

**Items Included in Your Collection Kit**

DNA SAMPLE COLLECTION – BUCCAL SWAB


- Test Request Form (TRF)
- 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

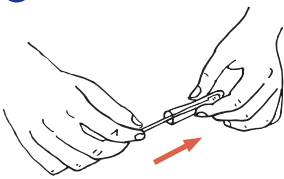
**1**



**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!


**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.

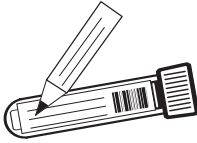
**2**



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

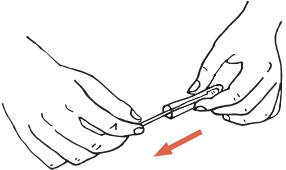
Rinse mouth with water for 30 seconds immediately before collecting sample.

**6**



With the tube completely sealed, write name, date of birth, and date of collection on the tube label.

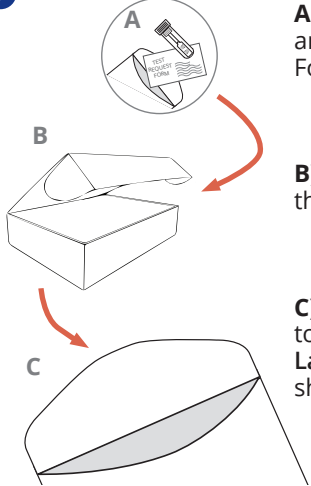
**3**



Carefully remove the swab from the collection tube.

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

**7**

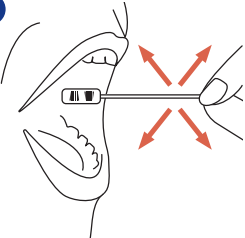


**A)** Place the collection tube and completed Test Request Form into the specimen bag.

**B)** Place specimen bag into the kit box.

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

**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.

### 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

