

Patient Guide



DetoxiGenomic Profile #5001

Methylation Genomics #3542

A-La-Carte SNPs

GSTP1 #5101

COMT #5102

SOD2 #5101

GSTM1 #5104

TNFA #5106

VDR #5109

MTHFR (C677T) #5110

MTHFR Combined

(A1298C + C677T) #5111

APO E #5112

Not Available in New York

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

Night before Collection

Use your normal nightly routine of brushing and flossing of teeth, but do not use mouthwash.

Morning of Collection

Do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco, or coffee products. You may drink ONLY water before specimen collection. Just prior to collection, wash hands completely with hand soap.

STEP 2

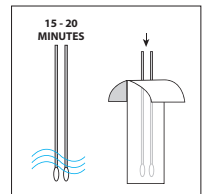
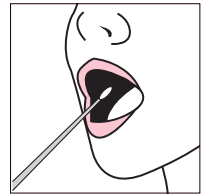
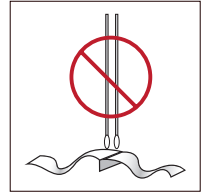
Specimen Collection

1. **Review** instructions and test prep information at gdx.net/activate.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the collection envelope.



Collect Swab

1. **Peel** open the **cotton tipped applicators** just enough to remove the cotton swabs. Leave the package intact so that the swabs can be reinserted after collection.
2. **Remove** one cotton swab applicator. **Do not touch** the cotton tip.
3. **Open** your mouth and **aggressively scrape** the inside of your cheek with the cotton swab using a back and forth, and up and down motion for at least **30 seconds**. **Rotate** the applicator several times, and swab between the cheek and gums. **Avoid excessive saliva**.
4. **Repeat steps 2 and 3 with the second swab**.
5. Allow swab applicators to **air dry** for 15-20 minutes. **Return** them, swab first, to the applicator package. **Seal** package inside the paper envelope.



STEP 3

Return Collection Pack

1. Confirm that the envelope has a **completed label attached** with **date of birth** and the **date of collection**.
2. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**.
3. **Adhere the FedEx shipping label to the envelope**. Follow the shipping instructions provided.

