

Items Included in Your Collection Kit

DNA SAMPLE COLLECTION - BUCCAL SWAB

- Test Request Form (TRF)
- (2) Swab Stick in Collection Tube
- FedEx Clinical Pak Mailer
- Kit Box
- Zip Closure Specimen Bag

If you are missing any of the needed components or have questions about the collection, please call D'Adamo Personalized Nutrition Customer Service at 877-226-8973.

DNA COLLECTION INSTRUCTIONS

FOLLOW INSTRUCTIONS CAREFULLY - IMPROPER COLLECTION MAY INVALIDATE RESULTS

1



IMPORTANT: Refrain from eating, drinking, chewing gum, brushing teeth, or smoking for at least 30 minutes before sample collection.

Sample must be received by the lab within 1 week of collection!

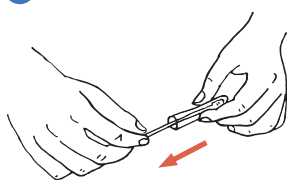
2



Wash or sanitize hands prior to handling tube or swabs to avoid contamination.

Rinse mouth with water for 30 seconds immediately before collecting sample.

3

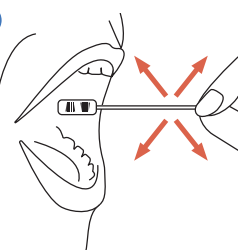


Carefully remove the swab from one of the two collection tubes provided.

Take caution to avoid touching the swab tip to any surface.



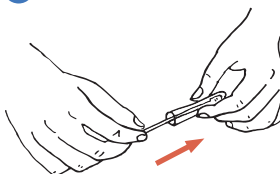
4



Using the same force as brushing your teeth, rub and rotate swab along the inside of mouth (both cheeks and between lips and teeth) for 30-60 seconds.

Important — Use reasonable, firm and solid pressure.

5

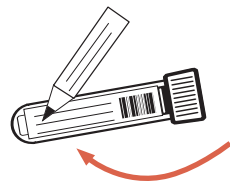


Insert the swab back into the collection tube immediately after collection and seal tube.

Important — Do not touch the swab head with your fingers or any other surface.

NOTE: Repeat Steps 3-5 with both swabs provided.

6

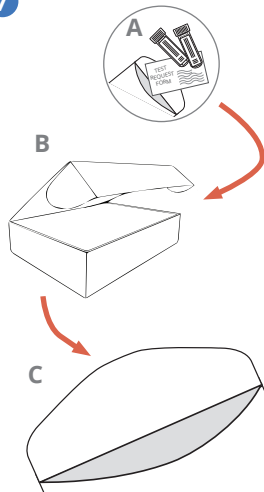


With both tubes completely sealed, write name, date of birth, and date of collection on each tube label.

Information provided must match on both labels.



7



A) Place both collection tubes and completed Test Request Form into the specimen bag.

B) Place specimen bag into the kit box.

C) Ship the kit box back to Diagnostic Solutions Laboratory using the shipping envelope provided by following the instructions below.

SHIPPING INSTRUCTIONS: Call FedEx at 1-800-463-3339 to Schedule Your Free Pickup

1. When the automated greeting begins, say, "Schedule a pickup."
2. When asked if Express or Ground, say, "Express."
3. When asked if you have a tracking number, say, "I am using a stamp."
4. Your tracking number can be found on the Shipping Label - keep a copy for your records.