

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. You can ship on any day of the week.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
- Prepare your shipment:
 - Place the bio-hazard bag containing the collected sample along with the completed Personal Information Form into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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version 001

Welcome To Your Test Kit

You have chosen to do a dnalife® Test from Nordic Laboratories which will provide information to help you on your personal health journey.



The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise lifestyle strategy and enable measures to be implemented that will help you attain a higher level of health.

Please read the instructions carefully and follow them step by step. In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your samples.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

See how to collect your sample using this link: nordicvms.com/dnaENG



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Check Your Kit

Shipping Materials

- Box containing the collection kit (keep this box for returning your samples)
- Personal Information Form
- Shipping Instruction
- Return shipping materials

Collection Materials

- 1 x Packet which contains a plastic tube with a sterile buccal swab
- 1 x Bio-hazard bag

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu.

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information:

- Personal Information Form: verify that the information on the form is correct and edit if needed.

When to schedule your collection:

- Make sure to collect your sample in the morning before eating, drinking or brushing your teeth.



IMPORTANT NOTE!

Do not touch the swab tip with your hands at any time.



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Collection Procedure



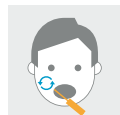
Step 1:

Write your name, date of birth and date of collection clearly on the side of the plastic tube. Also note the date of collection on the Personal Information Form.



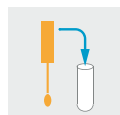
Step 2:

Take the plastic tube. Uncap the top by twisting it and take out the swab. Avoid touching the swab tip.



Step 3:

Firmly rub and rotate the swab along the inside of the left cheek in the mouth for 30 seconds, ensuring that the entire swab tip has made contact with the cheek. You should press firmly enough so that it is mildly uncomfortable. Make sure the swab tip does not touch your teeth or lips. Repeat this process for the right cheek.



Step 4:

Remove the swab, being careful not to touch the swab tip against teeth, lips, or any other surface, and return the swab to the plastic tube then firmly close the lid.



Step 5:

Once you have finished collecting, place the plastic tube into the bio-hazard bag and seal. Discard the packet.



Collection Procedure



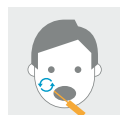
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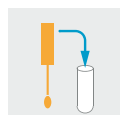
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