Please verify that all the barcodes on your vials and envelopes match.

CONTENTS

- 2 DNA Swabs
- 2 Preservative Vials
- 1 Internal Envelope
- 1 Prepaid Return Envelope





BEFORE SWABBING

- 1. Register your kit.
 - Go to www.snipnutrition.com
 - Click on "register kit." Once prompted, enter your barcode
 - Follow the instructions for setting up your account and consenting
- 2. Wait at least 30 minutes after drinking or eating to swab. Do not brush your teeth before swabbing.
- 3. Wash hands thoroughly and dry completely.

COLLECTING YOUR DNA

- Remove a swab from packaging. Do not place on any surface. If you need to put the swab down for any reason, return to the package or place, swab up, in a clean glass to avoid cross-contamination.
- Place the swab into your mouth and against your cheek, while using opposite hand to create pressure against the swab.
- **3.** For 60 seconds, swirl the swab in a circular motion while rubbing and rolling up and down against the inside of your cheek, using ample pressure.
- Remove swab from your mouth and place (tip down) into one of the opened (uncapped) vials provided.
- 5. Line up the black line on the swab with the top of the vial and gently snap the excess stick off of the swab.
- Once finished, repeat steps 1 to 5 with the second swab; however, swab on the other side of your mouth.

AFTER SWABBING

- 1. Close the vials tightly and place both in the internal envelope.
- **2.** Place the internal envelope into the prepaid return envelope.
- 3. Drop envelope in the mail.
- 4. Sit back and relax...we will do the rest.
- * Your SNiP Nutrigenomics report(s) will be available within 21 business days from the time we receive your swab. Return mailing times may affect processing timeline.







Questions? Please contact support@snipnutrition.com

Congratulations on joining the SNiP revolution and hacking your DNA through nutrigenomics!

The SNiP ecosystem will give you access to:

- Simple-to-read, easy-to-understand DNA reports
- Personalized lifestyle and epigenetic tips and tricks
- Customized nutritional and dietary recommendations
- Peer-reviewed, emerging science

And, of course...the most simple, effective and revolutionary tool ever created to optimize *your* genetic expression: **CODE Complex**[™].

Your very own custom-compounded nutritional supplement, based on your DNA.

The time is now to take this step into the future of health. YOUR health.

On behalf of my entire team, I warmly welcome you to the SNiP community. I'm honored you've entrusted us to support you in discovering a lifetime of exceptional mind-body wellness.

∕*∖lm* Kim Ressler.

Founder and CEO, SNiP Nutrigenomics

