

Getting Started



FoodMarble



Contents

- 4 Introduction
- 18 Caring for your AIRE 2
- 22 Getting started
- 30 Logging meals, symptoms, sleep & stress
- 34 Discovery Plan & FODMAP Tests
- 38 Understanding your results
- 48 Regulatory information

Introduction

Your digestion is unique to you. That's why finding out what's causing your symptoms can feel like guesswork.

FoodMarble AIRE 2 is designed to help you find the foods that work with your digestive system, so you don't have to guess anymore.

What is FoodMarble AIRE 2?

The **breath tester** tracks how well your body digests certain carbohydrates by measuring hydrogen & methane on your breath. Breath testing has been used in hospitals for decades but AIRE 2 is the first app-connected, consumer wellness device that enables hydrogen & methane measurement at home.



The **app** allows you to log key information about your digestion and view results. By tracking your breath alongside other factors like food and symptoms, you can start to better understand your unique digestive system.



The Science: digestion and breath testing

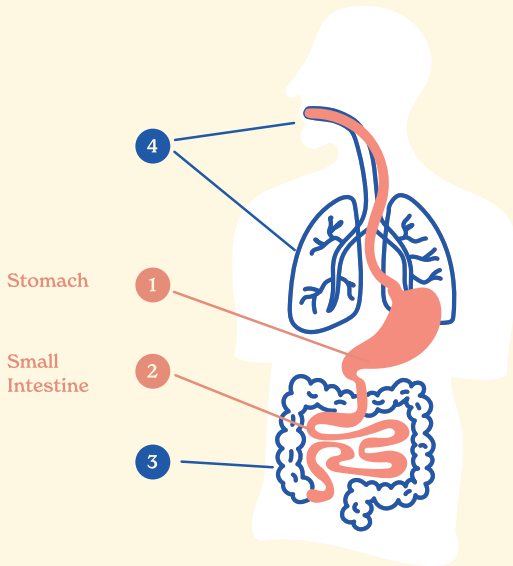
Your digestion is a complex system and lots of factors can affect it. Here's an overview of the process:

1. Stomach

When food is eaten, it begins to be broken down in the mouth and passes through the oesophagus to the stomach, where it is broken down further.

2. Small intestine

The food then enters the small intestine, where it is further digested and nutrients are absorbed. Any food that is not absorbed in the small intestine passes through to the large intestine (or colon).



3. Large intestine

Trillions of bacteria in your colon make up a large part of an environment called the gut microbiome. These bacteria break down any undigested food in a process called fermentation. During fermentation, hydrogen, methane, and other gases are generated. A build-up of these gases may trigger digestive symptoms.

4. Lungs and mouth

Some of these gases produced in the colon pass into the bloodstream and are exchanged to the breath, via the lungs. The AIRE 2 allows you to track colonic fermentation by measuring the breath.

Lungs
& Mouth

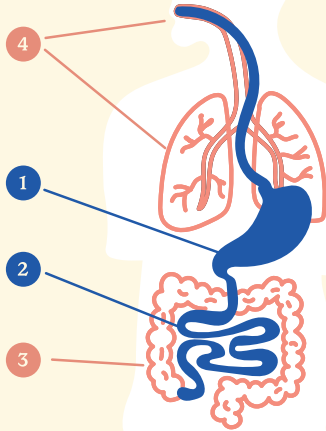
4

1

2

Large
Intestine

3



What are FODMAPs?

Certain carbohydrates called FODMAPs can be particularly hard to digest and can trigger symptoms for many people with digestive difficulties.



Lactose



Fructose



Sorbitol



Inulin

Your ability to digest different FODMAPs will vary depending on your unique digestive system and microbiome. Breath testing lets you measure your individual response.

- F Fermentable
- O Oligosaccharides
- D Disaccharides
- M Monosaccharides
- A And
- P Polyols



Foods Library

Use the Food tab on the home screen to help you see the FODMAP content of different foods.

How does FoodMarble AIRE 2 work?

After taking a breath test, the app displays a Fermentation Score between 0 and 10. This is based on the level of hydrogen and methane on your breath.

A high Fermentation Score indicates that something you ate or drank has not been digested fully.

How do I use it?

In order to gain accurate insights, it's important to log all information that relates to your digestion in the FoodMarble app.

The more you put in, the more you'll gain from the process.

In particular, it's important to log any meals and snacks, symptoms (including poop) and any factors that impact your digestion like sleep and stress.



Meal



Symptom



Poop



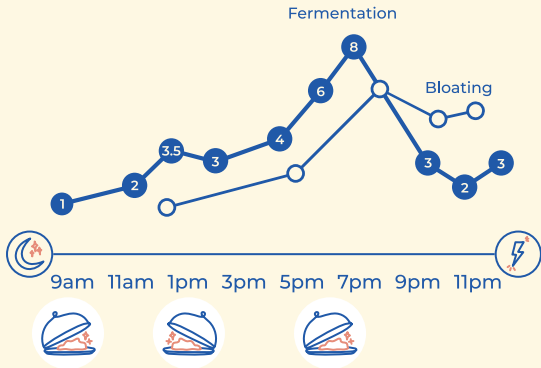
Sleep



Stress

As digestion happens slowly throughout the day, it's best to take breath tests every hour to track how your fermentation levels change.

Typical Day



Make it part of your day

The first few weeks with your FoodMarble AIRE 2 are all about building habits. By establishing a good habit of logging breath tests, food and symptoms early on, you'll get more valuable insights later in the process.



Reminders

You can set reminder notifications by navigating to the Settings tab and then to Reminders.



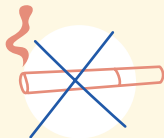
Look after it and
it'll look after you

Caring for your AIRE 2





Try not to take more than 10 breath tests in 24 hours, too many tests may harm the sensors in your device.



Keep AIRE 2 away from all smoke, like from cigarettes and cooking. Don't smoke cigarettes or e-cigarettes shortly before using the device.



Keep the body of AIRE 2 dry. The mouthpiece is detachable and can be washed with soap and water.

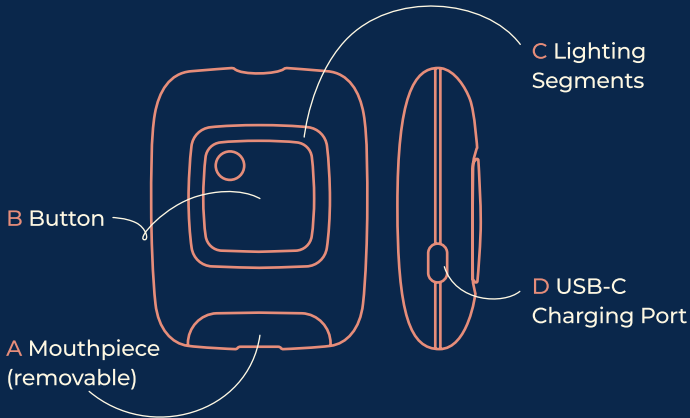


Keep the device away from **products that contain silicone**, such as lubricants, hair, beauty and sun-care products. Silicone often appears as 'dimethicone' or other ingredients ending in 'cone'.



Cleaning the carry case.
Only use cold water to wipe clean the carry case and do not use any detergent. Air dry only.

Getting started



STEP 1



Charge your AIRE 2

Fully charge your device before its first use with the USB cable supplied

-  **Red**
Charging
-  **Green**
Fully Charged

STEP 2

Download app

Install 'FoodMarble'



First time users can sign up, and existing users can login with their details.

STEP 3

Power AIRE 2 on

Double press the centre of the button. Your device will light up and vibrate when it turns on.

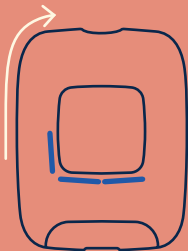


STEP 4**Warm-up stage**

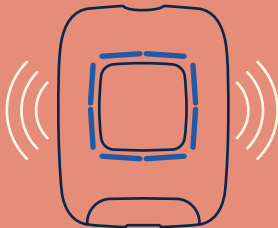
When the device is powered on, the sensors need to reach the correct temperature to perform an accurate gas measurement.

Warming up

The segments fill up in a clockwise direction.

**Warmed up**

All segments are filled, and your device will vibrate.



STEP 5

Take a breath test

Your phone will automatically pair to your AIRE 2 during the breath test process:



Navigate to the Home screen on the FoodMarble app.



Tap the '+' icon from the menu at the bottom.



Tap Breath.



Your phone will prompt you to turn On both Bluetooth and Location (GPS) services.

If you have previously paired an AIRE or AIRE 2 device, you will need to unpair this device before pairing your new AIRE 2. To do this, navigate to Settings > My Device.

Breathing technique

Before Breath Test

1. Make sure your lips are clean.
2. Press and hold down the button on your AIRE 2 device. This engages a 3 second timer indicated by 3 gentle pulses. During this time, pause without inhaling. **Please note** You must keep the button held down until the breath test is complete.

During Breath Test

3. Following the 3 gentle pulses, a stronger pulse will indicate your device is now ready to take a breath test.
4. Still holding the button, create a seal with your mouth around the mouthpiece, and exhale gently and steadily for 5 seconds through your AIRE 2, almost like cooling soup on a spoon. Your device will pulse to indicate the breath test is complete. At this point you can release the button.

STEP 5 Continued

Breathing Technique

After Breath Test

5. The app will then calculate your Fermentation Score which is displayed on screen. Your device will also indicate whether your Fermentation Score is Low/Medium/High through the lighting segments.
6. Once you have completed a regular breath test, the device will power off.

Power AIRE 2 Off

Double press the centre of the button to turn off the device at any time. Otherwise, your AIRE 2 can be turned off through the app.

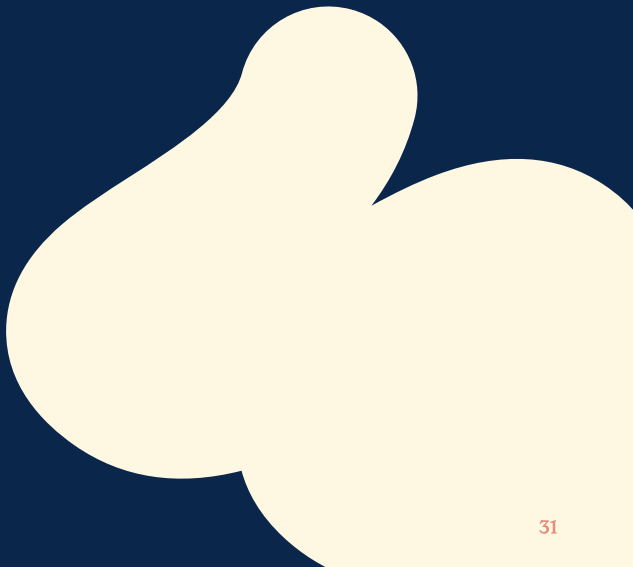
Breath tests on the go

Once you've got the hang of using the device, breath tests can be taken even when the device is not connected to the FoodMarble app via Bluetooth.

Never miss another breath test when you're on the go, and sync up when next connected to the app.

The FoodMarble app will indicate when this feature is available on your device.

Logging meals, symptoms, sleep and stress



Logging meals and symptoms (including poop) accurately will help you connect your breath test readings with possible problem foods, and also help you find the foods best suited to your digestive system.



Logging meals, symptoms, sleep and stress

Sleep and stress directly affect your digestion, so it's important to log these too.



To log a meal, symptom, stress or sleep score, tap the '+' icon on the home screen, and choose which one you want to log.



Discovery Plan & FODMAP Tests



The 6-Week Discovery Plan
& FODMAP Test Kit will
help you find the foods
that work for you.

FODMAP Tests

If you purchased the 6-Week Discovery Plan, you will receive four FODMAP packets (Lactose, Fructose, Sorbitol & Inulin) which you will use to take tests, which will lead to you receiving your own personalized Digestive Profile.

Please note

Tests require preparation, so please read the instructions in the app and the 6-week Discovery Plan leaflet carefully before you start.



What's involved

After fasting overnight, you consume a single food ingredient that you suspect may be causing you problems.

By taking a series of breath tests over a number of hours, you can track how well your body digests that food.



Understanding your results

Your digestion is a complex system, so it takes some time to learn how it works.

The more you log with FoodMarble, the easier it is to gain insight from your data. Here are some handy tips to help you understand your results.



HIGH SCORE

Look for high readings

When you see increases in breath readings, that indicates what you ate or drank hasn't been fully digested and is now being fermented in your gut by the bacteria that live there. After a breath test, the app will show you the meals you've logged. It will also show you how much of those hard-to-digest FODMAPs are in each meal, so you can link an increase in breath readings to something you ate or drank.



It's personal to you

Everyone has a completely different mix of gut microbes. Even if some of the FODMAPs that you eat reaches your gut microbiome, the microbes that you have may not be able break down that particular FODMAP into gas. For this reason, you won't always have large amount of gas production in your gut after eating a particular FODMAP. Crucially, it depends on which FODMAPs you can tolerate.



Quantity matters

It's not 'all or nothing'. Usually, you can have at least some amount of any of the FODMAPs. You may find that for a particular FODMAP, the amount you can handle can be quite low, but the core takeaway is that you need to find what your tolerance level is for different FODMAPs.



Timing matters

Your digestive tract is effectively a long tube, so things that you eat will take some time to get through your stomach and reach the part of your gut that contains most of your gut microbes (your colon). This will vary from person to person and from meal to meal.

Liquids generally move much faster and usually pass directly through the stomach, so you'll see the effects of liquids faster. Different FODMAPs also ferment at different speeds. For example, simpler FODMAPs like fructose or lactose, can be broken down easily and are fermented more rapidly. Inulin is a more complex carbohydrate, so it's harder to break down. This means it may take longer for you to see a breath peak with inulin, but it can persist for a longer time.



Gut sensitivity

Some peoples' guts are a lot more sensitive to being inflated. The gases that are produced during fermentation can do this. Also water can be drawn into the gut by some FODMAPs, especially simpler FODMAPs like fructose and lactose. The combined effect of gases and water can inflate the gut, potentially causing pain and bloating.



Gut transit

For some people, the gases that are produced during fermentation will be released faster from the body. However, for some, the gases will move more slowly. This can build up causing pain and bloating.

To see if fermentation is triggering problems for you, it's important to consider your symptoms alongside your Fermentation Scores.



Can alcohol affect my Fermentation Score?

Alcohol can have an effect on your Fermentation Scores, typically resulting in 10s. We don't recommend taking breath tests after consuming alcohol.



Does smoking/vaping affect my Fermentation Score?

Smoking can affect the device's ability to sense hydrogen and methane and it can also increase gastric transit time. We recommend waiting 1 hour after smoking/vaping before taking a breath test.

Regulatory Information

FCC Statement

FCC ID: 2AOZI000AA02

This device complies with Part 15 of the FCC Rules. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ISED compliance statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Regulatory Information

ISED Radiation Exposure statement

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.

Caution

Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery can result in an explosion.

Leaving a battery in an extremely high temperature surrounding environment can result in an explosion or the leakage of flammable liquid or gas.

IC: 25966-000AA02

CAN ICES-3(B)/NMB-3(B)

Max / Min Usable Temperature Range: 10-30°C

Max / Min Usable Humidity Range: 30-60%

Power Supply: Lithium Ion Battery, 3.7V, 400mAh rechargeable battery which is charged by USB port.

Test Voltage: DC 5V from adapter input AC 240V/50Hz

Still have questions?

We're here to help!

There are many ways to get
your questions answered

foodmarble.com

hello@foodmarble.com

For more information
on getting started visit

foodmarble.com/start

A2-GSG-01

Model: 000AA02

Follow us @foodmarble

