



**LIFE
EXTENSION®**

The Science of a Healthier Life®

COLLECTION INSTRUCTIONS



www.LifeExtension.com
800.226.2370



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. If your test requires a questionnaire (Nutrigen ONLY), visit portal.gxsciences.com/life-extension/, or scan the QR code on the Requisition Form to complete the online questionnaire using the Requisition Number on the barcoded label. Pro7 Test 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