

Saliva Collection Instructions

Before proceeding to collection

Scan this QR code to see the Preparation and Collection instructions on your device



For at least 30 minutes BEFORE testing DO NOT:



Use Mouthwash



Brush Your Teeth



Chew Gum



Smoke



Drink



Eat

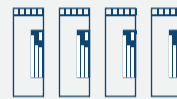
Vibrant Wellness
www.vibrant-wellness.com | support@vibrant-wellness.com
1-866-364-0963 (7 AM - 6 PM, Pacific Time)

Important

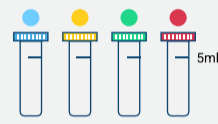
- Must collect saliva 4 times during a day
 - First collection - Morning upon waking
 - Second collection - Afternoon before lunch
 - Third collection - Evening before dinner
 - Fourth collection - Night before bed
- Men and non-menstruating women may collect any day of the month
- Menstruating women must collect based on the following schedule:
 - Regular Cycles: Collect on day 19, 20 or 21 of your menstrual cycle. Day 1 = first day of your period
 - Irregular Cycles: Collect 5 days before your period begins.
 - Unpredictable Cycles: Collect any day when not bleeding.
- Ensure that the samples are accurately labeled with your name, date of birth, and the date and time of each sample collection. Samples with insufficient labeling will be rejected.
- If you miss a collection time, collect the sample at the designated time the following day and label appropriately.
- Immediate shipping of samples is recommended after all four samples are collected.

Ensure you plan the day you are going to start collecting.

Your kit includes:



Collection bags labeled Morning, Afternoon, Evening, and Night x4



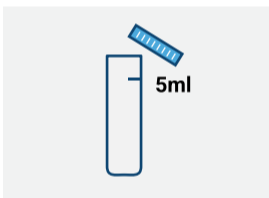
Saliva tubes labeled Morning, Afternoon, Evening, and Night x4



Biohazard bag x1

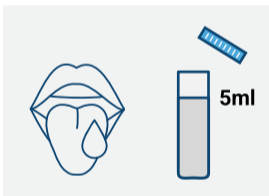


Return Envelope x1



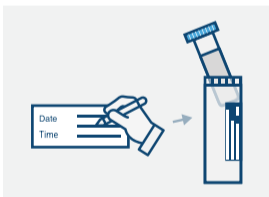
STEP 1

In the morning, after you wake up, unscrew the Saliva tube labeled Morning with ● Color.



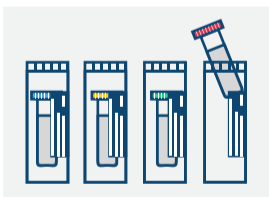
STEP 2

Allow saliva to pool in your mouth and fill the ● Morning Saliva Tube to the 5 ml line. Provide enough Saliva to reach that line. The saliva must be liquid and not bubbles.



STEP 3

Screw the ● Morning Saliva Tube and place it in the Collection Bag labeled Morning. Write Date and Time of Collection on the label affixed to the bag.

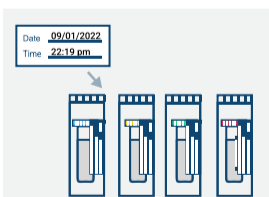


STEP 4

Repeat Step 1 through Step 3 for each collection time.

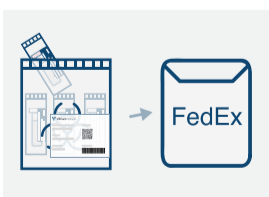
- Color in Afternoon before lunch
- Color in Evening before dinner
- Color at Night before bed

Place the tubes in their corresponding bags labeled Afternoon, Evening, and Night respectively.



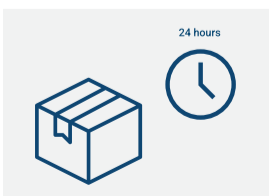
STEP 5

Make sure all the tubes are labeled appropriately with the Date and Time of collection.



STEP 6

Place all the bags with tubes inside the biohazard bag. Seal and place it into the return envelope.



NOTE

Mail immediately via FedEx. Holding collected samples more than 24 hours may result in rejection.