

Dear Sir/Madam,

The GenePlanet team wishes to thank you for entrusting us with the analysis of your genome. We hope that the information obtained from your genetic analysis will prove to be useful to you and help you amend your lifestyle should it turn out that such a lifestyle change is useful or necessary.

We would like to use this opportunity to re-emphasize that GenePlanet's mission is not to assign diagnoses but rather to assess your genetic predispositions. Your analysis is created on the basis of your genetic code and the most up-to-date scientific data.

Please follow saliva collection and packaging instructions which will enable efficient transport of your sample and successful analysis performance:

- When collecting your sample, please do it during the day and not the first thing in the morning. If your gums are bleeding do not collect your sample and wait until they are healed – your saliva sample should not have traces of blood in it.
- Place your biological sample (saliva) into the enclosed DNA collector in accordance with the instructions (they are placed inside of collection kit); this sample will be used to extract your DNA.
- Put the filled and tightly closed DNA collector in the enclosed specimen bag (leave the absorbent paper inside the bag) and place altogether in envelope.
- In the envelope also insert Statement regarding DNA analysis filled with your information and signature by which you agree with General terms and conditions for performing and use of genetic analysis.
- Put envelope in box, in which we have sent you saliva collector thus ensuring rigid outer box for transporting.
- Call DHL call center and arrange with them to pick up the shipment at your desired location and time; ask them also for their courier to bring a DHL envelope in which you will put your sample.
- Sign the DHL "Shipment Waybill" we enclosed for you. When the courier arrives you will receive your copy of the "Shipment Waybill".

Procedure is thus complete and your sample on its way to laboratory. When analysis is completed we will prepare your results and deliver them to you.

Kind regards,
GenePlanet team

Patient Instructions for Saliva Collection

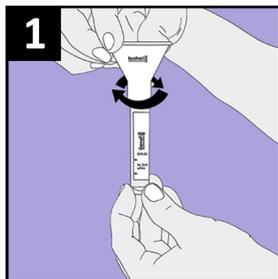
REF GFX-01

Do not eat, drink, smoke, brush your teeth or chew gum for 30 minutes before use.

Precautions: Do not ingest. If the stabilising solution comes into contact with the skin or eyes, wash with plenty of water. Tube cap may be a choking hazard to small children. MSDS available at www.isohelix.com

Kit Contents: Sample tube with 1ml stabilising solution and funnel.

GeneFix™ Saliva Collectors are intended for the collection of human saliva samples for DNA stabilisation.



Before use:

Remove the collection funnel from the paper wrapper.

Check that the level of the liquid in the tube is at the 1ml line before use.

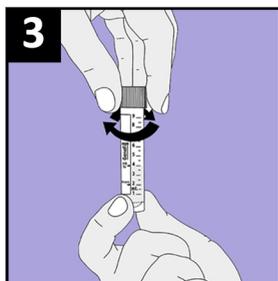
If the solution is cloudy, warm the tube gently in your hands for a few minutes.

1. Unscrew the cap from the tube being careful not to spill the liquid. Keep the cap for use later. Screw the collection funnel on to the tube gently. **Do not over-tighten.**



2. Start spitting into the funnel. **Tip: If the saliva does not flow easily into the tube, unscrew the funnel partially.** Continue spitting into the funnel until the level of liquid in the tube, not including bubbles, reaches the 2ml **Fill To** ➔ line.

To encourage saliva production you may rub the inside of your cheek with your tongue, or gently massage the outside of your cheeks.



3. Unscrew the collection funnel and replace the tube cap tightly. Return the funnel to the paper wrapper and throw away.



4. Shake the collection tube several times to mix the saliva with the solution.