

Items Included in Your Collection Kit

DNA SAMPLE COLLECTION – BUCCAL SWAB


- Test Request Form (TRF)
- (2) Swab Stick in Collection Tube
- 3 – Commercial Invoices
- Kit Box
- Zip Closure Specimen Bag
- 1 – Clear Pouch

If you are missing any of the needed components or have questions about the collection, please call D'Adamo Personalized Nutrition Customer Service at 203-761-0042.

DNA COLLECTION INSTRUCTIONS

FOLLOW INSTRUCTIONS CAREFULLY – IMPROPER COLLECTION MAY INVALIDATE RESULTS

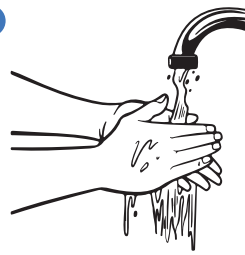
1



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!

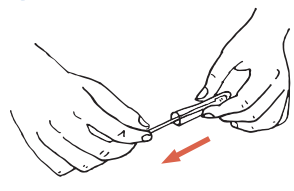
2



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

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

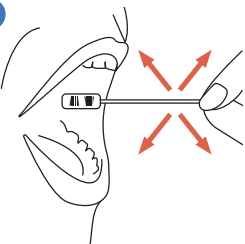
3



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

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

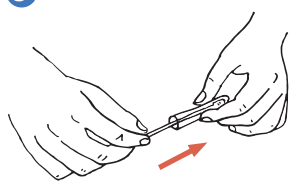
4



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.

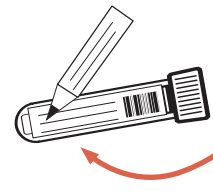
5



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.

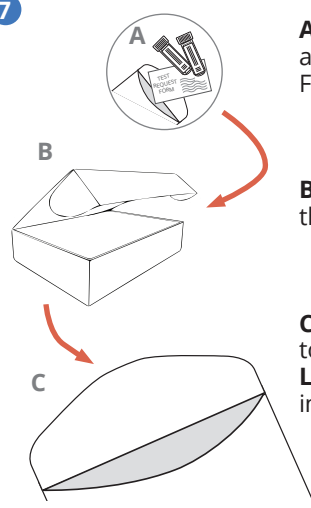
6



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) Seal and ship the kit box to **Diagnostic Solutions Laboratory** (following shipping instructions below).

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

SHIPPING INSTRUCTIONS – INTERNATIONAL, CANADA and US Territories

1. Carefully and completely fill out the 3 commercial invoices to avoid customs delay — including your name, address, phone number and signature.
2. Place the completed invoices in the clear pouch and affix pouch to the front of the shipping envelope (not provided).
3. Take the box to an international shipper of your choice for shipment—affixing the pouch with invoices to shipper's envelope.
4. Ship the Secretor Kit box with your sample to (keep tracking number for your records):

Diagnostic Solutions Laboratory
 5895 Shiloh Rd, Ste 101
 Alpharetta, GA 30005
 USA