



DNA Genetics Lab Instructions:

Forms & Paperwork:

Be sure to complete all highlighted sections on the test requisition forms and fill out information on the sticker to be attached to the Saliva Collection Tube.

Before You Begin:

Upon receiving your lab kit please read through the instruction pamphlet included in the sample kit. Please also read through full instructions on this document before collecting samples.

If you have any questions about the instructions please contact info@smartdna.com.au

Collection: How to Complete the Saliva DNA Sample:

Follow the instructions as outlined on the DNA instruction pamphlet and inside the plastic collection container, also please note the following tips:

- Do not eat, drink, smoke, or chew gum for 30 minutes before giving your saliva sample
- If having any trouble collecting enough saliva, you may try smelling a lemon or warm food to stimulate saliva production
- Be sure to fill the saliva all the way to the fill line, close the funnel then shake per instructions
- After closing tube per instructions, be sure to fill out all information on the sticker attached to the requisition form, then place on the sample collection tube
- You can watch a how-to video on saliva collection here: https://youtu.be/XMdDeusQ_IY

Mailing Sample

- Place all contents & forms back in the plastic box and plastic bag. Purchase a padded shipping envelope to send the contents to the address listed on the form.
- Shipping Address (in US) :
ATTN: smartDNA PTY LTD
C/o 10515 Research Drive
Knoxville, TN 37932 USA

- International samples (in AUS): If you live in Australia or nearby country you can ship to their local location
- Shipping Address:
smartDNA
PO Box 4156
McKinnon VIC 3204

Follow Up Appointment

- Once you have mailed in your lab sample, please follow the steps below to set up an appointment to review your results and new wellness recommendations:
 - **Option 1:** If you ordered your lab through equilibriumnutrition.com including a health coaching call, please email: scheduling@cabralwellnessinstitute.com
 - **Option 2:** If you ordered your lab through your IHP coach (purchased on EN without a coaching call), please email your Integrative Health Practitioner directly
- Results are typically ready after 3-4 weeks once samples have reached the lab (international samples may take up to 2 weeks to arrive at lab)

Questions?

Please see the following link if you misplace instructions to watch the video: https://youtu.be/XMdDeusQ_IY

If you have further questions about sample collection or mailing please contact SmartDNA:

- Email: info@smartdna.com.au