

Saliva Collection Instructions

Before proceeding to collection

Scan this QR code to see the Preparation and Collection instructions on your device



For at least 30 minutes BEFORE testing DO NOT:



Use Mouthwash



Brush Your Teeth



Chew Gum



Smoke



Drink




Eat

Vibrant Wellness
www.vibrant-wellness.com | support@vibrant-wellness.com
1-866-364-0963 (7 AM - 6 PM, Pacific Time)

Important


Important Note


For optimal and clinically relevant results, samples should be collected under normative conditions ensuring consistency in collection procedures and tube handling. Patients should maintain their routine diet, medications, and supplements unless specifically instructed otherwise by their healthcare provider. This approach ensures accurate assessment based on their usual physiological state.

 Must collect saliva 5 times during a day. If you wake during the night, collect a 6th sample.


- First collection - Morning upon waking
- Second collection - Morning 30 min after waking
- Third collection - Morning 60 min after waking
- Fourth collection - Evening before dinner
- Fifth collection - Night before bed
- Sixth collection (optional) - Insomnia sample


Important


 Men and non-menstruating women may collect any day of the month

 Menstruating women must collect based on the following schedule:

- *Regular Cycles: Collect on day 19, 20 or 21 of your menstrual cycle. Day 1 = first day of your period*
- *Irregular Cycles: Collect 5 days before your period begins.*
- *Unpredictable Cycles: Collect any day when not bleeding.*

 Ensure that the samples are accurately labeled with your name, date of birth, and the date and time of each sample collection. Samples with insufficient labeling will be rejected.

 If you miss a collection time, collect the sample at the designated time the following day and label appropriately.

 Immediate shipping of samples is recommended after all four samples are collected.

Ensure you plan the day you are going to start collecting.

Your Kit Includes:



Collection bags
x6



Saliva collection tubes
x6

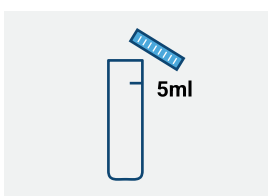


Biohazard bag
x1



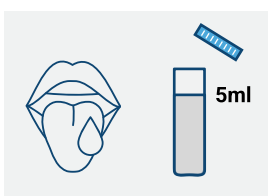
Return Envelope
x1

Saliva sample collection:



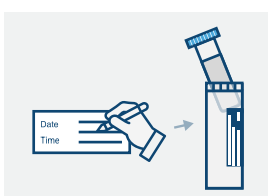
STEP 1

In the morning, after you wake up, unscrew the saliva tube labeled **Morning** with ● color.



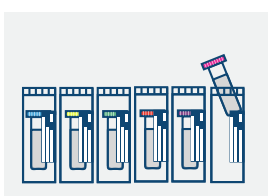
STEP 2

Allow saliva to pool in your mouth and fill the ● **Morning Saliva Tube** to the 5 ml line. Provide enough saliva to reach that line. The saliva must be liquid and not bubbles.



STEP 3

Screw the ● **Morning Saliva Tube** and place it in the **Collection Bag** labeled **Morning**. Write **Date** and **Time** of collection on the label affixed to the bag.

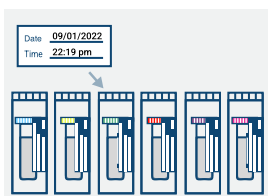


STEP 4

Repeat **Step 1** through **Step 4** for each collection time.

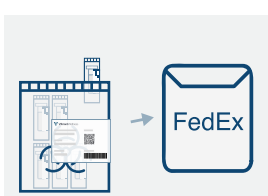
- Yellow cap in morning 30 min after waking (second collection)
- Green cap in morning 60 min after waking (third collection)
- Red cap at evening before dinner (fourth collection)
- Purple cap at night, before bed (fifth collection)
- Pink cap if you wake during the night (sixth collection - optional)

Place the tubes in their corresponding bags labeled **Second Collection**, **Third Collection**, **Fourth Collection**, **Fifth Collection**, **Optional Sixth Collection**.



STEP 5

Make sure all the tubes are labeled appropriately with **the Date and Time of collection**.



STEP 6

Place all the bags with tubes inside the **biohazard bag**. Seal and place it into the return envelope.



NOTE

Mail immediately via FedEx. Holding collected samples more than **24** hours may result in rejection.