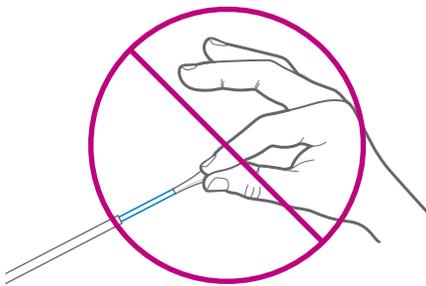


How to Take Your Kailos Test

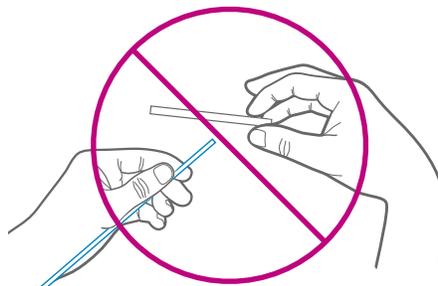
The Kailos test is a simple, pain-free test you can do anywhere. You will be collecting loose cells from the inside of your cheeks with the cotton swabs contained in your test kit. Please follow the directions below to ensure you get accurate results.

IMPORTANT

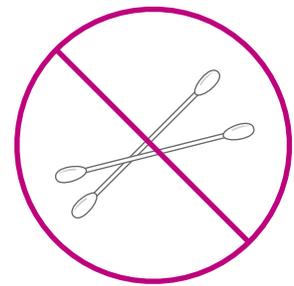
! If your Kailos test kit or any of its contents look damaged, or if you need help taking your test, please call 1-866-833-6865.



DO NOT touch the tips of the cotton swabs.

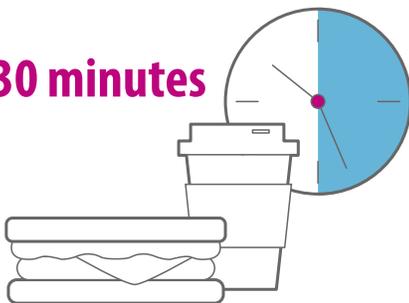


DO NOT remove the plastic straw from the plastic shaft of the cotton swabs.



DO NOT use Q-tips® or any items you have around your house—you won't be able to get results if you use these items. Use only the materials included in this kit.

30 minutes

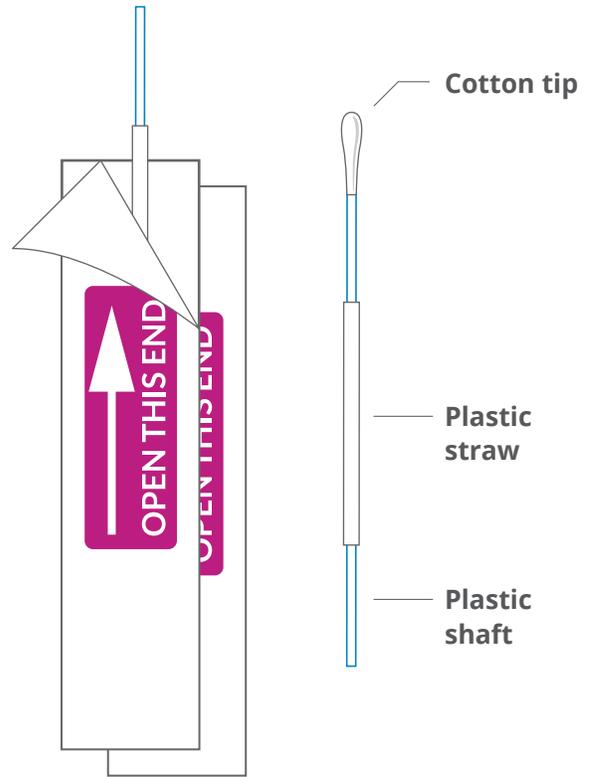


NOTE: Please wait 30 minutes after eating or drinking before taking your Kailos test. Water is okay to drink before your test.

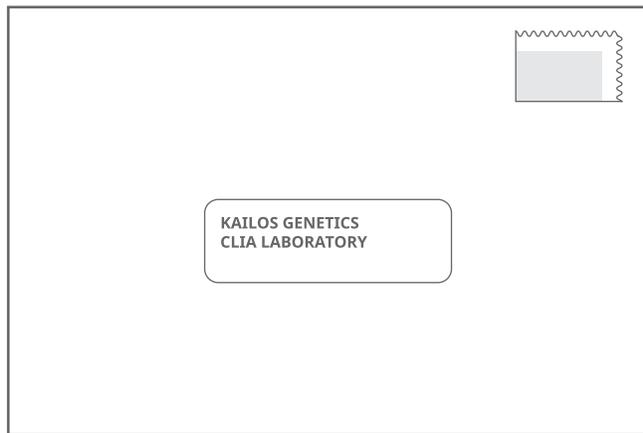
Included in this kit:



Information letter



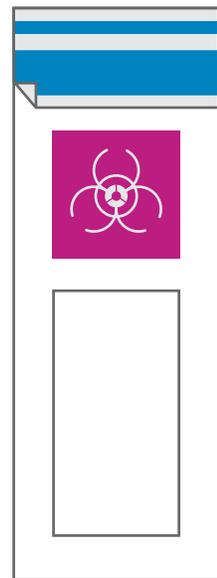
2 cotton swab packages



White return envelope



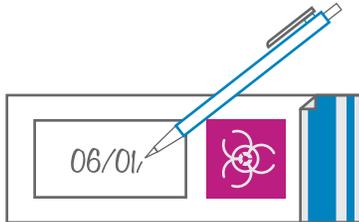
Gel pack



Clear envelope

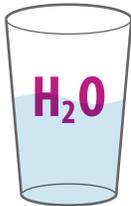
Instructions

Follow these steps to take your Kailos test and get accurate results:



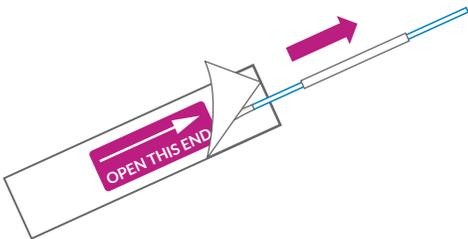
STEP 1:

On the small clear envelope, write today's date on the label.



STEP 2:

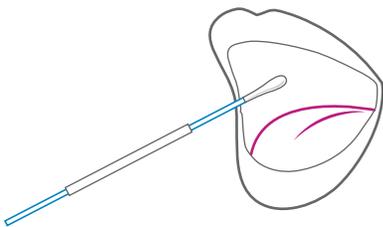
Rinse your mouth with water.



STEP 3:

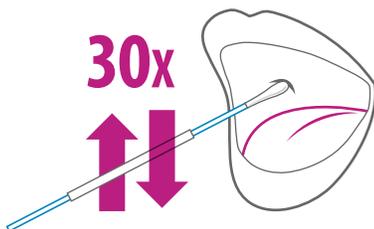
Remove one cotton swab from its package.

Tear open the package from the bottom and slide out one cotton swab. Hold it by its plastic shaft—**Please DO NOT touch the tip of the cotton swab.**



STEP 4:

Open your mouth and place the tip of the cotton swab against the inside of your cheek.

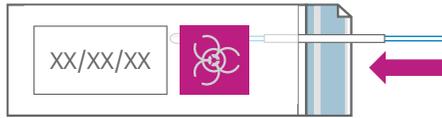


STEP 5:

Rub the cotton swab back and forth against the inside of your cheek, about 30 times.

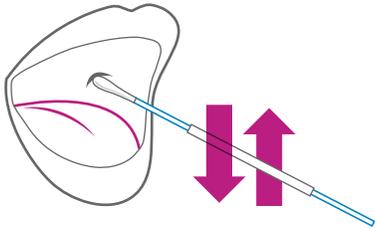
While you rub the cotton swab, turn the plastic shaft. This will ensure the entire tip is covered with cells from your cheek.

Instructions (Continued from previous page)



STEP 6:

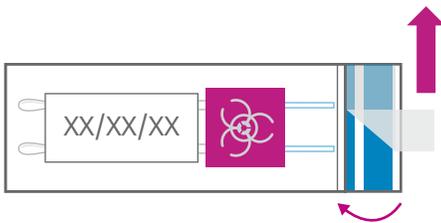
Place the cotton swab you just used into the small clear envelope. But don't seal the envelope yet!



STEP 7:

Remove the second cotton swab from its package. Rub the tip against the inside of your other cheek.

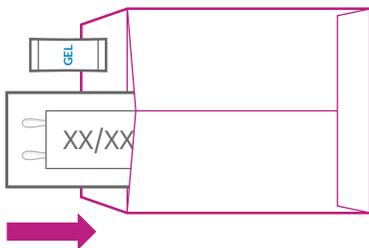
Repeat steps 4, 5, and 6 with your other cheek. Remember, **DO NOT touch the tip** of the cotton swab with your fingers.



STEP 8:

Place the second cotton swab into the small clear envelope. Seal the clear envelope.

Check to make sure there are now 2 cotton swabs in the small clear envelope. **DO NOT** place the gel pack or anything else in the small clear envelope. Seal the small clear envelope by taking off the protective strip. Push the flap down and press firmly. The flap is sticky and should seal tightly.

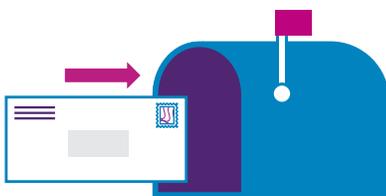


STEP 9:

Put the small clear envelope and the gel pack into the white envelope. Seal the white envelope.

Before you seal it, make sure **only the 2 cotton swabs** are sealed inside the small clear envelope.

Don't forget the gel pack—it will protect your sample from moisture. Seal the white envelope by taking off the protective strip. Push the flap down and press firmly. The flap is sticky and should seal tightly.



STEP 10:

Mail the white envelope to Kailos Genetics.

Put it in a US mailbox or give it to your letter carrier. That's it! You don't need any stamps or payment.

If you have any questions regarding the Kailos test or need further assistance, please contact us at 1-866-833-6865. For Kailos terms of use and conditions, visit [KailosGenetics.com/terms-conditions](https://www.kailosgenetics.com/terms-conditions).