DAY TO COLLECT

1. On the day of collection, DO NOT:
   X Take any supplements until after until you have collected all four samples
   X Consume food or drinks that contain caffeine.
   X Eat or drink anything before your first saliva collection (up to 8 oz of water is OK). Avoid eating one hour prior to each saliva collection.
   X Brush, floss, or have dental work done 30 minutes prior to each saliva collection. Wash hands and rinse mouth with water, but wait 10 minutes to collect your saliva sample (to avoid dilution).
   X If testing melatonin: Please avoid all nuts, fruits, fruit juice, wine, rice and coffee on the day of collection, as these foods are known to contain melatonin and could skew results.

2. First saliva collection must be 30 minutes after awakening. Set a timer as timing for the first saliva sample is crucial.

3. Use of routine cosmetics is permitted.

PREPARATION

1. Make sure your provider selected a test profile on the requisition form. Call your provider if nothing is selected.

2. Fill out all requested information on the requisition form (front and back) and the patient survey. Missing information can delay testing.

3. Collect saliva on a day that is determined by you and your provider. Follow recommendations on page 3, or call your provider for more info.

4. The night before collection, wash your face before bedtime. Do not apply lotions or creams.

5. Freeze the ice pack. Keep in freezer until you are ready to ship.

DAY OF SALIVA COLLECTION

1. Collect saliva on a day that is determined by you and your provider. Collect saliva on a day that is determined by you and your provider.

2. Fill out all requested information on the requisition form (front and back) and the patient survey. Missing information can delay testing.

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BEFORE COLLECTION

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2. Fill out all requested information on the requisition form (front and back) and the patient survey. Missing information can delay testing.

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COLLECTING SALIVA

1. Fill all four tubes regardless of how many tests are ordered.

2. Each tube should be 3/4 full. Bubbles or foam are OK.

3. Use of the included straws to funnel saliva into each tube is optional. Dispose of straws before shipping.

4. After each saliva collection:
   - Snap saliva tube closed tightly. Press lid against hard surface to ensure a tight seal.
   - Place the closed saliva tube in the freezer immediately. Freeze all samples for at least 4-6 hours (and keep frozen until you are ready to ship.)
   - Record the date and times of the collection on the bag and on the requisition form.

SHIPPING

1. Ship Monday - Friday only. You will be charged a pick-up fee if you call for a Saturday pick-up. Weekend or holiday collection: keep the specimen in the freezer until the following business day to ship.

2. Complete all paperwork, including requisition form and patient survey. US patients only: fill out the ABN on the back of the requisition form.

3. Place items into the cardboard kit box in the following order:
   - Insulated cooler
   - Plastic bag with frozen specimen tubes, zipped closed
   - Frozen ice pack
   - Requisition form, patient survey, and payment (if applicable)

4. Replace the lid of the cooler, and close the cardboard box.

PREPARE THE PACKAGE

1. Snap saliva tube closed tightly. Press lid against hard surface to ensure a tight seal.
2. Place the closed saliva tube in the freezer immediately. Freeze all samples for at least 4-6 hours (and keep frozen until you are ready to ship.)
3. Record the date and times of the collection on the bag and on the requisition form.

SCHEDULE A PICK-UP (USA ONLY)

Call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). At the greeting, say "Schedule a Pick-up." When prompted, say "Schedule a Pick-up using a Label or Stamp." Reply "Yes" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information. DO NOT USE A DROP BOX.

If you are located outside the US, Canada, UK, Ireland or Australia, you must make your own shipping arrangements.