

BEFORE COLLECTING SAMPLE

Complete & sign request form with pen.

DO NOT:

- Consume caffeine, smoke or exercise on day of collection
- Eat, brush, floss or drink anything except water 30-60 min. prior to collection
- Drink water during collection
- Consume food or drink for 6-8 hrs prior to the morning sample, if fasting prior to collection for Stress and Metabolic Profile.

SAMPLE COLLECTION TIMES

Not all tests require all tubes. Return empties with sample.

Tube & Label	Female/Male Wellness	Female/Male Wellness Plus	All other suites
1	30min after waking in AM		
2			noon
3			3-5 PM
4		bedtime	bedtime

NOTE: Single hormones, collect 30min after waking in AM (Tube & Label 1).

WOMEN MENSTRUATING:

- Collect sample a week before next period.
- If irregular, collect one week before expected period, or when not bleeding.

IF TAKING HORMONES

Consult your health care professional before making changes in hormone use.

Follow the timing guidelines outlined below for collection:


Creams, gels, sprays & pills	12-24h after last dose
Patches	1-2 days after patch application
Sublinguals and troches (dissolve under tongue)	36h after last dose
Injections	Midway between injections


- For recently started hormone therapy: Wait at least 3 weeks before test.
- Women taking birth control pills or other synthetic hormones: consult health care professional before testing.
- If taking the following, consult health care provider: Melatonin; birth control medication; Pregnenalone and/or placental derivative creams; steroidal anti inflammatory creams; oral medications or inhalers (ie: betamethasone, prednisone or hydrocortisone)

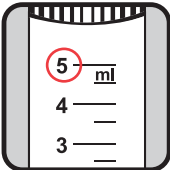
TIPS


- If you make a mistake in collection, rinse out tube without soap; start over.
- In case of dry mouth, press tip of tongue against teeth. Smelling a lemon or other food, yawning, can also stimulate saliva.


COLLECTING THE SAMPLE

- 

Wash & dry hands thoroughly.
- 


Fill tube with saliva.
Note: Not all tests require all tubes. Return empties with sample.
- 


For all tests: Fill tube #1 to 5ml line (no bubbles). All other tubes, to 3ml line.
- 


Using a pen, fill out small label & attach to collection tube.
Note: Label #1 on first tube, filled 30 min. after waking, etc.
- 

Securely fasten tube cover. Place tube in bag containing absorbent pad. Refrigerate, if shipping within 24-48 hrs, otherwise freeze.

SHIP SAMPLE

- 

Place completed request form in outside pouch of biohazard bag.
- 

Place bag into test kit box & close.
- 

Place test kit box into prepaid UPS mailer.

Call 1-800-742-5877 to schedule a next day service (charges apply), or visit www.fluidsiq.com to easily find a UPS drop-off point near you (free service).