

Complete and sign the DNA Testing Consent Form. Don't forget to fill in your Fitgenes Certified Practitioner Details.
Please inform your Practitioner of any issues that may influence the collection results (e.g. undergoing chemotherapy, mouth lining 'damaged').



1 Please ensure you have waited 30 minutes after food, drink or smoke. Wash your mouth out three times with water before you begin.
Pull open the package from one end.



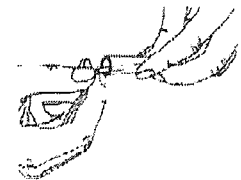
2 Remove the swab container from the package.
Remove the swab from it's container by holding the plastic handle. Please refrain from touching the cotton tip.



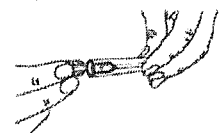
3 Insert the swab into your mouth and rub firmly against the inside of your cheek or underneath lower or upper lip. For maximum DNA collection, rub for 1 minute and expand the sampling area. Time yourself for 30 seconds on each side of the swab and cheek.
Important - use reasonable, firm and solid pressure i.e. you see your cheek bulging externally if using the central part of your cheek.



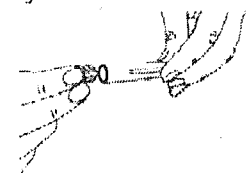
4 If any excess saliva, gently shake off.
Air dry swab for at least 10-15 minutes.
Place the swab back in the tube.
Do not touch with your fingers.



5 Place your thumbnail in the small groove set in the handle, then snap the handle in two, bending to one side. Let the swab head fall into the tube.



6 Remove the stabilizing capsule from the foil wrapper and place in the tube so that the capsule sits on top of the swab shaft.



7 Seal the tube securely with the cap provided.
Place the sample ID barcode sticker on the tube.

8

Place the DNA sample and completed consent form in the 'quick zip' plastic bag supplied, and then place in the self-addressed envelope and seal.

9

Fill out the details on the reverse side of the self-addressed envelope and either:
(i) Post back to Fitgenes, return to your Fitgenes Certified Practitioner, or send to your Fitgenes authorised partner in your country, whichever is applicable, on the same day. If the weather is very hot (30°C or more) post the sample at the end of the day or if a very hot spell wait until a little cooler, or;
(ii) Store in the fridge at 4°C away from direct heat or sunlight until you are able to do Step 9 (i) above.