

Shipping Preparation

When to schedule your shipment

Ship your samples as soon as possible. You can ship on any day of the week. **Important:** please remember that all your saliva samples must be frozen prior to being shipped.

When you are ready to ship

- Ensure that that you have provided the following information:
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - Personal Information Form: make sure the form is completed.
 - Urine Collection Cards and Saliva Tubes: make sure that the information on the cards and the tubes is correct.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable plastic bags, containing the collected samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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Welcome To Your Test Kit

You have chosen to do a DUTCH Cycle Mapping & Plus™ Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Test Questionnaire
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 25 x Urine collection cards in a resealable plastic bag
- 5 x Saliva collection tubes (containing swabs) in a resealable plastic bag

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

When to schedule your collection

- This test will take a great deal of time to complete as you will be collecting a series of samples throughout the course of one menstrual cycle.
- This test is intended for women with cycling ovaries who are menstruating or women who are not menstruating because they have had a partial hysterectomy (ovaries intact) or ablation.
- This test is not intended for women who are not cycling, on hormonal birth control, hormone replacement therapy or are post-menopausal, unless otherwise instructed by your healthcare practitioner.
- **If you are taking hormone therapy, specifically estrogens, progesterone or pregnenolone, it is typically required to stop for the collection period. Do not stop any prescription hormones unless instructed by your health care provider. Oral estrogen, progesterone, or pregnenolone taken during the collection schedule will produce high levels of hormone metabolites measured that will not correlate with blood levels. This increase lasts for up to 48-72 hours after taking the hormone. If you are taking oral estrogen, progesterone or pregnenolone, please contact your healthcare practitioner before taking this test.
- Depending on the length of your typical menstrual cycle, please follow ONLY ONE of the collection schedules listed as well as the separate schedule for your last 4 urine samples and 5 saliva samples (short or normal cycle, long cycle or no cycle). **Important:** Please make sure to read both 'collection procedure' and 'collection schedule' carefully before you begin collecting your samples.

Cycling

- Day one of your cycle should be considered the first day with menstrual flow (not just spotting). Collection will begin on the seventh day of your cycle.
- The **Last 4 Urine & 5 Saliva Samples** will be collected on the fourth day after the start of your new cycle.

Non Cycling

- Start collections any day.
- To keep track of all 25 samples, and 5 saliva samples, fill in the date of collection on your schedule AND on each urine and saliva collection device.

Prior to collecting your last 4 urine samples & 5 saliva samples

- Avoid consuming the following foods as much as possible the day before AND on the day of collecting your last 4 urine & 5 saliva samples:
 - Avocado, bananas and fava beans. **Important:** if you happen to consume some of these foods, please make sure to make a note of it on your Test Questionnaire.
 - Avoid caffeine or alcohol on the collection day and the night before.
 - Avoid exercise on collection day.
 - Do not brush or floss on the day of your collection (see page 5 for information on when you may brush your teeth on collection day).

How to collect Urine



Step 1: Wash and dry hands with a clean towel prior to touching the urine collection card to prevent contamination.



Step 2: Write your name, day of cycle, date and time of collection on the back of the urine collection card.



Step 3: Open the urine card cover and fold back from the filter paper. Do NOT touch the filter paper.



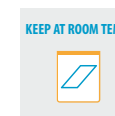
Step 4: Saturate the filter paper by collecting urine in a clean cup and dipping the filter paper up to the black dash-line closest to the text 'tuck cover here after drying'.



Step 5: Allow to dry for at least 24 hours. And then repeat steps 1-5, until you have finished collecting all your samples



Step 6: Once dry, close the flaps of the collection cards (without touching filter paper) and place them into the resealable plastic bag.



Step 7: Leave the resealable plastic bag(s) containing your sample(s) at room temperature until you are ready to ship (see Shipping Preparation).

How to Collect Saliva



Step 1: Write your name, time and date of collection on the label attached to the tube.



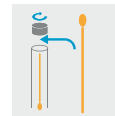
Step 2: Remove cap, and then the cotton swab from the collection device and place in mouth.

Important:

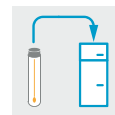
- You do not need to spit into the tube.
- Make sure to touch the swab as little as possible with your hands.
- Do NOT remove inner tube.



Step 3: Leave the swab in the mouth until fully saturated but not longer than 5 minutes. Tip: Lightly chewing on the swab may help stimulate saliva flow.



Step 4: Once done, place the swab back in the collection tube (just as you found it). Remember to label each tube completely.



Step 5: Freeze the saliva sample(s) until you are ready to ship (see 'shipping preparation').



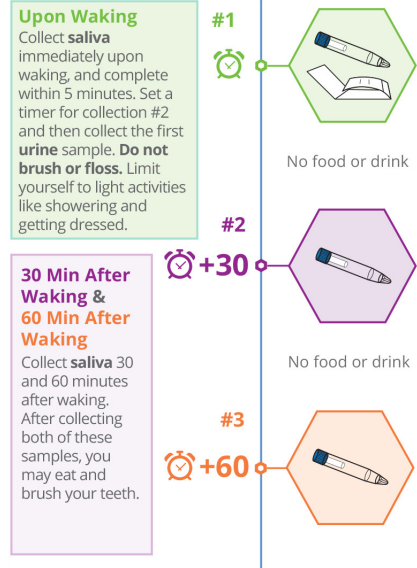
Step 6: Make sure to note time and date of each collection on the Test Questionnaire.

Important note:

For the waking sample, set the saliva collection device, the Personal Information Form, and a pen next to your bed. It is helpful to have a timer nearby to set for 30 and 60 minutes after you have begun your first collection. After collecting the first sample, it is best for you to be in a well-lit place.

Last 4 Urine & 5 Saliva Samples

When to collect



Collection Schedule

Last 4 Urine/ 5 Saliva Samples		
#1 Waking - Saliva	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#1 Waking - Urine	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#2 +30 Min. After Waking - Saliva	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#3 +60 Min. After Waking - Saliva	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#4 2-3 hrs After Waking - Urine	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#5 4pm - 5pm - Saliva	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#5 4pm - 5pm - Urine	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#6 10pm - Mldnight - Saliva	<input type="checkbox"/> AM <input type="checkbox"/> PM	
#6 10pm - Mldnight - Urine	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Important

- Any non-essential medications or supplements normally taken in the morning should be taken after sample #23.
- No caffeine or alcohol on collection day and the night before.
- Limit fluid intake to 40oz, evenly spread throughout the day.
- Remember to follow the instructions in 'prior to collecting your Last 4 Urine & 5 Saliva Samples' before you begin collecting (see 'preparation').

If you are taking medication and supplements

- Some medication and supplements may impact the test results. If you take any of the following, please consult your practitioner:
 - Tyrosine, L-Dopa, D, L-Phenylalanine (DLPA), Macuna and Quercetin.

If you are taking hormones

- It is typically required to discontinue any oestrogen or progesterone for this test. Please discuss this with your practitioner.

Collection Schedule(s)

Depending on the length of your menstrual cycle, please follow only **ONE** of the schedules below. **Important note:** The **Last 4 Urine & 5 Saliva Samples** are to be collected on specific times during the course of **ONE DAY** (see collection schedule 'Last 4 Urine & 5 Saliva Samples').

Please make sure to read the appropriate collection schedule carefully before you begin collecting your samples.

Important

- Day 1 of your cycle should be considered the first day with menstrual flow (not just spotting).
- The Last 4 Urine & 5 Saliva Samples should be collected on the fourth day after your next cycle starts.

Normal or Short Cycle (less than 34 days)

Guidelines	Collection Schedule		
<p>When to collect</p> <ul style="list-style-type: none"> Start collection #1 on day 7 of your cycle. All the samples are to be collected directly upon waking, except for the last 4 urine & 5 saliva samples (see the separate collection schedule for 'Last 4 Urine & 5 Saliva Samples' page #5). Fill in the date next to your cycle day on the collection schedule chart to your right to help keep track of each sample you collect. <p>Important</p> <ul style="list-style-type: none"> If menstrual flow begins (not just spotting) before sample #21, collect one more sample (according to schedule) then skip to 'Last 4 Urine & 5 Saliva Samples'. If you finish collection #21 and have not started your cycle, please call Nordic Laboratories on +45 33 75 1000 as we may need to send you some extra urine collection cards. 	Collection	Cycle	Date
	#1	Day 7	
	#2	Day 9	
	#3	Day 10	
	#4	Day 11	
	#5	Day 12	
	#6	Day 13	
	#7	Day 14	
	#8	Day 15	
	#9	Day 16	
	#10	Day 17	
	#11	Day 18	
	#12	Day 19	
	#13	Day 20	
	#14	Day 21	
	#15	Day 22	
	#16	Day 24	
	#17	Day 26	
	#18	Day 28	
	#19	Day 30	
	#20	Day 33	
#21	Day 36		

Long Cycle (34 days or more)

Guidelines	Collection Schedule																																																																		
<p>When to collect</p> <ul style="list-style-type: none"> Start collection #1 on day 7 of your cycle. All the samples are to be collected directly upon waking, except for the Last 4 Urine & 5 Saliva Samples (see the separate collection schedule for 'Last 4 Urine & 5 Saliva Samples' page #5). Fill in the date next to your cycle day on the collection schedule chart to your right to help keep track of each sample you collect. <p>Important</p> <ul style="list-style-type: none"> If menstrual flow begins (not just spotting) before sample #21, collect one more sample (according to schedule) then skip to the Last 4 Urine & 5 Saliva Samples samples. If you finish collection #21 and have not started your cycle, please call Nordic Laboratories on +45 33 75 1000 as we may need to send you some extra urine collection cards. If your collections take more than 30 days, place the dried urine samples in freezer in the resealable plastic bag until returning them. 	<table border="1"> <thead> <tr> <th>Collection</th> <th>Cycle</th> <th>Date</th> </tr> </thead> <tbody> <tr><td>#1</td><td>Day 7</td><td></td></tr> <tr><td>#2</td><td>Day 11</td><td></td></tr> <tr><td>#3</td><td>Day 15</td><td></td></tr> <tr><td>#4</td><td>Day 17</td><td></td></tr> <tr><td>#5</td><td>Day 19</td><td></td></tr> <tr><td>#6</td><td>Day 20</td><td></td></tr> <tr><td>#7</td><td>Day 21</td><td></td></tr> <tr><td>#8</td><td>Day 22</td><td></td></tr> <tr><td>#9</td><td>Day 23</td><td></td></tr> <tr><td>#10</td><td>Day 24</td><td></td></tr> <tr><td>#11</td><td>Day 25</td><td></td></tr> <tr><td>#12</td><td>Day 27</td><td></td></tr> <tr><td>#13</td><td>Day 29</td><td></td></tr> <tr><td>#14</td><td>Day 31</td><td></td></tr> <tr><td>#15</td><td>Day 34</td><td></td></tr> <tr><td>#16</td><td>Day 37</td><td></td></tr> <tr><td>#17</td><td>Day 40</td><td></td></tr> <tr><td>#18</td><td>Day 43</td><td></td></tr> <tr><td>#19</td><td>Day 47</td><td></td></tr> <tr><td>#20</td><td>Day 51</td><td></td></tr> <tr><td>#21</td><td>Day 55</td><td></td></tr> </tbody> </table>	Collection	Cycle	Date	#1	Day 7		#2	Day 11		#3	Day 15		#4	Day 17		#5	Day 19		#6	Day 20		#7	Day 21		#8	Day 22		#9	Day 23		#10	Day 24		#11	Day 25		#12	Day 27		#13	Day 29		#14	Day 31		#15	Day 34		#16	Day 37		#17	Day 40		#18	Day 43		#19	Day 47		#20	Day 51		#21	Day 55	
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No Cycle (If functional ovaries, but no menstrual flow)

Guidelines	Collection Schedule																																																																		
<p>When to collect</p> <ul style="list-style-type: none"> Start collection on any day of your cycle. Collect samples #1 - #16 every other day. All the samples are to be collected directly upon waking, except for the Last 4 Urine & 5 Saliva Samples (see the separate collection schedule for 'Last 4 Urine & 5 Saliva Samples' page #5). Fill in the date next to your cycle day on the collection schedule chart to your right to help keep track of each sample you collect. <p>Important</p> <ul style="list-style-type: none"> Urine collection cards #17-#21 will not be needed for your collection. After completing Collection #16 on Day 31, skip Day 32, and on Day 33 collect the Last 4 Urine & 5 Saliva Samples in one day (see the separate collection schedule for 'Last 4 Urine & 5 Saliva Samples page #5). 	<table border="1"> <thead> <tr> <th>Collection</th> <th>Cycle</th> <th>Date</th> </tr> </thead> <tbody> <tr><td>#1</td><td>Day 1</td><td></td></tr> <tr><td>#2</td><td>Day 3</td><td></td></tr> <tr><td>#3</td><td>Day 5</td><td></td></tr> <tr><td>#4</td><td>Day 7</td><td></td></tr> <tr><td>#5</td><td>Day 9</td><td></td></tr> <tr><td>#6</td><td>Day 11</td><td></td></tr> <tr><td>#7</td><td>Day 13</td><td></td></tr> <tr><td>#8</td><td>Day 15</td><td></td></tr> <tr><td>#9</td><td>Day 17</td><td></td></tr> <tr><td>#10</td><td>Day 19</td><td></td></tr> <tr><td>#11</td><td>Day 21</td><td></td></tr> <tr><td>#12</td><td>Day 23</td><td></td></tr> <tr><td>#13</td><td>Day 25</td><td></td></tr> <tr><td>#14</td><td>Day 27</td><td></td></tr> <tr><td>#15</td><td>Day 29</td><td></td></tr> <tr><td>#16</td><td>Day 31</td><td></td></tr> <tr><td>#17</td><td>Skip</td><td></td></tr> <tr><td>#18</td><td>Skip</td><td></td></tr> <tr><td>#19</td><td>Skip</td><td></td></tr> <tr><td>#20</td><td>Skip</td><td></td></tr> <tr><td>#21</td><td>Skip</td><td></td></tr> </tbody> </table>	Collection	Cycle	Date	#1	Day 1		#2	Day 3		#3	Day 5		#4	Day 7		#5	Day 9		#6	Day 11		#7	Day 13		#8	Day 15		#9	Day 17		#10	Day 19		#11	Day 21		#12	Day 23		#13	Day 25		#14	Day 27		#15	Day 29		#16	Day 31		#17	Skip		#18	Skip		#19	Skip		#20	Skip		#21	Skip	
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