

Not Available in New York or Maryland. If you are a resident of one of these states, do not proceed, please contact Wellnicity.

PREPARATION GUIDE (Read prior to starting steps)

- ▶ **DO NOT** consume more than 8 ounces of liquid prior to the collection.
- ▶ Women should avoid sample collection during menses.
- ▶ **24 hours before and on day of sample collection DO NOT consume the following items:** (With your prescribing physician's approval)
 - Caffeine
 - Stimulant Medications
 - Hormones
 - Corticosteroids
- ▶ **On the morning of sample collection DO NOT consume the following items:** (They can be taken immediately after urine collection)
 - Amino Acid Supplements
 - Antibiotics
 - Anti-depressant Medications
 - Animal Proteins
 - Antihistamine Medications
 - Stimulant Medications
 - Caffeine

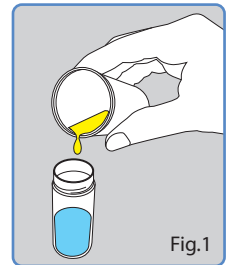


Fig.1

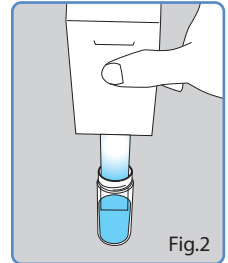


Fig.2

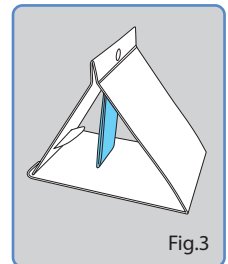


Fig.3

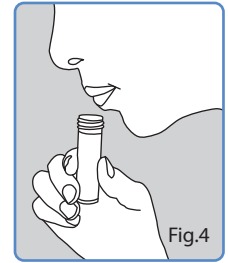


Fig.4

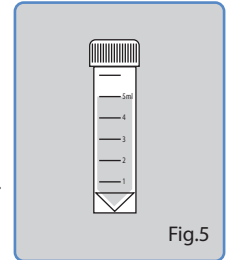
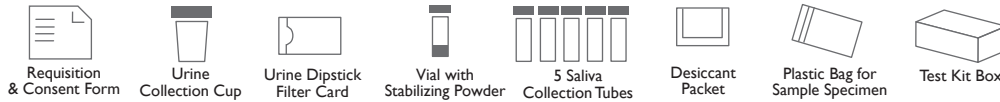


Fig.5

STEP 1: VERIFY TEST KIT CONTENTS

Lay out kit contents & Fill out the 'Requisition & Consent Form', filter card, and collection tubes.



STEP 2: REGISTER YOUR TEST KIT

- ▶ Go to Wellnicity.com and click on **REGISTER TEST KIT** (top right hand corner of the screen)
- ▶ Complete your Health Profile

STEP 3: SAMPLE COLLECTION

Urine Collection

1. After rising for the day, collect the 2nd urine of the morning, midstream. The collection cup should be around 3/4 full. The 1st morning urine should be voided.
2. Open vial containing stabilizing powder and pour urine in to fill. Return cap to vial and twist tightly to close. Shake vial well for 15 seconds. The mixture will turn a blue/green color. (Fig.1)
3. Unfold the dipstick filter card so that the dipstick filter is pointing down.
4. Insert the filter into the vial for 10 seconds. Please ensure that at least 3/4 of the filter is submerged in the mixture. (Fig.2)
5. Fold the left and the right of the card down again and bring the filter into the triangle position. (Fig.3)
6. Allow the filter to dry for 24 hours at room temperature. **DO NOT SEND WET SAMPLES. FILTER MUST BE DRY.**
7. Fold the filter card into the original closed position. Write your name, collection date and time on the outside of the card.
8. Place the filter card and desiccant packet inside the plastic bag.

Saliva Collection - Follow the Saliva Collection Time Chart

! 60 minutes before each collection: Avoid smoking, brushing or flossing your teeth, using mouthwash and eating or drinking anything except water.

1. 3-5 minutes before each collection: Rinse mouth thoroughly with cold water for approximately 30 seconds. Wash hands prior to handling the tube.
2. Locate the appropriate time-labeled tube according to your collection schedule.
3. Spit directly into the tube until tube is filled to 5 mL or at least three-quarters full (excluding bubbles). To reduce the amount of bubbles, cap tube and place in the freezer for 2-3 minutes. Remove tube from freezer and lightly tap tube on the countertop or tabletop. This should help to settle the bubbles and enable further collection. (Fig 4 & 5)
4. Recap tube tightly. Place in plastic bag and refrigerate. Store samples together in refrigerator until ready to ship.

Saliva Collection Times

Tube 1	8 AM
Tube 2	NOON
Tube 3	4 PM
Tube 4	8 PM
Tube 5	MIDNIGHT

SAMPLES MUST BE SHIPPED WITHIN 24 HOURS OF COLLECTION

STEP 4: SHIPPING INSTRUCTIONS

RETURNING YOUR SAMPLE

- ▶ Make sure your 'Requisition & Consent Form' is completed and you have registered your test kit online.
- ▶ Place the 'Requisition & Consent Form' inside the slot on the outside of the plastic bag for sample specimen.
- ▶ Place the plastic bag with filter card and desiccant packet in the test kit box and seal.
- ▶ Place the test kit box containing sample inside the pre-labeled FedEx return bag (included at the bottom of your test kit package).
- ▶ Once sealed, record or take a picture of the shipping label located on your FedEx return bag to track your sample journey.
- ▶ Deliver sealed sample return bag to a FedEx shipping location. Transit to the laboratory takes approximately 2 business days.



Ship samples within 24 hours of collection.

DO NOT SEND WET SAMPLES

NEXT STEPS

- ▶ Upon receipt, the lab will begin processing your sample. A completed 'Requisition & Consent Form' is required and must accompany your sample.
- ▶ Your results will be reviewed by a Wellnicity clinician and securely transmitted to your online account.
- ▶ You will receive an email when your test results are ready, approximately 5-7 business days following the receipt of your sample.