



myDNA Comprehensive Health Report

Collection Instructions

Version 1: January 2023

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 0800 88 44 33 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

- The night before collection, follow your normal nightly routine of brushing and flossing of teeth. However DO NOT use mouthwash.
- This test should be performed on a **Monday to Wednesday ONLY**.
- On the morning of collection **do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco or coffee products.** You may drink a small amount of water prior to specimen collection. If you do consume water, please wait 45 minutes prior to collecting specimen.

GENERAL DISCLAIMER

We recommend that you always seek the advice of a qualified health care practitioner regarding any medical or health related diagnosis or treatment before acting on this test information. Nutrisearch does not provide clinical advice on test selection or interpretation of testing for wellness testing to patients, nor does it provide diagnosis, treatment or medical advice. Nutrisearch is not liable to you or anyone else for any loss or negative consequence caused in whole or in part by interpreting, delivering or reporting information through the utilizing of laboratory testing services. In no event shall we be liable to you or any other party for any decisions made or action taken or not taken by you in reliance on such information.

Thank you for your request. Results will be forwarded to your referring practitioner upon completion. All testing is performed by NutriPATH Pathology.



Nutrisearch Ltd
1105 Plunket Street
Crn. Maraekakaho Road & Plunket Street
Hastings 4120, Hawkes Bay, New Zealand
e. info@nutrisearch.co.nz

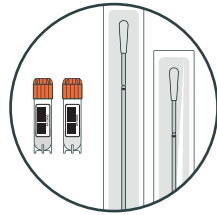
myDNA Swab

Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 0800 88 44 33.

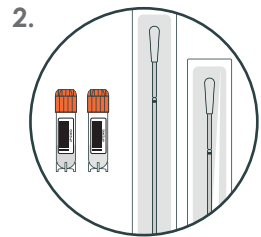
- 2 x Buccal Swabs
- 2 x Orange Top Vials
- 1 x Specimen transport bag
- 1 x Request form
- 1 x Collection instructions
- 1 x Courier bag (prepaid)



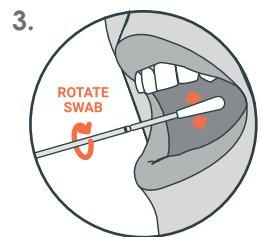
If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

SPECIMEN COLLECTION INSTRUCTIONS

1. Please ensure that you have fasted overnight and have not brushed, flossed or had anything to eat or drink prior to the sample collection. This may contaminate the sample for analyses and a recollection may be required.

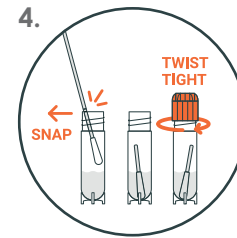


Place the unopened swabs and vials on a clean, level surface. Each vial has a barcode label with a unique patient identifier.

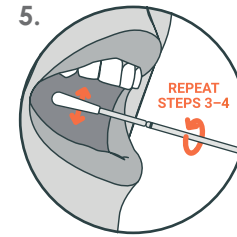


Remove the first swab from its package. Firmly scrape the inside of one cheek while rotating the swab for 45 seconds.

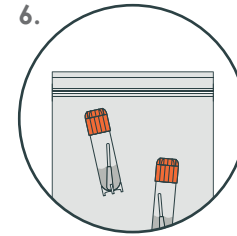
SPECIMEN COLLECTION INSTRUCTIONS (CONT'D)



Open the first vial, insert the swab (swab tip down). Align the black line on the swab with the edge of the vial and SNAP it off leaving the swab tip remaining in the vial's liquid.



On the opposite cheek, repeat steps 3 and 4 using the 2nd swab and vial.



Ensure the orange cap is securely fastened on both vials. Insert both vials **into the White Padded bag then** into the sealable section of specimen transport bag.

7. Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.

8. When your sample is ready to be transported, please ring the courier number provided on the pre-paid return bag.

Please advise this is a medical specimen.

Alternatively, you can drop the package to your **nearest agent**. (Record the "customer" number on the front right of the track pack. This is your record to track delivery)