

1

Follow sample collection instructions located inside device package.

No food, drink, gum chewing or brushing teeth 30 minutes prior to providing the specimen.

IMPORTANT: All samples must be collected on the same day.

2

AM COLLECTION

Attach barcode sticker to this blank space from collection device being used.

Collect saliva into device between 6 A.M. – 9 A.M. while fasting.

Collected: ____ : ____ AM/PM

Date: ____ / ____ / ____

MID COLLECTION

Attach barcode sticker to this blank space from collection device being used.

Collect additional saliva sample into a second device between 11 A.M. – 2 P.M.

Collected: ____ : ____ AM/PM

Date: ____ / ____ / ____

PM COLLECTION

Attach barcode sticker to this blank space from collection device being used.

Collect additional saliva sample into a third device between 5 P.M. – 7 P.M.

Collected: ____ : ____ AM/PM

Date: ____ / ____ / ____

NIGHT COLLECTION

Attach barcode sticker to this blank space from collection device being used.

Collect final saliva sample into a fourth device between 9 P.M. – Midnight

Collected: ____ : ____ AM/PM

Date: ____ / ____ / ____

Record collection date and time. This is an important step. Results are based off collection details.

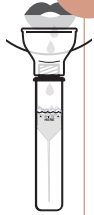
Write first and last name (no initials) and date of birth (mm/dd/yyyy) on tube label.

3

This is a regulatory requirement. Samples that are missing either identifier or that are not labeled exactly as instructed will be rejected.

Keep samples at room temperature until ready to ship.

Ensure the barcode from each collection tube is placed next to the corresponding collection time, and that date and time are recorded.



SIMPLYTEST®
FUNCTIONAL HEALTH

If you are completing this test at home:

Skip step 4 (registration is completed by your provider) and Proceed to Steps 5 - 6.

4

Register test in provider portal and verify:

- The Kit ID entered matches the Kit ID on the return mailer box
- The first and last name and DOB entered match what is written on each tube label
- Each sample ID matches the corresponding barcode and recorded collection date and time

5

Place all 4 collection tubes in the provided bio-bag and seal the bag closed. Place the bio-bag along with this instruction card in the return mailer box. Peel adhesive lid from the return mailer box lid and press to seal closed.

6

Refer to the enclosed shipping instruction card. Select your preferred carrier and attach the appropriate label to the return mailer box. Contact the carrier for drop-off locations or to schedule a pick-up.

Kit Contents

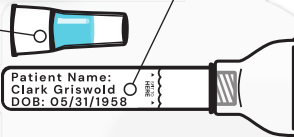
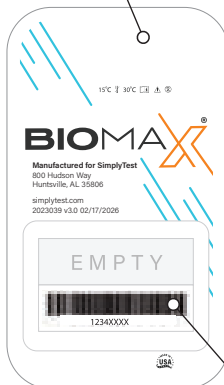
Device Instructions



Saliva Collection Tube with Funnel

Preservation Solution Cap

Tray Lid



Sample ID# Extra Barcode Sticker



Bio-Bag