

# Shipping Preparation

## When to schedule your shipment

- Ship as soon as possible. You can ship any day of the week. **Important:** remember that all your saliva samples must be frozen prior to being shipped.

## When you are ready to ship

- Ensure that that you have provided the following information:
  - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
  - Personal Information Form: make sure the form is completed.
  - Saliva Tubes: make sure that the information on the tubes is correct.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Retrieve the collected saliva samples from the freezer and place in a resealable plastic bag. Place the bag, containing the collected samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



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## Welcome To Your Test Kit

You have chosen to do a DUTCH CAR™ Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipment document
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Test Questionnaire
- 5 x Saliva collection tubes (containing swabs) in a resealable plastic bag

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

### When to schedule your collection

- The saliva samples for this test are to be collected over ONE day.
- It is best to collect your samples on a relatively 'normal day' i.e. if your sleep is significantly disturbed, you may want to wait for another day before collecting and if you are ill, you should postpone the collection until you are well again.

### Prior to collection

- Do not:
  - Exercise on the day of your collection.
  - Brush or floss your teeth on the day of your collection (see 'Collection Schedule and Guidelines' for information on when you may brush your teeth).
- Avoid caffeine and alcohol intake on the night before and on the collection day. **Please note:** make sure to generally limit the amount of fluid intake the night before and the day of collection.

### If you or any household members are taking hormones

- If you or anyone in your household is using hydrocortisone cream, discontinue the day before and wash your hands thoroughly before handling any part of the test kit.
- If you are taking any of the following hormones, please consult your practitioner before taking the test:
  - Oral Hydrocortisone (cortisol)
  - Glucocorticoids (prednisone, dexamethasone, etc.)

## Collection Procedure

### Collection Schedule and Guidelines

<b>Sample #1</b>	<p><b>Guidelines prior to collection:</b></p> <ul style="list-style-type: none"> <li>• The evening before collecting sample #1, set the saliva collection device, the Test Questionnaire, a pen and a timer next to your bed.</li> </ul> <p><b>When to collect:</b></p> <ul style="list-style-type: none"> <li>• Collect saliva sample #1 as soon as you wake up. Make sure to complete your collection within 5 minutes (see 'How to Collect Saliva').</li> <li>• After collecting your saliva, set a timer for 30 minutes for sample #2.</li> </ul> <p><b>Guidelines after collection:</b></p> <ul style="list-style-type: none"> <li>• After collecting sample #1, it is best for you to be in a well-lit place.</li> <li>• Limit yourself to light activities like showering and getting dressed until you have finished sample #3.</li> <li>• Do not brush your teeth until after sample #3.</li> <li>• Avoid eating and drinking until after sample #3.</li> </ul>
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Sample #2	<p><b>When to collect:</b></p> <ul style="list-style-type: none"> <li>• Collect saliva, 30 minutes after waking (see 'How to Collect Saliva').</li> </ul> <p><b>Guidelines after collection:</b></p> <ul style="list-style-type: none"> <li>• After collecting your saliva sample #2, set a timer for 30 minutes for sample #3.</li> </ul>
Sample #3	<p><b>When to collect:</b></p> <ul style="list-style-type: none"> <li>• Collect saliva sample #3, 60 minutes after waking (see 'How to Collect Saliva').</li> </ul> <p><b>Guidelines after collection:</b></p> <ul style="list-style-type: none"> <li>• After collecting sample #3, you may eat and brush your teeth.</li> <li>• Make sure to limit your fluid intake to about 8 oz (230 ml) between collecting sample #3 and #4.</li> </ul>
Sample #4	<p><b>Guidelines prior to collection:</b></p> <ul style="list-style-type: none"> <li>• Make sure to rinse your mouth with water 10 minutes prior to collecting saliva.</li> </ul> <p><b>When to collect:</b></p> <ul style="list-style-type: none"> <li>• Collect saliva sample #4 between 4:00 PM and 5:00 PM (see 'How to Collect Saliva').</li> </ul> <p><b>Guidelines after collection:</b></p> <ul style="list-style-type: none"> <li>• Avoid food and fluids an hour before collecting sample #5.</li> </ul>
Sample #5	<p><b>Guidelines prior to collection:</b></p> <ul style="list-style-type: none"> <li>• Make sure to rinse your mouth with water 10 minutes prior to collecting saliva.</li> </ul> <p><b>When to collect:</b></p> <ul style="list-style-type: none"> <li>• Collect both saliva sample #5 between 10:00 PM and midnight (see 'How to Collect Saliva').</li> </ul>

### How to Collect Saliva



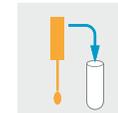
**Step 1:**  
Write your name, time and date of collection on the label attached to the tube.



**Step 3:**  
Leave the swab in the mouth until fully saturated but not longer than 5 minutes. **Tip:** Lightly chewing on the swab may help stimulate saliva flow.



**Step 2:**  
Remove the cap, and then the cotton swab from the collection device and place in mouth.  
**Important:**



**Step 4:**  
Once done, place the swab back in the same tube (just as you found it). Remember to label each tube completely.

- You do not need to spit into the tube.
- Make sure to touch the swab as little as possible with your hands.
- Do NOT remove inner tube.



**Step 5:**  
Freeze the saliva sample(s) until you are ready to ship (see 'Shipping Preparation').



**Step 6:**  
Make sure to note time and date of each collection on the Test Questionnaire.