

TESTOSTERONE HEALTH CHECK COLLECTION INSTRUCTIONS

BEFORE YOU START

To ensure the accuracy of the Health Check, please read all the instructions carefully and ensure all packing materials are present before collecting your sample. If you have any questions regarding collection and shipping, please call Pharmasan Labs at 888.342.7272.

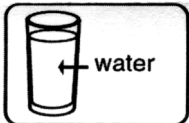
MATERIALS INCLUDED IN BOX

- | | |
|---|-----------------------------------|
| 1 collection tube with time label for saliva | 1 US postal mailing label |
| 1 parafilm square to aid in saliva collection | 1 Priority Mail sticker |
| 1 specimen time/date label | 1 return shipping box |
| 1 resealable plastic bag | 1 Hormone Assessment Request Form |
| 1 absorbent pad | |

WHEN TO COLLECT SAMPLE

- Collect your saliva sample between 6 AM and 9 AM, within one hour of waking up.
- Prior to collection, it is imperative that you keep anything out of your mouth other than water.
Do NOT eat, drink, brush teeth, use mouthwash or take medications or supplements.

COLLECTION INSTRUCTIONS



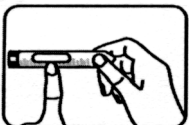
Step 1: Hydrate and Clean Your Mouth

Drink at least 16 ounces of water. Rinse and swish three times for 5 seconds with cold water. Wait five minutes before collecting. *Do NOT drink once you've started.*



Step 2: Collect Saliva

In the tube provided collect your saliva until 3/4 full of liquid, NOT foam. Most people take about 15 minutes to complete. In order to remove any foam, tap the the covered tube on a hard surface to break up the bubbles. If you find that you are having difficulty producing enough saliva, chew the clear parafilm while collecting. Discard the parafilm when done.



Step 3: Seal and Label Collection Tube

Tightly replace the cap to prevent leakage. On the specimen label, write your name, circle saliva and record the date and time of collection. Wrap the tube in the absorbent pad and place inside the enclosed resealable bag. FREEZE the sample for at least three hours.



Step 4: Prepare for Mailing

Place the sealed bag along with your completed Hormone Assessment Request Form along and any additional funds in the box provided. Check saliva on the pre-paid USPS label and use it to seal the box. Apply the Priority Mail sticker to the box. *If you desire faster results, please ship sample via expedited carrier to the address on the label.*

RESULTS

The results of your assessments will be mailed to you by the laboratory within five business days of receipt of your sample. If you do not receive the results within three weeks from the date you mailed the sample, please contact us at results@checkmytestosterone.com. Please include your name and date of collection.

