

## Shipping Preparation

### When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the bio-hazard bag containing the swabs at room temperature until you are ready to ship. **Do not** store for more than three days.
- Schedule your shipment so that your samples will arrive to the laboratory on a working day, as we are closed over the weekend.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed, and that you have noted the date of collection along with your weight and height.
  - Pro-forma/Commercial invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Place the envelope containing the swabs into the supplied box, along with the completed Personal Information Form.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



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## Welcome To Your Test Kit

You have chosen to do a DetoxiGenomic, CardioGenomic, EsterGenomic or ImmunoGenomic Profile Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**please keep this box for returning your samples**)
- 1 x Letter envelope with collection details section
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial invoices (**these are only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Bio-hazard bag
- 2 x Sterile cotton flock swabs in a returnable swab package (**please keep this intact for returning your samples**)
- 1 x Absorption pad

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### Prior to collection

- The night before collection, use your normal nightly routine of brushing and flossing of teeth, but do NOT use mouthwash.

### When to schedule your collection

- This test must be collected immediately upon rising. Do not practice normal oral hygiene routine, do not eat or drink until collection has been made.

### Morning of collection

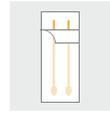
- Do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco, or coffee products. You may drink ONLY water before the collection. Just prior to collection wash hands completely with soap.

## Collection Procedure



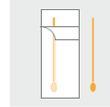
### Step 1:

Write your full name, date of birth, gender and date of collection on label attached to the letter envelope.



### Step 2:

Peel open the package labelled "Sterile Cotton Tipped Applicator". Only peel back the package enough to remove the cotton swab applicator. You MUST keep the package intact, as you need to return the swabs to this packaging to return your samples.



### Step 3:

Remove one applicator, taking care to avoid contact with the cotton tip.



### Step 4:

Open your mouth widely and insert applicator. For at least 30 seconds, aggressively scrape the inside of your cheek using a back and forth, and up and down motion. Be sure to rotate the applicator several times to ensure the swab collects a sufficient amount of cheek cells. In addition, swab between the cheek and the gums. NOTE: If there is not enough DNA collected on the applicator, a recollection will be required.



### Step 5:

Remove the applicator from your mouth and allow cotton tip to air dry for 15-20 minutes before placing it back into the original packaging, cotton swab first.



### Step 6:

Repeat the above collection process with the second applicator on your opposite cheek.



### Step 7:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date of collection and your height and weight.



### Step 8:

Once your applicators are dry, place them back into the original packaging, cotton tip first. Place the package containing the two collected specimen swabs into the bio-hazard bag and then into the letter envelope and seal.



### Step 9:

Place the letter envelope into the box. You have now completed your collection.