



OPK LABS

the ultimate

OPK COMPARISON

GUIDE

Hi there!

Hi! I'm Katelyn. Mom, scientist, wife... and someone who has just used 70 OPKs in the span of a day. Quite the resume, I know ;)

First of all, I want to THANK YOU for taking me on your TTC journey. It truly is an honor and a privilege. Helping you get pregnant is exactly why I created Storkacademy.

And the easiest way to increase your chances of that happening is by using ovulation predictor kits (OPKs). And by using OPKs the RIGHT way, you'll significantly bump your odds of getting pregnant.

But **which one is best?** Well, that's what I wanted to figure out with OPK Labs.

I'll first give you a quick refresher on what OPKs are. You have access to all the nitty gritty details in the full OPK Secrets video course... so I promise to keep it short!

Then, we'll get to the main setup of my quasi-scientific OPK-experiment. After which the results will follow!

Feel free to scroll up and down and zoom in on all the test lines to see if you agree with my ratings!

And of course, I hope you'll enjoy reading this guide just as much as I did putting it all together!

Talk to you soon,

Katelyn.



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Picking the Right Ovulation Prediction Test For You

This guide will help you identify the best Ovulation Predictor Kits on the market. Because if you're anything like me, you want to know which brand is the absolute most sensitive and which brand can tell you when you're in the fertile window. You've probably even tried out a bunch of brands yourself already! But what I'm pretty sure you have not done is test more than a dozen brands using the exact same urine, at the exact same time.

And that's where this guide comes in. I did the work so you don't have to.

Now before diving in, I want to let you know that I'm a huge fan of OPKs. I LOVE OPKs! They're simple, effective, cheap and most importantly, accurate. And because I love **all** OPKs, going in, I don't have a favorite OPK brand or any preconceived notions about who should come out on top. What I want is to simply know the truth, to know which is the best, and if they're all equally good? That would be just as awesome as well!

If you're impatient and just want to know the results, scroll down to the bottom of this document. But I think you'll find lots of value knowing and understanding exactly how OPKs work and what they mean. So please keep on reading, and don't forget to look through the accompanying video and course material too!

First, let's first talk a little bit about how OPKs work and how the testing was done.

How do OPKs Work?

I'll keep this part very short and sweet, because by the time you read this, you're probably already an expert on OPKs. And if you're still unsure, you can always go through the OPK Secrets course one more time, just to refresh your memory.

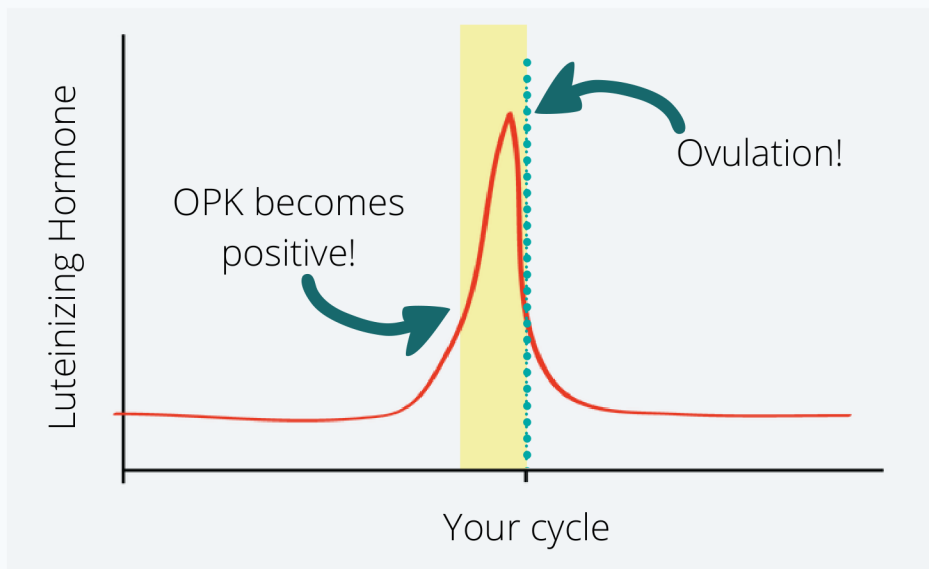


OPK Comparison

Ovulation Predictor Kits do exactly what their name suggests; predict ovulation!

They do this by detecting a hormone called LH (Luteinizing Hormone) in your urine. So what you do is you pee in a cup and stick the LH strip into the urine for a few seconds. Then, you lay it down and wait for the lines to appear!

The LH surge starts 1-2 days before ovulation. This means that the LH hormone starts rising and becomes detectable in urine, and this rapid rise is what causes the egg to break free -**ovulation**-. Just look at this chart right here:



See the dotted line? That's when ovulation happens!

See the red line? That's how your LH levels change during your cycle!

Once LH starts to really increase (a.k.a. the surge), which happens right at the start of the yellow highlight, that's when an OPK becomes positive too: the test line will be (almost) the same intensity as the control line. Now you're at peak fertility: go have sex!



Why Your Baseline LH Level Matters

Looking at that chart on the previous page, you may think that everyone has that exact LH surge, with the exact same rise in LH levels. Nope!

We all differ in:

- Baseline LH levels
- How fast the LH level rises
- How high the LH level gets
- And how long it takes until you ovulate

In the video lessons, I talk about the importance of starting testing early in your cycle, long before you expect to ovulate.

Why?

Because you need to know what your baseline LH test looks like, because that will show you exactly what your personal negative looks like! And your negative may look a lot different than mine.

That's because if your baseline LH levels are very low, that could mean that even with a 10-fold increase in LH leading up to ovulation, your test line will be lighter than the test line from someone with a very high baseline LH and only a 5-fold increase in LH.

My tests are unique to me and your tests will be unique to you. We're all different! Having said that, all OPK comparisons shown in this eBook can be compared to each other because they're done using the same urine sample.

So make sure you pee on a stick early in your cycle so you know what YOUR baseline test looks line!



Testing the Popular Brands

With so many brands out there, how do you know which is best? Does it even matter, or are they all equally good? Which test is most sensitive? And which OPK is the easiest to interpret?

Remember how I promised you this guide will help you identify the best Ovulation Predictor Kits? Well, in the next section that's exactly what I'll be showing you in great detail.

I made this guide to find out which test is best, but what does "best" even mean? To try to quantify the things I am looking for in a good OPK test, I made this list of questions that an OPK should be able to answer:

- Will baseline urine (with very little LH present) show up as a negative (no line visible)?
- Can the OPK detect an early LH surge?
- Is the test line darker than the control line when testing at peak LH?
- Is the OPK easily readable after only a few minutes?
- Can the test still identify peak LH even when you're extremely hydrated/after drinking a LOT of water?

If the answer to all these question is a resounding "yes", then we're dealing with a good test. If some or all of them are "no", well, then it's probably best to avoid.



How The Test Was Set Up

To answer these questions, I collected and tested 5 urine samples.

1. A baseline urine sample with very low LH, which should always be negative.
2. An early LH surge urine sample. This is perhaps the most important test of all. Ideally, a good OPK would show a test line that is darker than the baseline sample. Depending on how close you are to ovulation, it may be as dark as the control line, or not quite as dark just yet. This experiment is the equivalent of testing right at the start of your fertile window!
3. A peak LH urine sample. Here, the test line must be as dark or darker than the control line.
4. A 50% water / 50% peak urine sample. The test line should ideally still be very visible. This is to mimic drinking a lot of water. A strong test line means the test is sensitive enough even if you stay hydrated.
5. A 75% water / 25% peak urine sample. The test line should ideally still be very visible. This is to mimic testing while being super hydrated. A strong test line here also means the test is very sensitive.



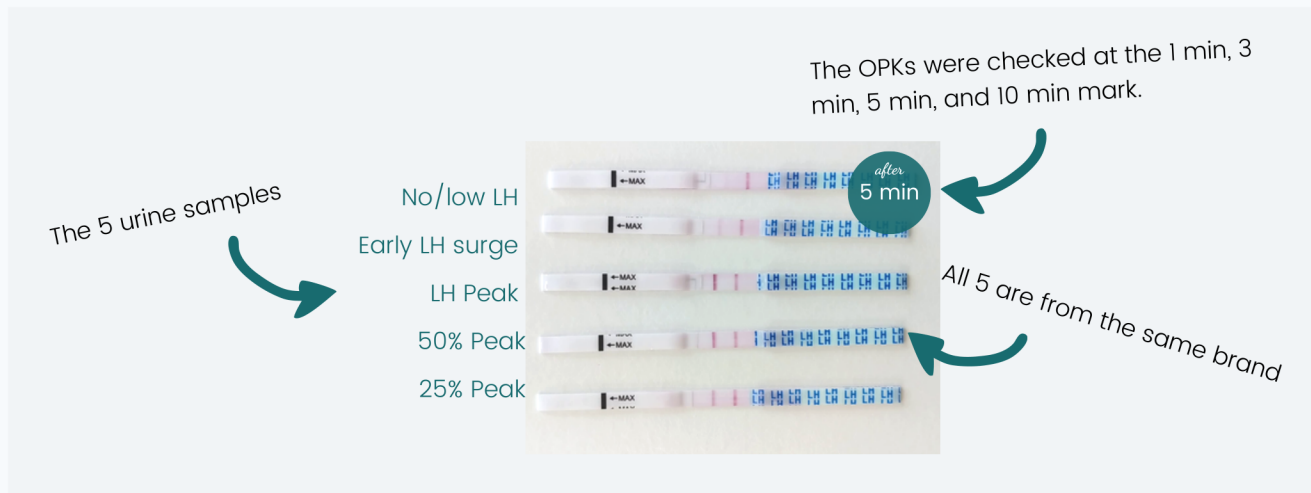
The 5 urine samples in all their glory!

Each urine sample was kept in a sterile plastic cup, and each OPK test was dipped for approximately 5 seconds. Filming was done using the same setup each and every time too.



OPK Comparison

I recorded 5 OPKs at a time (one strip for each urine sample), which looks like this:



I made sure to record each test for a total of 10 minutes, so if you haven't already, you can view the full 10 minute recording of all tests in the accompanying video. As we go along, I interpret each test at the 1 minute, 3 minute, 5 minute and 10 minute marks.

The OPK Brands

All brands were bought from online retailers (e.g. Amazon.com), in other words: **none** of the OPKs were hand-picked test units provided for free. I included 14 brands.

- 1 test is a so called "quantitative" digital test which gives you an actual LH value.
- 1 test is a regular digital OPK test, "pass/fail" type of test.
- 12 tests are so called "cheapie" OPK tests. The most common type (my favorite!).



Needless to say, it was a lot of dipping, testing, checking, and recording. Doing the math, that's 70 tests! 14 tests x 5 urine samples!

These are the 14 included brands:

1. E.P.T. Digital Ovulation Test (digital, quantitative)
2. Clearblue Digital Ovulation Predictor Kit (digital)
3. Wondfo (cheapie)
4. Easy@Home (cheapie)
5. Generic (cheapie)
6. Femometer (cheapie)
7. Smilereader (cheapie)
8. Pregmate (cheapie)
9. iProven (cheapie)
10. Checkurate (cheapie)
11. EZ Level (cheapie)
12. Clinicalguard (cheapie)
13. Healva (cheapie)
14. MomMed (cheapie)

Let's Get Going!

If you're still reading this I know you must be a true TTC-nerd just like me. So why don't I just stop with all the prefacing and let's dive headfirst into the results.

Shall we?



Digital

*Ovulation
Prediction
Kits*



E.P.T. Digital Quantitative Test

When it comes to OPKs, the most expensive option, and potentially also the best and most accurate option, are so-called quantitative OPK tests. These tests give you an actual reading, a number, of the LH hormone.

Generally, if the test tells you you have a level of **30 mIU/ML or higher**, it is considered a positive OPK: your surge is happening! And if a test gives a very high score, say **80 mIU/ML or higher**, then you're probably right at your LH peak. But, as was said on the previous page, all of us have different baseline test scores and all of us have different "peak" test scores too. So always establish your own baseline first.

The first OPK I'll be testing is such a quantitative test: the **e.p.t. digital ovulation test**. And together with this OPK and the 5 urine samples we can learn two things:



First, we can answer this question: **What are the actual LH levels of the 5 urine samples?** Is the baseline close to 0? What is the LH level at surge and peak? And does diluting the urine cut down the LH level?

Answering these questions can really help you understand your own body. And knowing actual LH levels can also come in handy when trying to interpret regular old-fashioned OPK tests!

Second, we can answer this question: **is the device reliable?** By testing each urine sample twice (a so-called "test-retest"), we hope to see the exact same LH reading on the second go-round as we see on the first try. And if the readings are the same both times for each urine sample, then we can conclude that the e.p.t. digital ovulation test is a reliable device.

Alright, enough talk, let's start comparing!



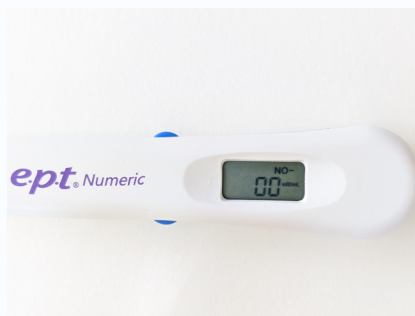
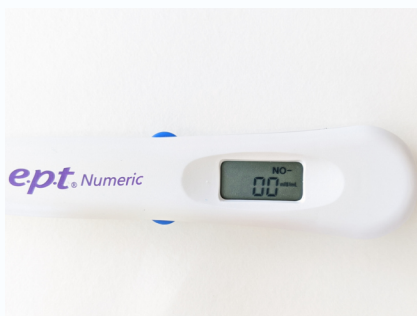
E.P.T. Digital Quantitative Test

It's pretty amazing seeing an actual quantitative value representing LH. I'm impressed!

Test

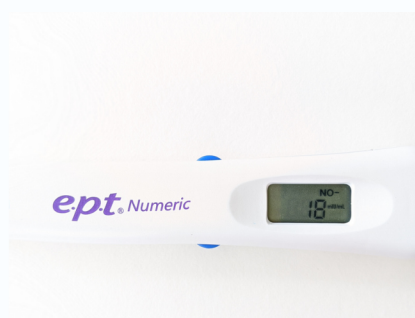
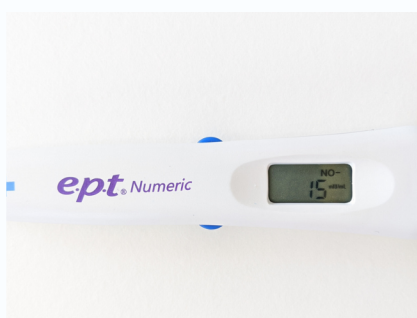
Retest

Baseline



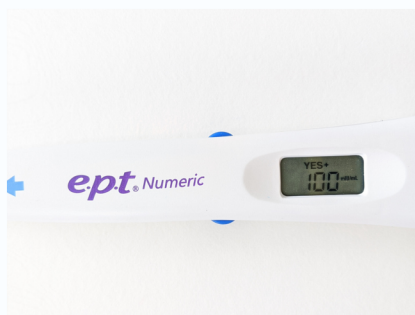
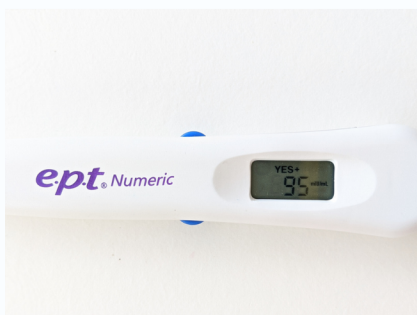
Just as I had hoped, the early cycle baseline urine sample gave a 0 reading both times.

Early LH surge



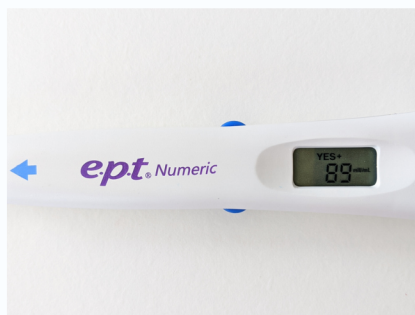
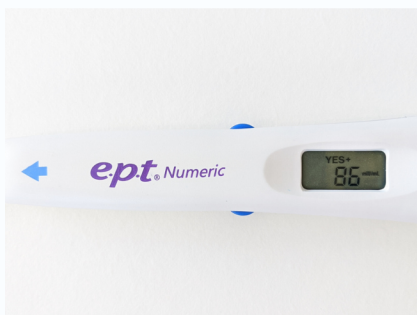
At the start of the LH surge, the LH level was 15 mIU/mL on the first test, and 18 mIU/mL on the second test. Pretty close and the score is in line with an (very) early LH surge!

LH Peak



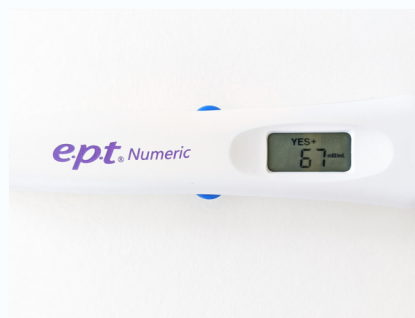
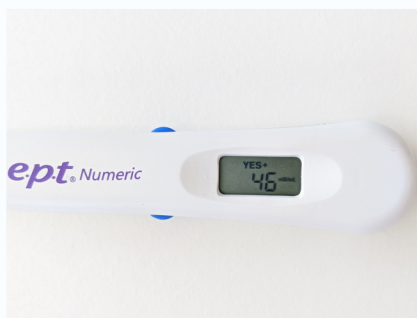
Peak LH shows a very high level both times (95+ mIU/mL). In fact, you can't score any higher than 100 mIU/mL! According to e.p.t., any score above 30 on this test is a POSITIVE OPK.

50% Peak



Diluting the urine with 50% water only dropped the LH level a little bit. Apparently the drop is not linear, so even if you are well hydrated the test can still pick up a ton of LH.

25% Peak



Even as the peak LH urine sample is diluted a lot (75% water vs. 25% urine), the levels are still a positive "YES+".

Drinking plenty of fluids is no problem. The scores are pretty far apart though.

e.p.t. digital - score: ★★★★★



Clearblue Digital

Another digital option; this time by Clearblue! Unlike e.p.t. these won't tell you the (estimated) LH value, but they'll tell you (digitally) if your LH levels are low or high.

There are two options: The Clearblue Digital Ovulation Test and the Clearblue Advanced Digital Ovulation Test.

Curious what the differences are?



Clearblue Digital
Ovulation Test



Clearblue Advanced Digital
Ovulation Test

The Clearblue Digital (pink handle) is the one I'll be testing. It measures the hormone LH, just like any other OPK does.

The Clearblue Advanced (purple handle), on the other hand, measures both LH and the hormone estrogen and works quite differently (click [HERE](#) to find out more). Since we want to compare apples to apples, I'm using the Clearblue Digital.



Clearblue Digital

Clearblue Digital tests missed the early LH surge. This OPK isn't a good choice for those with low LH.

Baseline



As expected, the baseline urine sample was a "no".

Early LH surge



Oh no! Clearblue missed the early LH surge. This is not very surprising since the e.p.t. digital test told us the LH level is somewhere around 15 to 18 mIU/mL, and Clearblue has a sensitivity of 40 mIU/mL.

For many women who want to **maximize** their fertile window, this is simply not sensitive enough!

LH Peak



Finally, there's a smiley face! The LH Peak is detectable!

50% Peak



Diluting with 50% water still gives us a positive.

25% Peak



And after adding 75% water we still got a positive!

In other words: if you known your LH levels tend to rise really high, then Clearblue can be a good alternative to cheapies.



Clearblue Digital score: ★★★★★



Cheapie

*Ovulation
Prediction
Kits*



The most common type of OPK is colloquially named a "cheapie" or "internet cheapie", but it's also known under different names such as: paper LH test, simple LH test, or just OPK.

Cheapies are my favorite kind of OPK because you can buy a whole box of them for \$20 and there's a lot less plastic waste than with digital OPKs. And being cheap does not make them bad in any way. In fact, I like them the most! But there are distinct differences between different brands, and that's what the next dozen pages will tackle.

We go over how to interpret these tests in detail in the OPK Secrets course, so if you're unsure on how to use them, you can head back and re-watch the videos one more time. But in short: a test line that is as dark or darker than the control line is considered a positive. As you'll see, if your baseline LH levels are very low (like mine), an early LH surge won't be quite as dark as the control line just yet.

One thing to note is that I have never been able to find cheapie tests in a brick and mortar store. I sourced all tests from Amazon, and you probably have to do so as well (or any other online retailer you trust).

So without further ado, let's show the test results!





Test speed and handling
(how does the test feel and how fast is it?)



Easy to grab, does not feel flimsy.
Haziness gone after 5-minutes.

Baseline negative?
(is the test not too sensitive?)



Yes, test line is barely visible on the
baseline test.

LH surge detected?
(is the test sensitive enough to give an
advance warning of the fertile window?)



Surge test line is somewhat faint, but
much darker than the test line of the
baseline sample.

LH peak clearly visible?
(is the test line at least as
dark as the control line?)



Test line is much darker than the
control line. Test line is darker than
control line after just 1-minute.

Diluted sample positive?
(is the test still sensitive when the
urine sample isn't as concentrated?)



Both the 50% diluted sample and
even the 75% water (25% peak
urine) sample are clearly positive.

Wondfo score:



Wondfo earns
high marks in all
categories and is
an affordable, high
quality option you
must consider.



Baseline
Early LH surge
LH Peak
50% Peak
25% Peak



after
1 min



after
3 min

Baseline
Early LH surge
LH Peak
50% Peak
25% Peak

Baseline
Early LH surge
LH Peak
50% Peak
25% Peak



after
5 min



after
10 min

Baseline
Early LH surge
LH Peak
50% Peak
25% Peak

Test speed and handling
(how does the test feel and how fast is it?)



Chunky tests, results show up quickly. Haziness gone after 5-minutes.

Baseline negative?
(is the test not too sensitive?)



Yes, test line is barely visible on the baseline test.

LH surge detected?
(is the test sensitive enough to give an advance warning of the fertile window?)



The test line of the surge was not as dark as the control line, but much darker than the baseline sample.

LH peak clearly visible?
(is the test line at least as dark as the control line?)



Very clear peak test line, already visible after 1-minute.

Diluted sample positive?
(is the test still sensitive when the urine sample isn't as concentrated?)



The test line of the 50% diluted sample is about as dark as the control line, but 25% it's slightly lighter compared to the control line.

Easy@home score:



Easy@home did an excellent job of detecting the peak, and also picked up the start of the surge.



Generic (pink)



Test speed and handling (how does the test feel and how fast is it?)



Test is very thin and there was still some streaky-haziness after 5-minutes.

Baseline negative? (is the test not too sensitive?)



Test line is completely absent. This might indicate that the test isn't sensitive enough!

LH surge detected? (is the test sensitive enough to give an advance warning of the fertile window?)



Surge test line barely visible. It's hard to know if this is the start of the surge or just a more concentrated baseline sample.

LH peak clearly visible? (is the test line at least as dark as the control line?)



Peak is clearly seen by comparing it to baseline or the start of the surge, but test line is not darker than control line.

Diluted sample positive? (is the test still sensitive when the urine sample isn't as concentrated?)



The 50% sample is quite a bit lighter than the control line and at 25% it's much lighter than the control line.

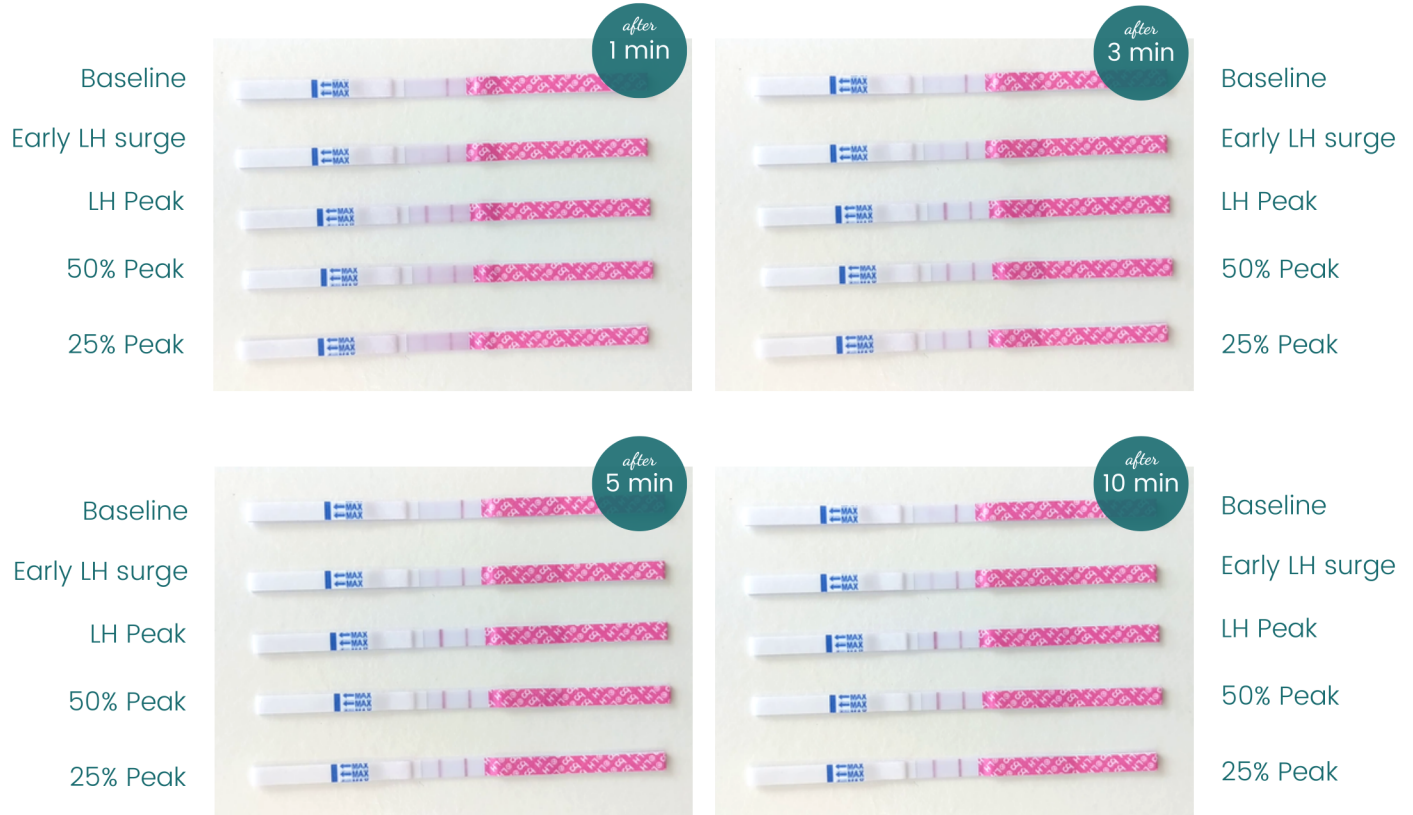
Generic (pink) score:



These tests seemed a lot less sensitive compared to some of the others I've tested. Avoid.



Femometer



Test speed and handling (how does the test feel and how fast is it?)



Slightly thinner than some of the others. But easy to handle and speedy.

Baseline negative? (is the test not too sensitive?)



Yes, just a hint of a test line on baseline.

LH surge detected? (is the test sensitive enough to give an advance warning of the fertile window?)



Surge test line is not as dark as the control line, but is clearly darker than baseline.

LH peak clearly visible? (is the test line at least as dark as the control line?)



Test line of peak sample very dark and is even visible after 1 minute.

Diluted sample positive? (is the test still sensitive when the urine sample isn't as concentrated?)



50% diluted sample still has a test line that is darker than the control line. Test and control line are about the same with the 25% peak sample.

Femometer score:



Femometer is one of the fastest developing tests and shows very clear lines.





Test speed and handling (how does the test feel and how fast is it?)



Very thin test strips. The tests were quick to develop and haziness was gone after 5 minutes.

Baseline negative? (is the test not too sensitive?)



Test line not visible at all, which may indicate that the test isn't sensitive enough with low LH levels.

LH surge detected? (is the test sensitive enough to give an advance warning of the fertile window?)



Surge test line very faint, which shows that the test may not be sensitive enough to give you an early heads up.

LH peak clearly visible? (is the test line at least as dark as the control line?)



Peak LH test line is still not as dark as the control line.

Diluted sample positive? (is the test still sensitive when the urine sample isn't as concentrated?)



The 50% peak sample looks similar to peak in test line intensity. The 25% sample is far from positive.

Smilereader score:



Smilereader seems less sensitive than some of the others. Might be a good option if your LH levels are naturally high.



Pregmate



Test speed and handling
(how does the test feel and how fast is it?)



Thick strips, tests looked mostly clear after 5 minutes.

Baseline negative?
(is the test not too sensitive?)



Yes, just a hint of a test line was visible.

LH surge detected?
(is the test sensitive enough to give an advance warning of the fertile window?)



Surge test line looks a lot darker than the baseline test line, but not as dark as the control.

LH peak clearly visible?
(is the test line at least as dark as the control line?)



Test line of peak sample darker than the control line and was quick to develop.

Diluted sample positive?
(is the test still sensitive when the urine sample isn't as concentrated?)



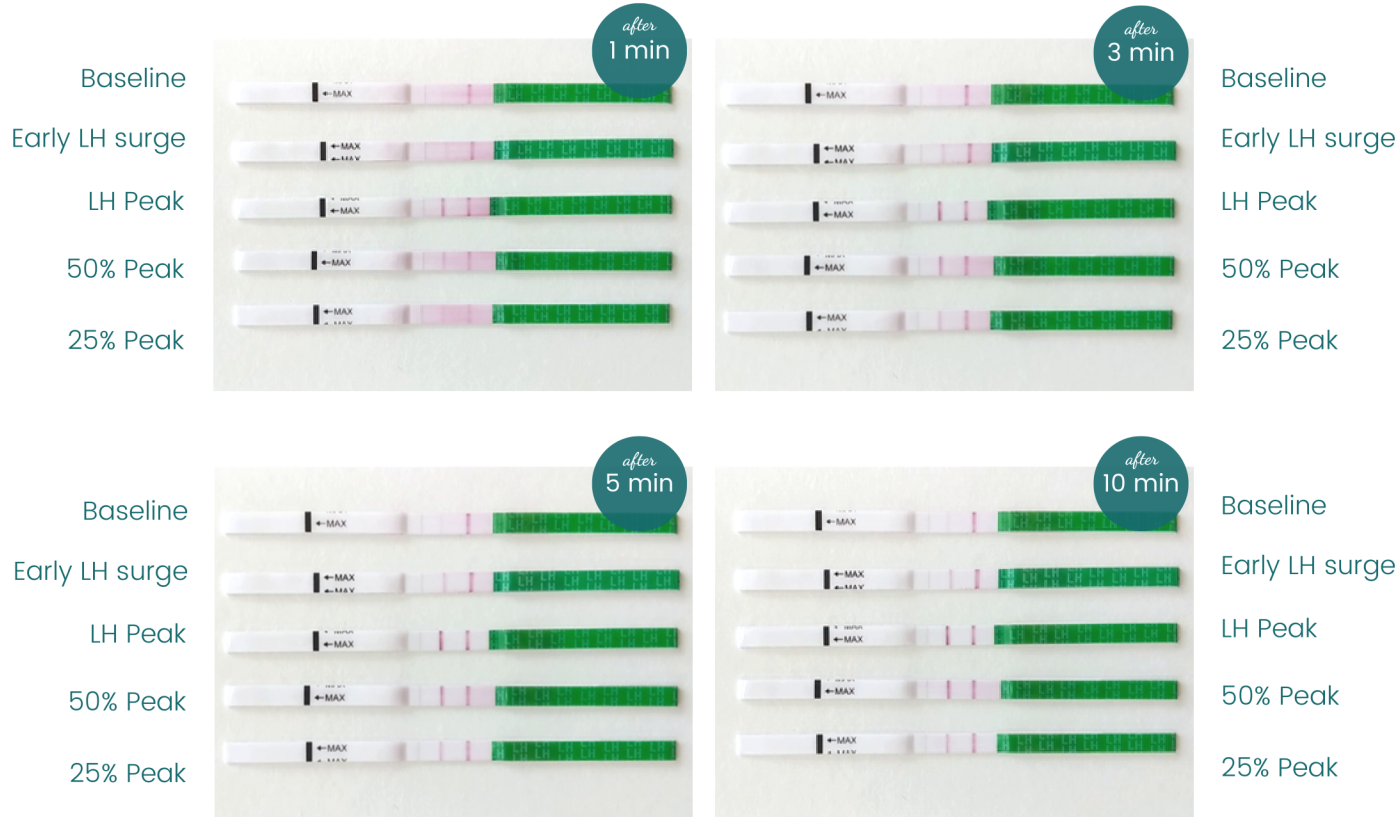
50% test line sample is about as dark as the control line, but 25% peak urine is somewhat lighter.

Pregelmate score:



Pregelmate is sensitive enough to detect even small changes.





Test speed and handling
(how does the test feel and how fast is it?)



Test strips are somewhat thinner but developed fast.

Baseline negative?
(is the test not too sensitive?)



Yes, test line barely is visible on baseline the test.

LH surge detected?
(is the test sensitive enough to give an advance warning of the fertile window?)



Early surge sample shows a bit of decent test line and can give you a heads up that your levels are rising.

LH peak clearly visible?
(is the test line at least as dark as the control line?)



Test line was darker than the control line, but test lines were both a bit patchy.

Diluted sample positive?
(is the test still sensitive when the urine sample isn't as concentrated?)



The test line of the 50% sample is just a tad bit darker than the control line. At 75% water, the control line is darker though.

iProven score:



iProven tests are sensitive and fast to develop, but lines are a bit faded.



Checkurate



Test speed and handling (how does the test feel and how fast is it?)



Very thin tests. Tests were not fully ready yet after 5 minutes.

Baseline negative? (is the test not too sensitive?)



Just a faint test line visible.

LH surge detected? (is the test sensitive enough to give an advance warning of the fertile window?)



The early surge sample was slightly darker than the baseline sample, but lines were patchy, making it harder to read.

LH peak clearly visible? (is the test line at least as dark as the control line?)



Test line of peak sample about as dark as the control line. Lines again seem a bit patchy.

Diluted sample positive? (is the test still sensitive when the urine sample isn't as concentrated?)



Both the test line of the 50:50 urine:water and the 25% sample are lighter than the control line.

Checkurate score:



The lines of the Checkurate tests are harder to read. It also seems less sensitive.



EZ Level



Test speed and handling
(how does the test feel and how fast is it?)



The test strips were thick and developed quickly.

Baseline negative?
(is the test not too sensitive?)



Shadow of a test line visible which means that some LH was detected.

LH surge detected?
(is the test sensitive enough to give an advance warning of the fertile window?)



This test would give you an early heads up that the surge is starting as the test line is much more visible than the test line of the baseline sample.

LH peak clearly visible?
(is the test line at least as dark as the control line?)



Test line of peak sample looks clear and is darker than the control line.

Diluted sample positive?
(is the test still sensitive when the urine sample isn't as concentrated?)



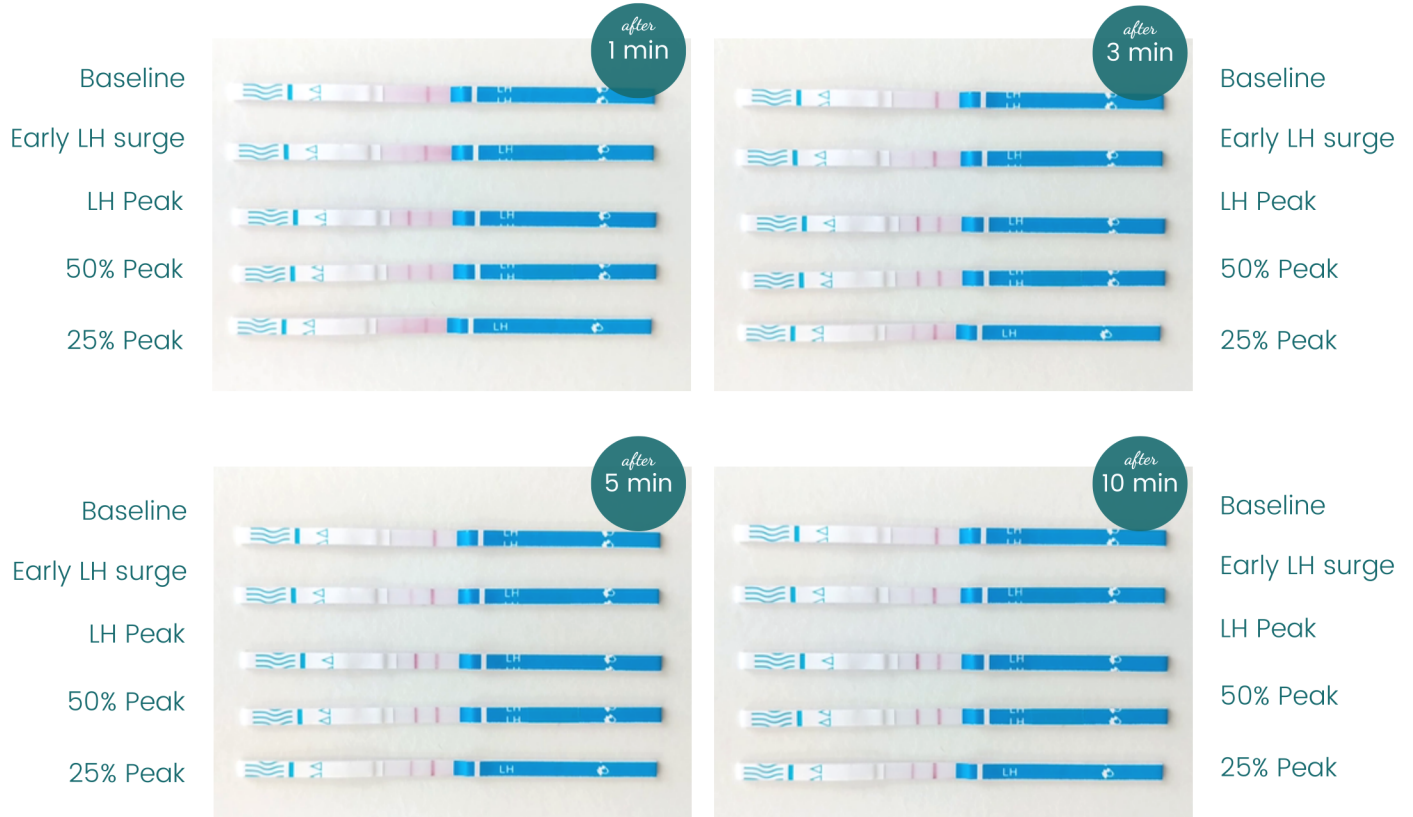
50% sample is still positive but 25% sample is a bit lighter than the control line.

EZ Level score:



Duplicate alert!
These tests seem exactly the same as Pregmate and score the same too.





Test speed and handling (how does the test feel and how fast is it?)



Test strips are a little bit thinner.
Clear tests after 5 minutes.

Baseline negative? (is the test not too sensitive?)



Just a little bit of a hint of a test line.

LH surge detected? (is the test sensitive enough to give an advance warning of the fertile window?)



The test may give you a heads up if you compare it to the baseline test sample.

LH peak clearly visible? (is the test line at least as dark as the control line?)



Test line much darker than the control line, with results already visible after just 1 minute.

Diluted sample positive? (is the test still sensitive when the urine sample isn't as concentrated?)



The 50% peak sample still looks positive but the 25% test is somewhat more faint.

ClinicalGuard score:



The ClinicalGuard tests are sensitive and reliable.



Baseline
Early LH surge
LH Peak
50% Peak
25% Peak



after
1 min



after
3 min

Baseline
Early LH surge
LH Peak
50% Peak
25% Peak

Baseline
Early LH surge
LH Peak
50% Peak
25% Peak



after
5 min



after
10 min

Baseline
Early LH surge
LH Peak
50% Peak
25% Peak

Test speed and handling (how does the test feel and how fast is it?)



Tests were very thin. While the tests developed quickly, the lines all seemed a faded.

Baseline negative? (is the test not too sensitive?)



Test line not visible which may indicate that the test isn't sensitive enough to pick up low LH levels.

LH surge detected? (is the test sensitive enough to give an advance warning of the fertile window?)



Very faint test line and it would be very hard to tell if your LH levels are rising based on these lines.

LH peak clearly visible? (is the test line at least as dark as the control line?)



Peak test line darker than the control line but test looks very faded making it harder to read.

Diluted sample positive? (is the test still sensitive when the urine sample isn't as concentrated?)



The 50% diluted sample looks good (but faded), the 25% peak urine sample is very faint, both lines are hard to read.

Healva score:



Although the peak test shows Healva is sensitive, all tests str very faded which makes it hard to read.





Test speed and handling (how does the test feel and how fast is it?)



Slightly thinner but speedy to develop.

Baseline negative? (is the test not too sensitive?)



Yes, the test line is visible but faint.

LH surge detected? (is the test sensitive enough to give an advance warning of the fertile window?)



Early surge test line is lighter than the control line, but definitely darker than the baseline sample.

LH peak clearly visible? (is the test line at least as dark as the control line?)



Test line of the peak sample is much darker than the control line.

Diluted sample positive? (is the test still sensitive when the urine sample isn't as concentrated?)



The 50% diluted sample is a clear positive but the sample with 75% water isn't positive anymore.

MomMed score:



The MomMed tests are easy to read (clear lines) and are sensitive.



Which is the best?



E.P.T. Numeric



Wondfo



Femometer



Easy@home



EZ Level



Pregmate



ClinicalGuard



MomMed



iProven



Clearblue Digital



Checkurate



Smilereader



Generic (pink)



Healva score:



Gold

Top marks go to E.P.T. Numeric/Quantitative, Wondfo, Femometer, Easy@home, EZ Level and Pregmate. These tests were able to detect an early LH surge, were unaffected by dilution/hydration and lines were clear and easy to see. In the case of E.P.T., the LH values were sensitive and test-retest scores indicate it's very reliable. I love that you can see (an estimate of your) actual LH values.

Silver

The test also shows that ClinicalGuard, MomMed, and iProven are also very good choices. They are a bit narrower or just a tiny bit harder to interpret than the top choices, but results are clear and reliable.

Bronze

The bottom tier of our test belongs to Clearblue Digital, Checkurate, Smilereader, Generic (pink), and Healva. These tests had several issues, including patchiness, and sensitivity issues (not detecting the LH surge).

