

COLLECTION INSTRUCTIONS

Best practices for collecting valid samples

- ! Avoid eating, drinking, or smoking for at least 30 minutes prior.
- ! Avoid saturating swab with excess saliva.
- ! Avoid touching swab tip against teeth, lips, or any other surface.

1

- Complete and sign Test Requisition Form.
- Nutrigen and Personalized Hair Growth Genetics Profile ONLY: A questionnaire is required.
For Nutrigen visit:
<https://portal.fagrongenomicsus.com/life-extension>
For Personalized Hair Growth Genetics Profile visit:
<https://portal.fagrongenomicsus.com/life-extension/hair/>
or scan the QR code on the Requisition Form to complete the questionnaire using the Requisition Number on the barcoded label.
- Optimal Wellness Genetic Panel does not require a questionnaire.

2

Remove swab from package and twist open vial. Carefully hold stem of the swab and avoid touching tip with fingers or other surfaces.



3

Firmly swab right side of cheek using a back and forth brushing motion while rotating swab. Continue for at least 30 seconds then repeat process on left side of cheek.



4

Return swab back into vial immediately and close lid tight. Apply patient identifier sticker to vial length-wise (do not wrap around), then insert into bio-hazard bag.



5

Place bio-hazard bag into prepaid shipping envelope along with completed Test Requisition Form.

6

Drop off at any USPS mailbox or post office.

UNLABELED SWABS OR INCOMPLETE REQUISITION FORMS MAY BE REJECTED

If you need assistance, please email
wellness@lifeextension.com or call 800.226.2370