

Patient Guide



DetoxiGenomic Profile

#5001*

A-La-Carte SNPs*

GSTP1 #5101*

COMT #5102*

SOD2 #5103*

GSTM1 #5104*

TNFA #5106*

VDR #5109*

MTHFR (C677T) #5110*

MTHFR Combined

(A1298C + C677T) #5111*

APO E #5112*

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

Night before Collection

Use your normal nightly routine of brushing and flossing of teeth, but do not use mouthwash.

Morning of Collection

Do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco, or coffee products. You may drink ONLY water before specimen collection.

* Not Available in New York

STEP 2

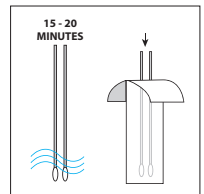
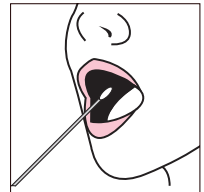
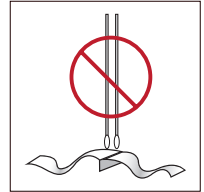
Specimen Collection

1. **Review** instructions and test prep information at gdx.net/activate.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the collection envelope.



Collect Swab

1. **Peel** open the **cotton tipped applicator package** just enough to remove the cotton swabs. Leave the package intact so that the swabs can be reinserted after collection.
2. **Remove** one cotton swab applicator. **Do not touch** the cotton tip.
3. **Open** your mouth and **aggressively scrape** the inside of your cheek with the cotton swab using a back and forth, and up and down motion for at least **30 seconds**. **Rotate** the applicator several times, and swab between the cheek and gums. **Avoid excessive saliva.**
4. **Repeat steps 2 and 3 with the second swab.**
5. Allow swab applicators to **air dry** for 15-20 minutes. **Return** them, swab first, to the applicator package. **Place** package inside the paper envelope.



STEP 3

Return Collection Pack

1. Confirm that the envelope has a **completed label attached** with **date of birth** and the **date of collection**.
2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
3. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the envelope. Seal the envelope.
4. **Adhere the FedEx shipping label to the envelope**. Follow the shipping instructions provided.

