

Each Nutrigenomix test kit contains the following:

- Sterile single-use Buccal Swab sealed in wrapper (**do NOT** discard the swab wrapper)
- Dry Pouch with a desiccant bag inside (**do NOT** remove desiccant)



Before Sample Collection

1. **Do NOT** eat, drink, smoke, chew gum or brush your teeth for 30 minutes prior to collecting the cheek swab sample.
2. For best results rinse mouth with water immediately prior to sampling.
3. See other side for instructions on collecting your sample.



Storage & Shipping

1. Please write your name and return address on the upper left-hand corner of the return envelope. Ensure there is adequate postage. Place the Dry Pouch containing your Buccal Swab sample into the envelope, seal and place into an outgoing mailbox.
2. Your practitioner will contact you when your results become available. Please allow approximately 2 weeks from when your sample reaches our laboratory.

(Read both sides before collecting sample)

Buccal Swab Collection Instructions

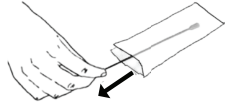
1. Peel the Swab Wrapper

Slowly peel open the package containing the Buccal Swab (see 'Peel here') and stop peeling where indicated (see 'Peel to here').



2. Remove the Swab

Remove the swab and set aside the swab wrapper for later use. Be careful not to press the green plunger or touch the swab head.



(do **NOT** discard the swab wrapper)

3. Swab Collection

Place the swab head under your tongue for 20 seconds.

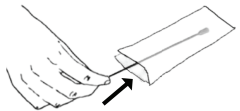
Rub the swab head against the inside of one cheek for 20 seconds.

Rub the swab head against the other cheek for 20 seconds.



4. Reinsert Swab in Wrapper

Reinsert the Buccal Swab headfirst into the swab wrapper that was set aside in Step 2.



5. Insert into Dry Pouch



(do **NOT** remove desiccant)

Tear open the Dry Pouch at the notched end and unzip. Place your Buccal Swab in its wrapper into the Dry Pouch containing the desiccant and zip to seal.