



Welcome To Your Test Kit

You have chosen to do a Drinking Water Analysis 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 Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Bio-hazard bag
- 1 x Specimen vial
- 1 x Absorption pad

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



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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

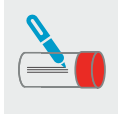
Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

When to schedule your collection

- You may do this test on any day of the week at any time.

Collection Procedure



Step 1:

Write your full name and date of collection on the specimen vial and also on your Personal Information Form.



Step 2:

Run the tap from the source of which is being tested for one minute.



Step 3:

Fill the specimen vial with water from the source being tested up to the fill line. Do not overfill.



Step 4:

Tightly cap the lid back on to the specimen vial.



Step 5:

Place the specimen vial into the bio-hazard bag and seal.

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. If you cannot ship the sample the same day you complete the collection, such as over a weekend or holiday, keep the bio-hazard bag containing the specimen vial in the refrigerator until you are ready to ship. Do not store for more than three days.
- Schedule your shipment so that your samples will arrive to the laboratory on a working day, as we are closed over the weekend.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed, and that you have noted the date of collection.
 - Pro-forma invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the bio-hazard bag containing the specimen vial into the supplied box along with your completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).