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| **Instructions for the sample collection/mailing are as follows:** |
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| 1. | **Hair Collection:** Preferable method - cut a small amount of hair close to the root from the neck area **OR** Alternative method - hair collected from fallout while washing or brushing is acceptable. Place collected sample in a Ziploc bag and label it "Hair Sample" and record your name, birth date and collection date on the label provided. |  |
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| 2. | **Nail Collection:** Cut some Fingernails and Toenails. Place the clippings in a ziploc bag and label it "Nail Samples" and record your name, birth date and collection date on the label provided. |  |
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| 3. | **Saliva Collection:** First thing in the morning, before eating, drinking, or brushing your teeth, swab the inside of your mouth with a Q-Tip. Place the collected sample in a ziploc bag and label it "Saliva Sample" and record your name, birth date and collection date on the label provided. |  |
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| 5. | **Forms:**  Please complete the following forms which are to be mailed with the collected samples. "Clinical Appraisal Indicator" and the "Disclaimer". These forms are only required with the first samples submitted. Follow-up screenings require a current list of medications and supplements being taken and can be recorded on the "Clinical Appraisal Follow-Up" form provided. |  |
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| 6. | **Mailing:** Please place the Ziploc Bags, Clinical Appraisal Indicator, Disclaimer **or** Follow-Up form along with the Test Requisition Form via your choice of delivery service as soon as possible. Samples are good for testing up to 7 days after collection.Mailing Address:Benessere Natural HealthJanella Cattarini2845 Enterprise Rd 103ADebarym FL 32713 |  |
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| THE FOOD AND DRUG ADMINISTRATION HAS NOT EVALUATED THESE STATEMENTS. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVRENT ANY DISEASE. |
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