

Hi.

ooooo lala

What do we have here?



**Funnel**



**Funnel Lid**



**Cap**



**Tube**

**Fill Line**

**ready, set,  
...wait!**



Before you begin, please review  
this important information.

## Test Information

The 23andMe Saliva Collection Kit is intended for the non-invasive collection of saliva samples from individuals  $\geq 18$  years old. DNA from the saliva sample is isolated, stabilized and suitable for over-the-counter use with the 23andMe® Personal Genome Service (PGS) test for the Ancestry + Traits Service. Saliva samples collected using the 23andMe Saliva Collection Kit are stabilized and can be transported and/or stored long term at ambient conditions.

## Warnings & Precautions

Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest. See MSDS at [23andme.com/safety-data-sheet](https://www.23andme.com/safety-data-sheet) and [23andme.co.uk/safety-data-sheet](https://www.23andme.co.uk/safety-data-sheet). Small cap may pose a choking hazard.

## Contents

- 1 set of step-by-step instructions
- 1 sample return bag
- 1 Oragene®-Dx OGD-500.001 saliva collection device containing 2 mL of stabilizing liquid. This product is designed for the collection of human saliva samples.

## Limitations

The laboratory may not be able to process your sample. If this happens, we will notify you by email and provide you with one free replacement kit to provide us with a new sample.

## Summary & Explanation

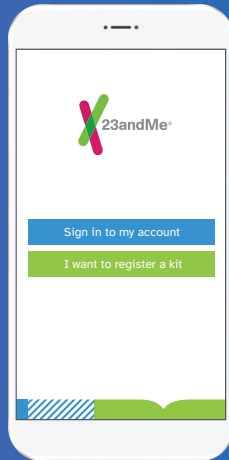
This self-collection kit provides materials and instructions for collecting and stabilizing saliva samples for use with the 23andMe PGS test. Your genetic results are returned to you in a secure online account on the 23andMe website.

# okay, let's get started.

**Download the 23andMe app and use it to register your kit.**

You'll receive instructions for how to collect your saliva sample and start your genetic journey.





No app? No worries.  
Follow these 8 easy steps to get started.



## Step 1

### Register your kit

Go online to [23andme.com/start](https://23andme.com/start) to register your saliva collection tube using the barcode. We recommend writing the number down for future reference, or taking a picture if that's easier.

**The important thing to remember is that your sample can't be processed until it's registered.**



## Step 2

### **No food or drink for 30 minutes**

Don't eat, drink, chew gum, brush teeth or smoke for 30 minutes before giving your saliva sample. And don't remove the plastic film from the funnel lid.

Do not stop or change any course of treatment or medication prior to collecting your spit.



## Step 3

### Fill to line

Spit into the funnel until the amount of liquid saliva (not bubbles) reaches the fill line shown here.

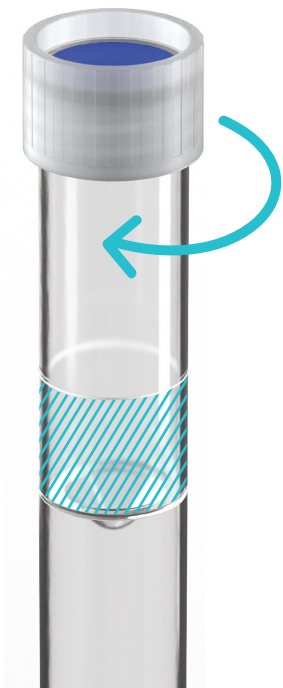


## Step 4

### Close funnel lid

Holding the tube upright, close the funnel lid (as shown) by firmly pushing on the lid until you hear a *click*.

The liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.



## Step 5

### Screw on cap

Continuing to hold the tube upright, unscrew the funnel from the tube and discard. Use the cap to seal the tube. Shake the tube for 5 seconds.



## Step 6

### Seal in bag

You're nearly done! Now, place the capped tube into the plastic bag containing the absorbent pad and seal the bag. Do not remove the absorbent pad from the bag.

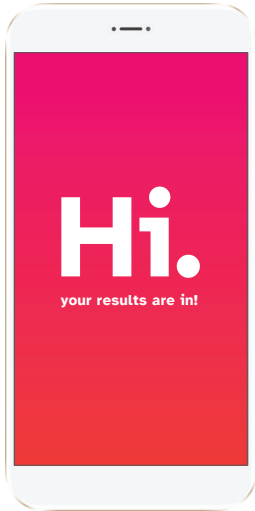


## Step 7

### Ship in box

Return the sealed plastic bag to the original box. Peel the strip and seal the box closed, then ship. The plastic container is recyclable (if you feel so inclined).

Shipping has been prepaid, so you can save your stamps (you've already used enough saliva).



## Step 8

### Let the discovery begin

Once your sample has been processed, you will receive an email letting you know that your results are in. Simply sign in to your secure online account and let the genetic discovery begin.



Share your experience.

@23andMe #23andMe


## Questions?

We are here to help.

customer.care.23andme.com

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The 23andMe Saliva Collection Kit is made in Canada for 23andMe by DNA Genotek Inc. 3000 - 500 Palladium Drive, Ottawa, ON, K2V 1C2, Canada  
Subsidiary of OraSure Technologies, Inc.  
Patent ([www.dnagenotek.com/legalnotices](http://www.dnagenotek.com/legalnotices))  
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Storage 15°C  30°C (59°F  86°F)

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### Label legend:

	Manufacturer
	Catalog number
	Lot number
	Consult instructions for use
	Storage instructions
	Collect saliva by (use by)
	Contents sufficient for 1 test

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