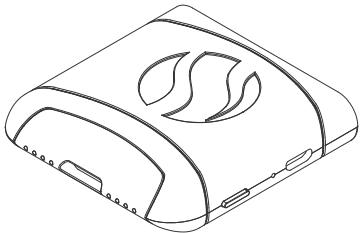




# AIRE Quick Start Guide



FoodMarble





## AIRE



AIRE is the world's first personal, portable digestive tracker. AIRE is inspired by a breath analysis technique used by doctors for decades to figure out which foods are most compatible with your digestive system.



For a more detailed start guide, visit [foodmarble.com/start](http://foodmarble.com/start).







## Caring for your AIRE

- Keep AIRE in its protective pouch when not in use.
  - Keep AIRE away from all smoke, like from cigarettes and cooking. Don't smoke cigarettes or e-cigarettes shortly before using the device.
  - Keep the device away from products that contain silicone, such as lubricants, hair, beauty and
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sun-care products. Silicone will often appear on ingredient lists as “dimethicone” or other ingredients ending in “cone.”

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- Keep the body of AIRE dry. The mouthpiece is detachable and can be washed with soap and water.
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## Getting Started

- Download the free AIRE app from the *Apple App Store* or *Google Play*



*Store.* Search for “FoodMarble AIRE.”



- Once downloaded, the app will take you through an intro, then ask you to create an account.




## **Your first breath test**

- Once you’ve logged in, start with a breath test. On Android, select the thumb menu on the bottom right and tap “Take Breath.”






On iPhone, select the “Home” tab at the bottom, then the “+” sign next to the breath chart.




• Turn on your AIRE using the silver power button. Warmup can take up to two minutes. During warmup, the small lights along the mouth-piece light up in sequence. AIRE is ready once the central canal is lit and the other front lights turn off.




• As your AIRE warms up, the app will try to pair with it. Please en-



sure your phone's Bluetooth is on.



- The light on the bottom of the device, next to the Bluetooth symbol, will flash as the device searches for a phone to connect with. It will go solid when AIRE has connected to your phone, and will remain on.



- The app will prompt you when it's ready to start the breath test. Hold the device with the logo facing up. Hold your breath for three sec-



onds, then create a seal with your lips on the mouthpiece. You should hold the device straight so your breath flows through the device, rather than hitting the inner roof. Slowly and steadily exhale into the mouthpiece (where the central canal is lit up) for five seconds. A cool, medium-intensity exhalation is all you need.

- The device will automatically turn off after you finish your test.







## Understanding your Fermentation Scores

After a breath test, you will be given a fermentation score between 0 and 10. Scores closer to 10 indicate higher levels of fermentation.

Fermentation is how bacteria break down food that has reached your large intestine without being fully absorbed. When you take a breath test, AIRE looks for gases on your





breath that show the food you've eaten is being fermented.

High fermentation is not necessarily bad, but it may be a sign that you haven't properly digested the foods you've eaten. *For more information on fermentation scores, visit [foodmarble.com/fscores](http://foodmarble.com/fscores).*




Several things can affect the accuracy of your fermentation score, like breathing technique, smoking, alcohol and some cosmetics.






## Logging

The AIRE app allows you to track your symptoms, the foods you eat, your stress levels and how well you sleep.




You can access your logs by tapping them on the main page of the app or the thumb menu in the bottom right corner on Android devices.






## Food Challenges



AIRE comes with four FODMAP sachets, which allow you to conduct structured tests to see how you respond to isolated components, such as lactose, that are found in many common foods. You can also do food challenges with individual foods, such as mushrooms.



Food Challenges are mini experiments that allow you to test your response to a single food. After



fasting overnight, you eat one food or ingredient. Then you take a breath test every 15 minutes for the next three hours.



Food Challenges require preparation, so please read the instructions in the app before you start.



These tests are in addition to everyday testing, which you do after regular meals to monitor your fermentation levels throughout the day.







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## Regulatory info

FCC ID: 2AOZI000AA01



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:

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- 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.
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## Still have questions?

We've got you covered! There are many ways to get your questions answered:

1. [foodmarble.com/help](https://foodmarble.com/help)
2. [help@foodmarble.com](mailto:help@foodmarble.com)

