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.

Questions: call 866-779-8201 or email info@africanancestry.com