



Welcome To Your Test Kit

You have chosen to do a DUTCH Plus™ 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.

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 Test Questionnaire
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 6 x Saliva collection tubes (containing swabs) in a resealable plastic bag
- 4 x Urine collection cards in a resealable plastic bag

If any items are missing or expired, please call +44 (0)1580 201687 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

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 urine and saliva samples for this test are to be collected over ONE day, and on a specific day of your menstrual cycle if you are a cycling premenopausal woman (see below).

Cycling Premenopausal Women

- Begin collections between days 19 and 22 of a 28-day cycle.
- For longer cycles, add the number of days you usually go beyond 28 days (Example: collect between days 21 and 23 of a 30-day cycle). Subtract, in a similar manner if your cycles are shorter (Example: collect between days 17 and 20 of a 26-day cycle).
- If you are irregular it is recommended to use an ovulation kit from your chemist to ascertain the day of ovulation, count six days forward from the day of ovulation and commence the test.
- Do not guess your cycle. If you are not sure how long your cycle is, please use an ovulation kit or observe your next cycle to determine the length.
- Men and Non-Cycling or Postmenopausal Women may collect ANY day of the week.
- 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 on the day of your collection (see 'collection schedule and guidelines' for information on when you may brush your teeth on collection day).
- 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 on the day of collection.
- Avoid consuming following foods as much as possible on the day before AND on the day of collecting your samples:
 - Avocado, bananas and fava beans.
- **Important:** If you happen to consume some of these foods, please make sure to make a note of it on your Test Questionnaire.

If you are taking medication and supplements

- Some medication and supplements may impact the test results. If you take any of the following, please consult your practitioner:
 - Tyrosine, L-Dopa, D, L-Phenylalanine (DLPA), Macuna and Quercetin.

Shipping Preparation

When to schedule your shipment

- Ship as soon as possible. You can ship any day of the week. **Important:** please 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.
 - Urine Collection Cards and Saliva Tubes: make sure that the information on the cards and 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:
 - Place the resealable plastic 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).

If you are taking hormones

Hormones taken in the morning	Do NOT take until after the 2nd urine collection (sample #4)
Oral Oestrogen, DHEA or Testosterone	Do NOT take on the day before or the day of the test (does not apply to birth control)
Oral Progesterone	Should be taken at bedtime the night before the test
Pregnenolone	Do NOT take for 3 days prior to testing
Hormone Creams and Gels	Can be taken as usual during the test
Patches, Pellets and Injections	Collect midway between doses
Coil/IUD	Depending on your cycle, please collect accordingly: Regular cycle: collect on day 19, 20 or 21. Irregular cycle: collect on a day when you are not bleeding. No cycle: collect any day.

Collection Procedure

Collection Schedule and Guidelines

Please make sure to time your collections according to the schedule below and follow the guidelines.

Important: If you are taking hormones, make sure to carefully read the section 'If you are taking hormones' before collecting your samples.

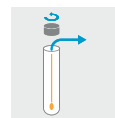
Sample #1	<p>When to collect:</p> <ul style="list-style-type: none"> • Collect saliva sample #1 immediately upon waking. Make sure to complete your collection within 5 minutes (see 'how to collect saliva'). • After collecting your saliva, set a timer for 30 minutes for sample #2. • Collect your first urine sample #1 (see 'how to collect urine'). <p>Guidelines after collection:</p> <ul style="list-style-type: none"> • After collecting sample #1, it is best for you to be in a well-lit place. • Limit yourself to light activities like showering and getting dressed until you have finished sample #3. • Do not brush your teeth until after sample #3. • Avoid eating and drinking until after sample #3.
Sample #2	<p>When to collect:</p> <ul style="list-style-type: none"> • Collect saliva, 30 minutes after waking (see 'how to collect saliva'). <p>Guidelines after collection:</p> <ul style="list-style-type: none"> • After collecting your saliva sample #2, set a timer for 30 minutes for sample #3.
Sample #3	<p>When to collect:</p> <ul style="list-style-type: none"> • Collect saliva sample #3, 60 minutes after waking (see 'how to collect saliva'). <p>Guidelines after collection:</p> <ul style="list-style-type: none"> • After collecting sample #3, you may eat and brush your teeth. • Make sure to limit your fluid intake to about 8oz (227 ml) between collecting sample #3 and #4.

Sample #4	<p>When to collect:</p> <ul style="list-style-type: none"> Collect urine sample #4, 2 -3 hours after you wake up (see 'how to collect urine'). <p>Guidelines after collection:</p> <ul style="list-style-type: none"> After collecting sample #4, limit total fluid intake for the rest of the day to no more than 32 oz (920 ml), spaced throughout the day. Avoid food and fluids an hour before collecting sample #5.
Sample #5	<p>Guidelines prior to collection:</p> <ul style="list-style-type: none"> Make sure to rinse your mouth with water 10 minutes prior to collecting saliva. <p>When to collect:</p> <ul style="list-style-type: none"> Collect both saliva and urine sample #5 between 4:00 PM and 5:00 PM (see 'how to collect saliva' and 'how to collect urine'). <p>Guidelines after collection:</p> <ul style="list-style-type: none"> Avoid food and fluids an hour before collecting sample #6.
Sample #6	<p>Guidelines prior to collection:</p> <ul style="list-style-type: none"> Make sure to rinse your mouth with water 10 minutes prior to collecting saliva. <p>When to collect:</p> <ul style="list-style-type: none"> Collect both saliva and urine sample #6 between 10:00 PM and midnight (see 'how to collect saliva' and 'how to collect urine' on page #3 and #4).
Insomnia overnight EXTRA sample collection	<p>When to collect:</p> <ul style="list-style-type: none"> Collect saliva into 'EXTRA SAMPLE' tube immediately at the time of your sleep disturbance.

How to Collect Saliva



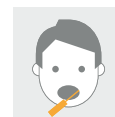
Step 1:
Write your name, time and date of collection on the label attached to the tube.



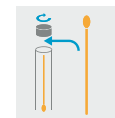
Step 2:
Remove cap, and then the cotton swab from the collection device and place in mouth.

Important:

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



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.

How to Collect Urine



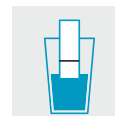
Step 1:
Wash and dry hands with a clean towel prior to touching the urine collection card to prevent contamination.



Step 2:
Write your name, date and time of collection on the back of the urine collection card.



Step 3:
Open the urine card cover and fold back from the filter paper. Do NOT touch the filter paper.



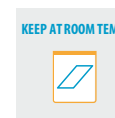
Step 4:
Saturate the filter paper by collecting urine in a clean cup and dipping the filter paper up to the black dash-line closest to the text 'tuck cover here after drying'.



Step 5:
With the cover slip folded back and away from the urine saturated filter paper, allow to dry for at least 24 hours.



Step 6:
Once dry, close the flap of urine collection card (without touching filter paper) and place it into the resealable plastic bag.



Step 7:
Leave the resealable plastic bag containing your sample at room temperature until you are ready to ship (see 'shipping preparation').



Step 8:
Make sure to note the date and times of each collection on the Test Questionnaire.