

How to Collect the DNA

(Hair, Nails, Saliva)

- ☐ Vitamin and Mineral Imbalances
- ☐ Oxidative Stress Levels
- ☐ Absorption/ Digestive Disturbances
- ☐ Blood Sugar Imbalances
- ☐ Heavy Metal / Environmental Toxicity
- ☐ Kidney and Liver Disturbances
- ☐ Enzyme Imbalances
- ☐ Hormonal Imbalances
- ☐ Pathogen Disturbance
- ☐ pH Issues

Instructions for Hair, Nails, and Saliva sample collection are as follows:

- **Hair Collection:** Preferable method: cut a small amount of hair close to the root from the neck area OR Alternative method: hair collected from fallout while washing or brushing is acceptable. Place the collected sample in a plastic bag labeled Hair Sample and record name, birth date, and collection date on the plastic bag.
- **Nail Collection:** Clip and collect nails. Place the clippings in a plastic bag labeled Nail Samples and record name, birth date, and collection date on the plastic bag.
- **Saliva Collection:** Collect saliva sample first thing in the morning, before eating, drinking, or brushing teeth. Swab the inside of the mouth with a Q-tip. Set the collected sample on a clean & sterile surface to dry for 20-30min prior to packaging to prevent mold growth. Place the collected sample in the plastic bag labeled Saliva Sample and record name, birth date, and collection date on the plastic bag.
- **Forms:** Complete Clinical Appraisal and Disclaimer form, this form is to be mailed with the collected samples or send it to me via email in an electronic format. This form is only required with the first samples submitted. Follow-up evaluations require a current list of medications and supplements being taken and can be recorded on the Clinical Appraisal Follow-Up form provided.
- **Mailing:** Place the Sample Bags, Clinical Appraisal and Disclaimer in the envelope and mail via USPS or UPS as soon as possible. Samples are good for testing up to 7 days after collection.

If you choose to send Post office-PO box 7666, zip 83002, Jackson, Wyoming
If you prefer to send via UPS or FEDEX use the physical address - 1325 US-89 #113, Jackson, Wyoming, zip 83001.

THIS EVALUATION IS NOT INTENDED TO DIAGNOSE, TREAT OR CURE ANY DISEASE

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