INSTRUCTIONS.

THIS SELF-SAMPLING KIT CONTAINS:



Self-sampling kit GLUTEN INTOLERANCE PREDISPOSITION

Hi! This is the Dynamic Code self-sampling kit to check for a predisposition for gluten intolerance. This self-sampling kit contains a sampling kit for a single use cheek-rubbing sample. To take this sample, you do not need to have eaten a diet that contains gluten before obtaining your sample.

→ If you find that any element of the sampling material has been damaged, it should not be used. In this case, please contact us for a replacement self-sampling kit.



1. READ THE INSTRUCTIONS

Begin by washing and drying your hands thoroughly. Read the entire set of instructions before you start the sampling process to ensure you aren't missing anything important.



5. Complete The sample

Put the sampling stick back in the sample tube immediately after taking the sample.



2. SAVE YOUR ANALYSIS CODE

6. PACK

in the carton.

THE SAMPLE

Place the sample tube with the sample

This sampling kit contains your analysis code; you will need this code to retrieve your results. Please tear off the analysis code and save it in a secure location.



3. PREPARATION FOR BUCCAL SAMPLE

Start by rinsing your mouth with water. Turn the cap on the sample tube and take care **NOT** to touch the soft part of the sampling stick.



4. TAKING THE SAMPLE

Rub the soft part of the sampling stick on the inside of your cheek for 3-4 seconds.



7. RETURNING THE SAMPLE

a) Fold in the flaps of the box and then close and seal the parcel.b) Return the pre-posted carton by posting it at any regular mailbox.



8. RETRIEVING RESULTS

To obtain your results, simply enter your analysis code at <u>dynamiccode.com</u>. Your results will be ready no later than **6 business days** after your sample has arrived at our laboratory. If you would like a notification when your results are ready, you can find more information with your analysis code.

NTRODUCTION

UK reseller

personal diagnostics

Personal Diagnostics Ltd Eclipse House, Curtis Road Dorking, RH4 1EJ United Kingdom www.personaldiagnostics. co.uk

