



Welcome To Your Test Kit

You have chosen to do a Comprehensive Melatonin Profile 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.

Please read the instructions carefully and follow them step by step. In this kit you will find all the material needed for your collection. 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

Check Your Kit

Shipping Materials

- Box containing the collection kit (**keep this box for returning your samples**)
- Shipping Instruction
- Personal Information Form
- Gel freezer pack
- Return shipping materials

Collection Materials

- 1 x Bio-hazard bag with absorbent pad
- 3 x White-capped saliva tubes
- 3 x Labels, numbered 1-3

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email 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

This test should be collected over the course of a day. Starting in the morning and finishing in the early hours of the following morning. The sample collection times must be strictly followed in order to provide your healthcare provider with accurate results.

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

Prior to collection

- Let your physician know about any medications, herbs, and other supplements you have used in the past 3 months. Do not change use of supplements or medications unless instructed to do so by your healthcare provider
- It is important that you collect the saliva during the specified time frame.
- Please ensure that your gel freezer pack is completely frozen prior to shipping.
- Each sample **MUST** be stored **frozen for at least 2 hours prior to shipping.**

One hour before collection

- Do NOT eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco products for one hour prior to EACH collection. You may drink water ONLY during this time.

Saliva Collection Schedule

Please refer to this chart for when to collect each sample throughout the day:

Specimen Intervals	Time to Collect
MORNING (Use label #1)	Collect between 7:00AM to 9:00AM
AFTERNOON (Use label #2)	Collect between 3:00PM to 5:00PM
EARLY NEXT MORNING (Use label #3)	Collect between 2:30AM to 3:30AM

IMPORTANT Tip:

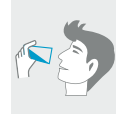
- Before you go to sleep on the day of collection, place your collection tube (with completed label) at your bedside, along with a glass of water and a low level light. Do not turn on a bright light, it will cause your melatonin level to drop.

Collection Procedure



Step 1:

Write your full name, time, and date of collection on the label #1 using a ballpoint pen or pencil only and attach it to a collection tube. Please also make a note of the date and time of each collection on your Personal Information Form.



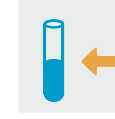
Step 2:

When you are ready to collect the saliva, rinse your mouth with drinking water. Spit out the water completely, and do not cough or clear your throat into the collection tube.



Step 3:

Begin collecting saliva by first allowing saliva to pool in your mouth. Then spit into the tube.



Step 4:

You must fill each tube to the 3-ml mark without bubble or mucus. To reduce a foamy saliva collection, tap the tube on a hard surface. Insufficient saliva samples cannot be processed. Allow any froth to settle before finishing.



Step 5:

When done, securely replace the cap tightly to avoid leakage then place it back into the bio-hazard bag and freeze immediately. **Samples must be frozen for a minimum of two hours prior to shipping.** Keep samples frozen until you are ready to ship.



Step 6:

Repeat steps 1-5 for each collection, using the labels numbered 2 and 3 in order and following the times on the 'Collection Schedule'.

Tips for a successful sample collection

- If experiencing a dry mouth, try to stimulate saliva flow by pressing the tip of your tongue against your teeth; smelling (not eating) a lemon or other food; or yawning.
- Rinse your mouth with water and spit it out completely prior to each collection.

Shipping Preparation

When to schedule your shipment

- Please ship your samples as soon as possible. If you cannot ship your samples the same day you finish your collection, such as over a weekend or holiday, leave plastic tubes in the freezer along with your gel freezer pack until you are ready to ship. DO NOT store for more than three days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Saliva tubes: make sure that you have filled out all information on the labels and have attached them to the correct saliva tube.
 - Personal Information Form: make sure the form is completed and that you have noted your start and end time for each collection.
- Prepare your shipment:
 - Place the bio-hazard bag containing your samples into the supplied box along with your frozen gel freezer pack and completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).