

EpiAging USA Saliva Collection Kit

Instructions for use

Thank you for using our biological age prediction service.
Please read the included instructions carefully.

Note

Do not ingest the liquid in this kit. Avoid eye contact. Keep out of reach from children.

Before Saliva Collection

1. DO NOT EAT, DRINK, CHEW GUM, BRUSH TEETH, USE MOUTHWASH OR SMOKE FOR AT LEAST 30 MINUTES BEFORE SALIVA COLLECTION.

Please note: your last rinse should be done thoroughly with water only!

2. Before saliva collection, relax your cheeks and gently massage them with your fingers for 15 - 30 seconds; this helps to produce more reliable result.
3. Typically, it takes 2 - 5 minutes to complete the saliva collection.

Procedure

1. **Carefully** unscrew the blue cap from the tube containing the stabilizing buffer and attach the funnel to it.
2. Spit saliva (not phlegm) into the funnel that you have now attached to the collection tube until the volume reaches the 5 mL line.
Important: Over-filling the tube during saliva collection may render failure of the test.
3. **Carefully** unscrew the funnel to prevent spillage of the collected saliva from the tube. The funnel can be discarded.
4. Use the supplied blue cap to close the collection tube tightly. Invert and shake the capped tube 10 - 15 times to ensure the saliva and the stabilizer buffer are fully mixed.
5. Put the tube into the ziplock bag.
6. Please keep this instruction sheet as you will need your barcode number to access your test results.
7. Ship to us using the enclosed postage-paid envelope.

If you have any questions regarding your sample or results, please contact us and provide us with your sample tracking number.

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