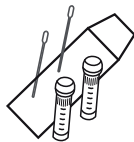


INSTRUCTIONS

Please verify that all the barcodes on your vials and envelopes match.

CONTENTS

- 2 - DNA Swabs
- 2 - Preservative Vials
- 1 - Internal Envelope
- 1 - Prepaid Return Envelope



COLLECTING YOUR DNA

1. Remove a swab from packaging. Do not place on any surface. If you need to put the swab down for any reason, return to the package or place, swab up, in a clean glass to avoid cross-contamination.
2. Place the swab into your mouth and against your cheek, while using opposite hand to create pressure against the swab.
3. For 60 seconds, swirl the swab in a circular motion while rubbing and rolling up and down against the inside of your cheek, using ample pressure.
4. Remove swab from your mouth and place (tip down) into one of the opened (*uncapped*) vials provided.
5. Line up the black line on the swab with the top of the vial and gently snap the excess stick off of the swab.
6. Once finished, repeat steps 1 to 5 with the second swab; however, swab on the other side of your mouth.



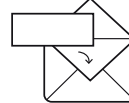
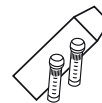
BEFORE SWABBING

1. Register your kit.
 - Go to **codify.advancedlongevity.com**
 - Click on "register kit." Once prompted, enter your barcode
 - Follow the instructions for setting up your account and consenting
2. Wait at least 30 minutes after drinking or eating to swab. Do not brush your teeth before swabbing.
3. Wash hands thoroughly and dry completely.

AFTER SWABBING

1. Close the vials tightly and place both in the internal envelope.
2. Place the internal envelope into the prepaid return envelope.
3. Drop envelope in the mail.
4. Sit back and relax...we will do the rest.

* Your Codify report(s) will be available within 21 business days from the time we receive your swab. Return mailing times may affect processing timeline.



Questions? Please contact vip@advancedlongevity.com