



Sample collection instructions for the MTHFR gene analysis test or the MTHFR and COMT gene analysis combo test.

1. Before collecting the samples complete the test requisition form. Fill in the patient information section and then list current medications. The test panel/genetic marker has already been selected for you, do not tick any other test boxes. If there are more than one of you undergoing the test then fill out separate forms.
2. No dietary or supplement changes are needed on the day or days leading up to collecting the samples. The samples need to be collected at least 2 hours after brushing your teeth/using mouth wash and eating. Avoid drinking anything but water at least 2 hours before sample collection and avoid drinking any water 30 minutes before sample collection.
3. Use only the long stick cotton swabs that have been provided in the test kit and not any other kind of swabs. Remove the individual wrapping from each cotton swab pack (there are 2 in each pack) and make sure that you try to keep the cotton swab end clear of touching any surfaces except for your mouth. You can remove the packaging of each cotton swab as you collect the samples instead of opening them all at once if you find this easier. There are 4 extra cotton swabs in the test kit in case you make a mistake/have any issues with the swabs. Do not include the unused cotton swabs in with the cotton swab saliva samples when you send to the lab. You can keep the unused cotton swabs for other purposes or discard them.
4. Hold each swab and shake it in the air for a couple of minutes to dry the swab. You can also place them onto a towel and wait for them to properly dry but do not rub the swabs with anything to try and dry them and do not place them on a radiator or heater or use a hairdryer.
5. Once the swabs are dried, put them in an envelope with the completed test requisition form (do not include this document). The swabs must not be placed in a plastic bag, sealed plastic vial, cling film or tin foil, they only need to be put into an envelope with the completed form. It does not matter if the dried swabs are touching the envelope or the form. The DNA dries and will remain in the swab, a reagent is used to separate the DNA from anything else on the swab.
6. **Be sure that each person's swab (if there is more than one person) will go into a different envelope. Do not mix the swabs from different people.**
7. Write the name of the person on the envelope which contains their swabs.
8. Place the sealed sample envelope or envelopes (if there is more than one person) into a second larger envelope and add the address below.

Kashi Clinical Laboratories, Inc
10101 SW Barbur Blvd
Portland
OR 97219
USA

If you need to put a personal name for the delivery for then please use the name Vivian Simonis, she is an employee at Kashi Laboratory. If you need to put a contact number then please use 877 879 1815. For customs purposes, if you need to put a value on the package it is £3 or \$5. The value of the package should not be the actual cost of the test procedure. The description of the package can be put down as 'educational test kit'.

You can use any courier you want, there are no restrictions with Kashi Laboratory in receiving packages with certain courier companies/services. If you are sending from the United Kingdom then you can use Royal Mail. It is recommended to send the samples with tracking. The cost of sending the samples should be at a small or large letter rate.

Please contact mindovermetal if you have any questions, orders@mindovermetal.co.uk or 07553724819 (+447553724819 from outside the UK), WhatsApp available.

The test never expires and you can complete it anytime you like but it is recommended to complete the test within 6 months.

The result turnaround time is 5 working days from the day that the samples reach the laboratory. Email support is included with the results if needed and also an MTHFR treatment programme if needed. Treatment advice is also supplied by the laboratory in the test reports.

Your personal data and test results are not forwarded to companies and organisations for marketing and research purposes. All personal data and test results are kept strictly confidential between the laboratory and mindovermetal Ltd. Test results are destroyed by the laboratory after a certain period of time.

If you haven't already done so, please let mindovermetal know the name of the patient undergoing the test and their date of birth before sending the samples. This info needs to be uploaded onto the mindovermetal Kashi practitioner portal before the samples reach the lab. Thank you.