sample, immerse the test strip vertically in the urine for 10-15 seconds. Do not pass the maximum line ("MAX") on the test strip when immersing it.
- Place the test strip on a non-absorbent flat surface. It is convenient to use the back side of the test strip pouch for this purpose.
- Start the timer immediately after urine application.



Step 3

Read the test results exactly in 5 minutes. Do NOT read them after 5 minutes (see FAQ #4).

Note: Do not read the test results after 5 or more minutes after immersing the test strip. The chemical reaction will not provide accurate results anymore.

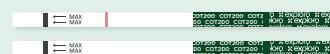
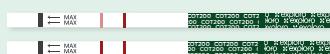
RESULTS

Read the results by visual comparison (see FAQ #6).

NEGATIVE

POSITIVE

INVALID



Two lines appear. One red line marks the Control (C) region, another line (red or pink) adjacent to the first line marks the Test (T) region. **This negative result indicates that the concentration of cotinine (nicotine metabolite) is below the detectable level (200 ng/ml).**

Note: The shade of the red line in the Test (T) region may vary, but it should be considered negative whenever there is even a faint pink line (see FAQ #7).

Only one colored line appears in the Control (C) region. No visible colored line appears in the Test (T) region. This positive result means that cotinine (nicotine metabolite) is found in your urine and its concentration is above the detectable level (200 ng/ml).

Note: Any urine with preliminary positive result is recommended to send to a certified laboratory for confirmation (see FAQ #6, 8, 9).

The line in the Control (C) region fails to appear (the line in the Test (T) region might or might not appear). Results from any test that has not produced a line in the Control (C) region at the specified result reading time must be discarded. Please review the procedure and repeat with a new test strip. If the problem repeats, discontinue using the kit immediately and contact us at hello@exploroproducts.com.

**Worried about your Nicotine test?
Scan the QR code for exclusive
expert guidance!**



exploro.pro/nicotine

FREQUENTLY ASKED QUESTIONS

1. What is cotinine (nicotine metabolite)?

Cotinine is the first-stage metabolite of nicotine, a toxic alkaloid that produces stimulation of the autonomic ganglia and central nervous system when in humans. Nicotine is a drug to which virtually every member of a tobacco-smoking society is exposed whether through direct contact or second-hand inhalation. In addition to tobacco, nicotine is also commercially available as the active ingredient in smoking replacement therapies such as nicotine gum, transdermal patches, and nasal sprays. The Exploro® Highly Sensitive Nicotine Urine Test is designed to detect cotinine in human urine.

2. How do I know that the test has worked well?

When the line in the Control (C) region appears, it means the test strip is performing well.

3. What does the preliminary test result mean?

The Exploro® Highly Sensitive Nicotine Urine Test is a "screening test". To obtain a confirmatory test, it is recommended to perform a laboratory test. Gas chromatography/mass spectrometry (GC/MS) and Liquid chromatography-tandem mass spectrometry (LC-MS/MS) are considered the gold standards in laboratory testing for most drugs.

4. Why is it important to read the results in precisely 5 minutes?

You should read the results in precisely 5 minutes after the test strip was immersed in a urine sample. Do not read the results after 5 or more minutes after immersing the test strip. After 5 minutes, the chemical reaction is unstable, and the line color changes on the test strip may occur.

5. When is the best time to run the test?

It is recommended to perform the tests using the first morning urine because urine concentration is highest in the morning. During the day consuming food and liquids as well as performing physical activities may influence the urine concentration thus affecting test results.

6. To what extent can I trust the test result?

The test result will be reliable if the test is performed in strict accordance with the instructions provided. The clinical study report results demonstrate >99.9% accuracy at 50% above and 50% below the cut-off concentration.

7. How to interpret the test if the color and the intensity of the "T" and "C" lines are different (e.g. the "T" line is of a lighter color than the "C" line)?

When you see two lines (no matter how light or dark the "T" line is), it means that the result of your test is negative. Possible reason for a light "T" line:

• **Low drug concentration.** The concentration of nicotine metabolites in your urine is somewhere around the test's cut-off level (see "Detection Level and Approximate Detection Times" part). When the concentration of nicotine metabolites in the human body is around the test's cut-off level, it is possible to see both positive and negative results within a short time. It happens because the concentration is "on edge" between being positive and negative.

• **Diluted urine sample.** If a person drinks a large amount of water or other fluids before taking a urine drug test, it can dilute the urine and lower the concentration of nicotine metabolites in the sample. This can cause a light "T" line to appear.

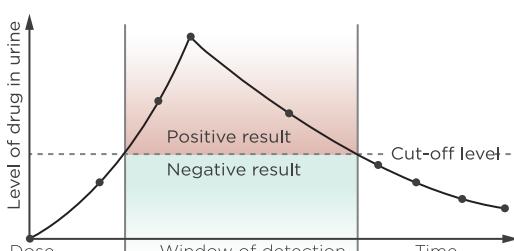
• **Time of drug use.** Depending on multiple factors, the rate at which drug metabolites appear in the urine vary from person to person. If a person has not used the drug for a prolonged period of time and has recently consumed it (within the last few hours), the concentration of drug metabolites in their urine may still be too low to trigger a positive result. In such cases, a faint "T" line may appear, which means the test result is negative at that specific moment and only reflects the current urine sample. Since metabolite levels may still be rising in the body, it is strongly recommended to take another test using a fresh urine sample in a few hours. For the most accurate results, test again the next morning using the first morning urine, which is usually the most concentrated.

8. What does a cut-off level mean?

A cut-off level is a level that a drug must meet or exceed in urine to trigger a positive result.

With any instant urine drug test, it is important to note a negative result does not always mean the urine sample is drug-free. It may contain a drug at a concentration that is

A visual example of a cut-off level and window of detection after a drug has been dosed



lower than the defined cut-off level. Different drugs are processed by the body at different rates. The window of detection for a drug begins to decrease over time once it has reached its highest level of concentration in the body. Factors that can affect detection time include physical body type, metabolic rate, dietary habits, dosage size, dosage method, drug purity.

9. How long can cotinine (nicotine metabolite) be detected in human urine?

The window of detection of cotinine is highly dependent on the quality and quantity of the products containing nicotine used, the individual's body fat content and metabolism, chronicity of use, the individual's state of hydration when the urine sample is collected. Cotinine can be detected in urine for up to 10 days after last use¹.

10. I opened a pouch, but I am not going to use it right away. Can I save it for later use?

NO, once a pouch with a strip is opened, the test must be used right away. The active ingredients of the test are moisture-sensitive.

11. How long can the urine sample be stored before testing?

Urine samples can be stored in the refrigerator from 36 to 46 °F (2-8 °C) for up to 48 hours or frozen at 32 °F (0 °C) before testing. However, it is strongly recommended to test the sample as soon as possible after collection.

12. What is the shelf-life of the test?

The shelf-life of the test is 24 months. Each pouch has its due date printed on it; therefore, you will know exactly for how long it is usable. If you receive a package with less than 6 months of shelf-life remaining, we will replace this package free of charge. DO NOT use the test after the expiry date shown on the pouch.

13. Why am I getting both positive and negative results within a short time?

In some cases one can observe contradicting test results within a short time (even within the same day). This usually means that the concentration of cotinine in urine is around 200 ng/ml, which is a detection level of these test strips (see FAQ #7).

14. How does the drinking of water and other fluids influence test results?

Excessive drinking of water and other fluids before taking the test will dilute the urine, and the results will be not reliable. Therefore, it is recommended to take the test first thing in the morning before consuming any food or fluids.

15. Will I test positive if I'm being exposed to secondhand smoke?

No. Nonsmokers exposed to typical levels of secondhand smoke have serum cotinine levels of less than 1 ng/ml, with heavy exposure to secondhand smoke producing levels in the 1-10 ng/ml range².

The average concentration of cotinine in the urine of nonsmokers has been reported to be approximately 8 ng/ml compared with approximately 1200 ng/ml in smokers³.

RESOURCES

You may contact the following organizations or your health care provider for additional information and counseling regarding substance abuse prevention and treatment:

- The Center for Substance Abuse Treatment (CSAT) 1-877-SAMHSA-7 / www.samhsa.gov
- The National Council on Alcoholism and Drug Dependence (NCADD) 1-800-NCA-CALL / www.ncadd.org

CONFIRMATORY TESTING

It is recommended to send all samples showing preliminary positive result to a laboratory for GC/MS or LC-MS/MS confirmation testing. Mail the specimen as soon as possible for accurate analysis.

REFERENCES

1. https://www.urmc.rochester.edu/encyclopedia/content.aspx?contentid=nicotine_cotinine&contenttypeid=167
2. <https://www.epa.gov/sites/default/files/2015-05/documents/biomonitoring-cotinine.pdf> (p. 138)
3. <https://www.cdc.gov/niosh/docs/91-108/default.html>

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Avoid sunshine



Temperature limitation
39-86 °F (4-30 °C)



Consult instructions for use

**24/7
Support**



exploraproducts.com/support

365-DAY MONEY-BACK GUARANTEE:

We are confident about our product performance, but if it has not met your expectations, we will refund you with all the related expenses (including the cost of shipping) within 365 days from your purchase.

