



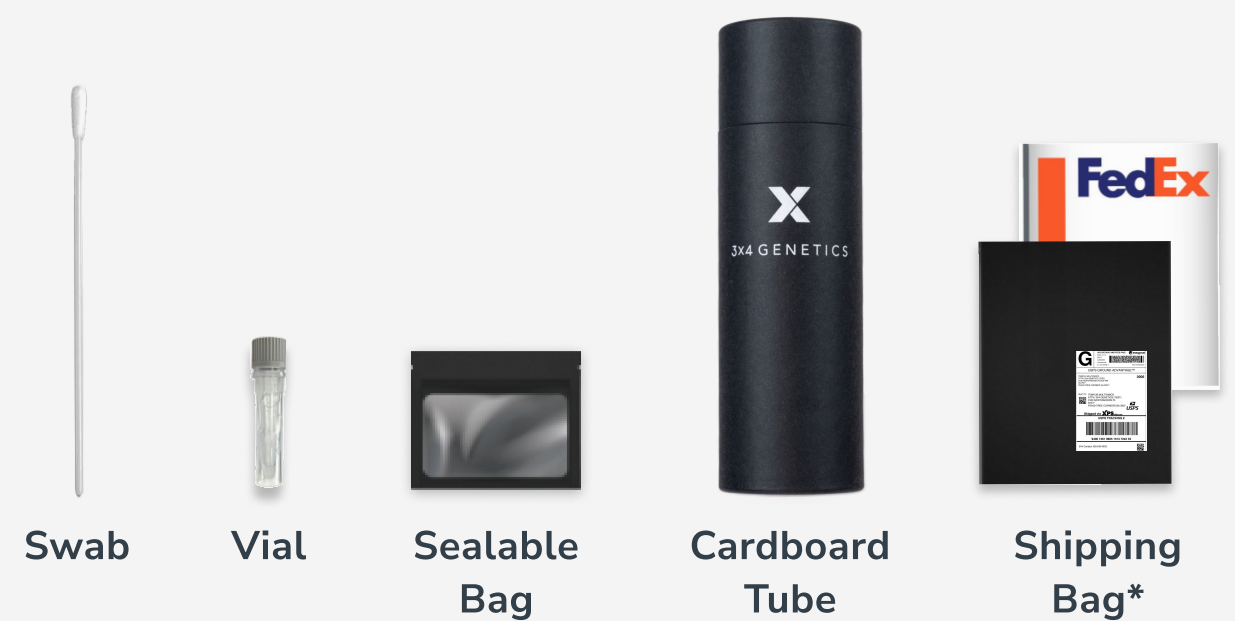
3X4 DNA SAMPLE KIT

Instructions For Use

Welcome to your DNA sample kit. This kit includes all the items needed for you to complete a simple and painless cheek swab. The collection vial stabilizes your cell sample in a nontoxic buffer, while it ships to our laboratory.

After your DNA is extracted from your sample, it undergoes genotyping to produce your personalized 3X4 genetic results.

Kit Contents



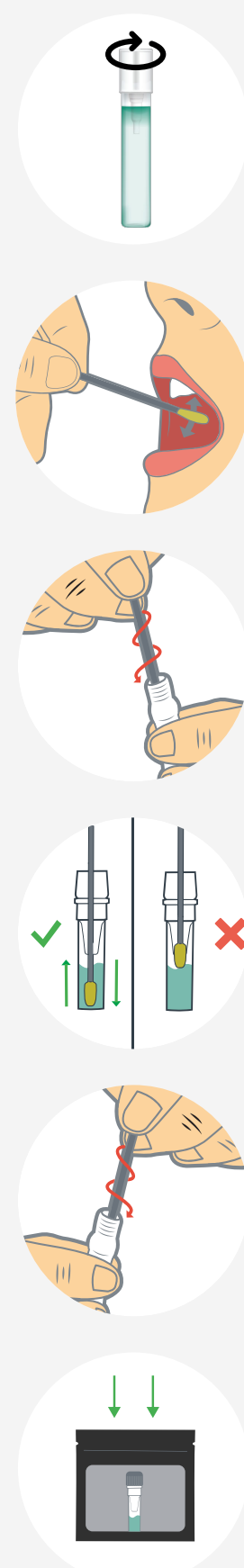
**Item may not be included in certain kits*

Caution: Read all steps before collecting your sample

PREPARATION FOR USE

- Note: It is recommended not to eat, drink, or smoke for 30 mins before collecting your sample.
- Do not touch Swab tips or allow contact with any other object.
- Tap the Vial gently 2-3 times before collection to concentrate all liquid to the bottom.
- If possible, collect your sample in the morning before eating / brushing teeth, etc.

- 1** Place Vial standing up on a flat surface. Peel open bag containing Swab and remove the swab.
Unscrew vial cap before collecting sample.
- 2** Rub swab tip firmly against the inside of your cheek 15-20 times, using light pressure similar to brushing your teeth
 - a. Rotate swab tip as you are rubbing
 - b. Cover entire cheek from the top to bottom and side to side
- 3** Pick up vial and hold steady in one hand. Slowly twist swab into vial with a corkscrew motion. There will be resistance, but push swab to the bottom of the device.
- 4** Hold vial steady and move swab up and down rapidly inside the vial 10-15 times without moving the swab out of the liquid.
- 5** At this point remove and discard the swab: Hold vial firmly and remove swab by slowly twisting out with a corkscrew motion.
Dispose of the used swab according to local regulations.
- 6** Replace cap tightly and place vial in the Sealable bag and seal completely. Do not remove the absorbent pad from the bag.



STORAGE AND STABILITY

Pre-collection: 3 years from
date of manufacture between
59-86 °F (15-30 °C)

Transport temperature, post-collection: 59-86 °F (15-30 °C)

Sample stability and storage, post-collection: 60 days real time; if longer storage time is required, collected samples can be stored at -4 to -112 °F (-20 to -80° C).

WARNINGS & PRECAUTIONS

For external use and single use only. DO NOT drink, touch, or remove the buffer from the vial. Do Not use if Vial or Swab, is broken, leaking or visibly damaged. These products should only be used in accordance with the instructions provided. Avoid eye contact with the liquid in the vial. IF IN EYE: Rinse cautiously with water for several minutes. IF INGESTED: Call POISON CENTER. Rise mouth. Not a Hazardous Combustion Product. Device cap can be a choking hazard. Do not ingest.

IMPORTANT

Do not use this kit if the Swab or Vial has passed its expiry date.
Additional information
available at:
[3X4genetics.com/sds](https://www.3x4genetics.com/sds)

By using this kit, you agree
to 3X4's Terms of Service,
available at
[3X4genetics.com/terms-of-service](https://www.3x4genetics.com/terms-of-service)

Effective Date: 2024-12-04

Return Shipping Instructions

AT HOME COLLECTION

- Insert your sealed sample inside the cardboard kit tube.
- Place cardboard tube in the unused shipping bag and seal.
- Keep a record of the return tracking number on the unused shipping bag, to track your shipment to the lab.
- Check if your shipping label is for USPS or FedEx, and drop off your package accordingly. Find your nearest location at: [3X4genetics.com/return](https://3x4genetics.com/return)

ON SITE COLLECTION

- Return the package as per your provider's instructions.
- **For Providers:**
Ensure all samples are packaged and labelled as per the instructions available at: 3X4genetics.com/pack-return

Register Your Unique Kit Code

Do Not return your DNA sample until your unique kit code is registered to you on your (or your provider's) 3X4 account.

Make a backup copy of your kit code below and store in a safe place until your sample has arrived at the lab:

Name	
Kit Code	

Why do I need to register my unique kit code?

The unique kit code on the vial label identifies your sample and genetic results during storage, transit, and lab processing, ensuring your personal identity remains protected. This code is not associated with your identity until you (or your provider) complete registration.