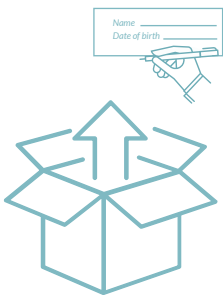


- Read all instructions thoroughly before sample collection. Failure to follow instructions described may cause the lab to reject samples.
- Men, children and non-menstruating women may collect any day of the month.  
Menstruating women should collect samples according to the following schedule:
  - **Regular Cycles:** Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period)
  - **Irregular Cycles:** Collect 5 days before your period begins.
  - **Unpredictable Cycles:** Collect any day when not bleeding.
- Please consult with your healthcare provider regarding eating, drinking and taking any supplementations or medications prior to sample collection.
- Saliva must be collected 4 times during the day. Collection must be performed upon:  
**Morning (Waking), Afternoon (before lunch), Evening (before dinner), and Night (before bed).**
- Ensure that the samples are labeled appropriately with name, date of birth, date and time of each sample collection. Samples with insufficient labeling will be rejected.
- **If you miss a collection time, collect the sample at the designated time the following day and label appropriately.**
- Immediate shipping of samples recommended after all 4 samples are collected.

**SHIP WITHIN 12 HOURS OR LESS OF COLLECTION. HOLDING COLLECTED SAMPLES CAN RESULT IN REJECTION.**



### Step 1

Remove the bag labeled "**Saliva Pack**" from the shipping box and spread out the contents. The contents include:

- 1 pair of disposable gloves
- 4 saliva tubes
- 1 bubble mailer

Label the saliva tube with name, date of birth, date and time of each sample collection.



### Step 2

Rinse your mouth with water and wait for 5 minutes before sample collection. Put on disposable gloves. Select appropriate saliva tube based on the collection time. (Morning, Afternoon, Evening or Night)

Allow the saliva to pool in your mouth and transfer into the tube. Ensure that the tube is half way full (excluding bubbles). Cap the tube and place it in the bag labeled "**Saliva Pack**" and seal it



### Step 3

Wash hands to prevent contamination. **Repeat the process for each sample collection choosing the appropriate saliva tube based on collection time.**



### Step 4

Place the "**Saliva Pack**" containing 4 saliva tubes into the return bubble mailer and mail the package immediately **via FedEx** after all samples have been collected.

**\*\*\* Please collect and include all packs provided (stool pack, saliva pack, etc.) into the return bubble mailer prior to mailing the package.**