



TEST KIT INSTRUCTIONS

1



ACTIVATE YOUR TEST KIT

Visit status.africanancestry.com

Enter your unique activation code:

Enter your unique test kit number:



2



GET READY TO TAKE THE TEST

At least 3 hours before:

DO NOT use mouthwash or toothpaste

DO NOT use caffeine or alcohol

DO NOT smoke

Right before:

DO rinse your mouth out twice with water



COLLECT YOUR CHEEK SWABS

Now you are ready to swab the inside your cheek.
It's quick, easy and painless!

- Grab the two packages of swabs, open any package and remove one swab.
- Roll the swab firmly along the inside of EACH of your cheeks, approximately (20) times per cheek.
- Allow the swab to dry completely on a clean tissue or paper towel.
- Repeat the process until you have used all four swabs provided.
- Place the four dry swabs (tip facing down) into the barcoded envelope and seal the envelope.

DROP YOUR SWABS IN THE MAIL

And that's it!

Just place the barcoded envelope in the return envelope, seal the envelope and drop in the mail.
No postage is necessary in the U.S.

TIPS:

- Jot down the tracking number found on your return package for your records.
- Check your email for updates on your test from info@africanancestry.com.
- Be on the lookout for your results 8-12 weeks from the time we receive your swabs.