



A guide to your DNA kit

Please follow these
instructions carefully.

Getting started

Check that all the
following components
are in this kit.

If anything's missing,
please let us know
straight away.

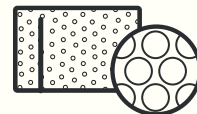
In your kit



1 x swab



1 x postage bag



1 x bubble bag

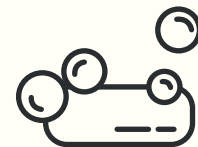
Preparation

Do not eat, drink, chew
gum or smoke for at least
one hour before taking
your saliva sample.



Preparation

Wash your hands and
then find a clean space to
do the test in, at home
or at work.



6 simple steps

Keep reading and follow
the 6 steps to taking your
saliva sample.

And find out how you can
get more insight into your
nutritional profile and
improve your health.

Before starting



Before starting, you must
register your kit at
vitl.com/kit or in the **Vitl app**
using the barcode on your box.

Please note, if you do not
register your kit, your sample
cannot be processed.

Share your Vitl



@VitlHealth



Get rewarded for
referring your friends!
Head to vitl.com/referral
to find out more

Step 1

Gently snap open the lid along the dotted line.

Hold the swab by the white cap, taking care not to touch the swab head.



Step 2

Moisten the swab head by placing it on the tip of the tongue. Close your mouth and hold the swab in a closed mouth position for 10 seconds.



Step 3

Open your mouth slightly and rub firmly against the inside of one cheek and lower gums for 10 seconds.

We strongly recommend applying pressure with your middle and index fingers to ensure you get enough DNA.

Step 4

Repeat Step 3 on the other side of the mouth for 10 seconds, again applying pressure to the outside of your cheek.



Step 5

Place the swab back in the plastic tube and make sure it clicks shut.

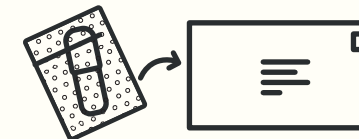
Again, take care not to touch the swab head.



Step 6

Put the closed plastic tube in the bubble bag and seal the bag.

Place that into the white postage bag provided and pop it in the post – no stamp required



What happens next?

We'll contact you when your DNA sample has been received.

Your results will then be available on the website or in the Vitl app within 4 weeks.

Please remember to register your kit or your sample cannot be processed.

Any questions?

If you want to ask us anything before starting your test, don't hesitate to get in touch.

Email
info@vitl.com

Call
+44 (0) 20 3488 0747