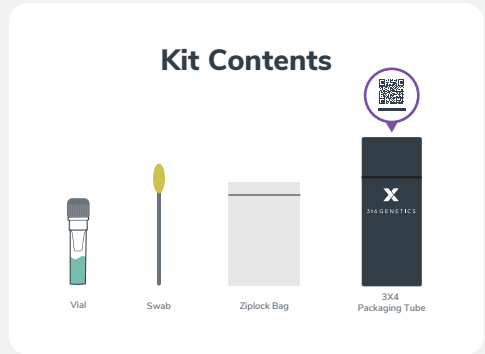


WELCOME TO YOUR 3X4 TEST KIT

Congratulations on starting this exciting genetic journey! This test kit includes everything you need to collect and send your sample back.

Read these instructions closely before collecting your sample for the best experience possible.



STEP 1: Prepare

A great quality sample and proper kit registration are the foundations of a quick and easy testing process.



The best time to collect your sample is **first thing in the morning**, immediately after you wake up and before brushing your teeth.



Do not eat, drink, chew gum, brush your teeth, or smoke **60 minutes before collecting** your sample.



Avoid wearing lip balm or lip stick before or during sample collection.

STEP 2: Register

Registering your test kit ensures we know how to connect your genetic data to you. Complete this step carefully.



Scan the QR code with your smartphone to register. There's also a QR code on the top of your test kit.

Alternately go to www.3x4genetics.com/register and enter your sample ID (it starts with KZA___)

STOP.

Complete and accurate sample registration is part of keeping your data safe! **If you send your kit back without registering it, your sample will be delayed and possibly discarded.**



Once you have registered, it's time to collect your sample...

STEP 3: Collect

Now for the exciting part! Genetic testing is a complex process and ensuring we have a great sample for analysis is critical. Here's how to ensure you have the best sample possible!

Important Swab Tips!

- Swab for a full 60 seconds on both cheeks for best results.
- Do not touch the swab to your lips or teeth!
- No food or drink for 60 minutes before collecting.
- Use firm swabbing pressure.



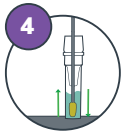
1 **Clearly write your date of birth on the vial.** Place the vial standing up, on a flat surface. Unscrew the vial cap.



2 Unwrap the swab. Rub the swab tip firmly against the inside of your cheek for 60 seconds on each side. Rotate the swab tip so you can make sure to cover the entire swab, avoiding touching your teeth with the swab tip.



3 Pick up the vial and hold it steady in one hand. Slowly insert and twist your swab into the vial. Apply pressure using a corkscrew motion. Push all the way to the bottom of the vial.



4 Hold the vial steady and move the swab up and down rapidly inside the tube 10-15 times without moving the swab out of the liquid.



5 Hold the vial firmly and remove the swab by slowly twisting it out with a corkscrew motion.
Dispose of the swab.



6 Replace the vial cap tightly and seal it in the included ziplock bag. Place it back into the 3X4 Packaging Tube.

STEP 4: Send

Final step! Time to send your sample back to us.



After you have successfully registered your sample, 3X4 will book a collection with our courier service within 24 hours. They will usually collect in the afternoons within 1-3 days, and will supply a bag and waybill.

To assist with the collection please ensure:

- Your sample is ready to collect and that someone is there to hand over the parcel
- The person who will be answering the door is aware that the collection is taking place
- You store your sample out of direct sunlight (your sample is stable at room temperature)

Questions? Email: info@3x4.io