

COLLECTION INSTRUCTIONS



www.LifeExtension.com

800.226.2370



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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 the Test Requisition Form.
 - Personalized Hair Growth Genetics Profile **ONLY**: A questionnaire **is required**. For the Personalized Hair Growth Genetics Profile questionnaire 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.
 - All other test panels **do 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