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444 N Michigan Ave. Suite 1200 Chicago IL 60611

Welcome To



### Convenient Self-Collection Kit

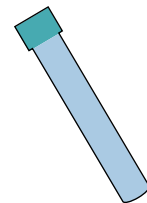
Please read all instructions before handling collection device.

## SALIVA COLLECTION

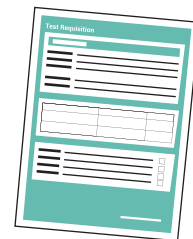
Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar

- Each saliva sample must fill the tube at least half way, not including bubbles.
- Mistake collecting saliva? Rinse your tubes out with hot water (no soap), shake out remaining water, and air dry. Restart your collection at the appropriate time.
- Freeze any samples not being shipped within 24 hours. Samples will be stable during shipping.

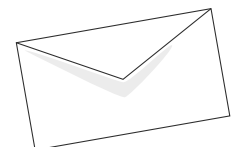
### Your Kit Contains



Saliva Tube



Paperwork



Return Mail Envelope x1

Turnover for the instructions

# 01

## COLLECT SAMPLES

Collection Timetable	# of Tubes	UPON WAKING Large Tube	BEFORE LUNCH Small Tube	BEFORE DINNER Small Tube	BEFORE BED Small Tube
Saliva Profile I, Hormone Trio or LCMS Saliva Steroid Profile	1	●			
AM/PM Cortisol or Saliva Profile II	2	●			●
Adrenal Stress Profile, Diurnal Cortisol or Saliva Profile III	4	●	●	●	●

### Step 1

Begin collecting your first saliva sample into the large tube within 30 minutes of waking for the day. Wash hands with soap and water. Use a clean towel to dry hands. Rinse your mouth with water. Wait 5 minutes before beginning collection.

### Step 2

Allow saliva to pool in mouth, then transfer to tube. Fill tube at least half full, not including bubbles. Collection usually takes 15-30 minutes depending on saliva flow. When done, cap the tube.

### Step 2



### Step 3

Write your name, the date and time of collection on the tube. Place the tube back into the bag.

### Step 3



### Step 4

Repeat this process for any other collection times using the smaller tubes provided. Do not eat, drink (except water) or brush teeth at least 2 hours prior to collections.

# 02

## FINISH & SEND

### Step 7

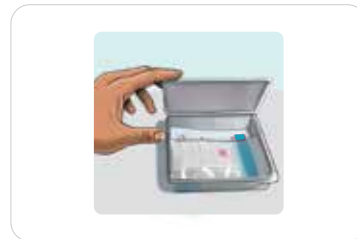
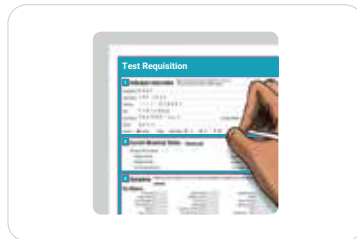
Complete all paperwork. Make sure all sections are filled in and your form is signed.

### Step 8

Place the sample(s), the Test Requisition form and any additional paperwork back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.

### Step 9

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Samples will remain stable under average shipping conditions, including over weekends and holidays.



## Checklist

- Verify all information is correct on the Paperwork Form, sign and date where indicated. The Laboratory will **NOT** process your sample without the date of collection and your signature.

Seal envelope and drop in any US Mailbox. We will notify you when you results are ready. You can log into your dashboard at <https://dashboard.labme.ai>.

for assistance please contact [support@labme.ai](mailto:support@labme.ai)