

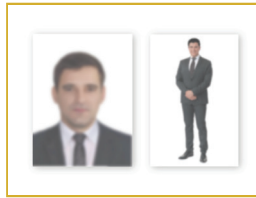
12

### Upload your Head photo and Full-body photo

in your account Settings.

**Note:** Choose **neutral background** and make sure it's **only you** on the photo (do NOT crop yourself from group photos and do NOT include parts of other people/animals). You can be in underwear or wear clothes.

**Reupload** your recent unedited photo as frequent as possible. Since quality matters, please choose high resolution images.



### Pack DNA/RNA except photos

in a small transparent bag.

13

14

### Pack small transparent bag inside of a black bag

for protection.



### Pack all in a big transparent bag

for additional protection.

15

16

### Send us back

in the enclosed post envelope.

**Note:** Do NOT return safety lancets and Instructions for use.



Quantum Meta Health

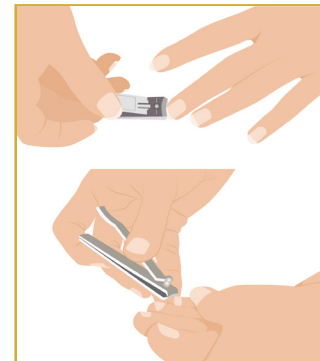
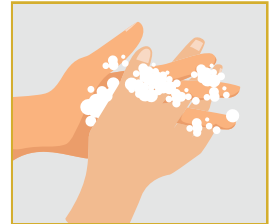
DNA/RNA Sample Kit

# INSTRUCTIONS FOR USE

01

### Wash your hands with soap and water, and make them dry

before starting the procedure of collecting your DNA/RNA sample material.



### Clip/cut your fingernails and toenails

02

from your hands and feet. Collect as many as you can.

03

### Fingernails clippings, toe nails clippings

Note: toes are very good communicators.



### Swipe sterile cotton ear stick on the inner cheek 04

30 seconds on the left and 30 seconds on the right for saliva collection.

05

### Let it completely dry

for at least 45 minutes at room temperature (20–22 °C) and at normal (30–50%) humidity. If the air is more humid, it might take longer.

Warning: please dry them well, otherwise all other samples inside of a small transparent bag could get spoiled within days too. If samples arrive spoiled, we won't be able to perform any service and new DNA/RNA Sample Kit need to be requested.

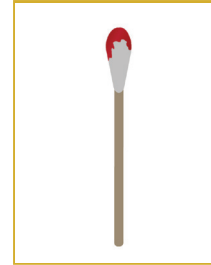
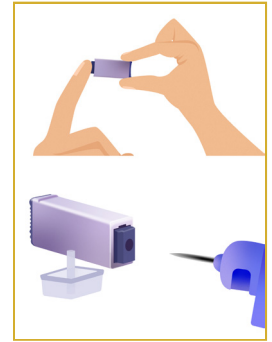


08

### Safety lancet for blood collection

Remove the transparent protective cap to release the needle. Target the tip of a finger to get the blood flow. In case you fail to get enough of blood flow for collection, use the second (spare) lancet.

Note: Do NOT return safety lancets after use. Throw them into dedicated plastic trash.



### Add few drops of blood 09

to sterile cotton ear stick and let it dry for at least 30 minutes at room temperature (20–22 °C) and at normal (30–50%) humidity. If the air is more humid, it might take longer.

Warning: please dry them well, otherwise all other samples inside of a small transparent bag could get spoiled within days too. If samples arrive spoiled, we won't be able to perform any service and new DNA/RNA Sample Kit need to be requested.



### Open the alcohol swab 06

to disinfect your already clean fingers for blood collection.

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### Cut a piece of your (preferably uncolored) hair

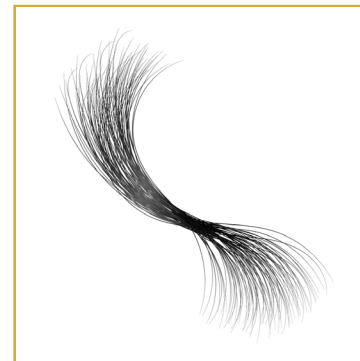
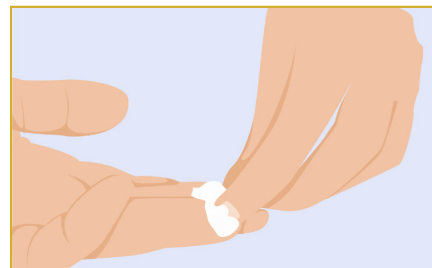
If you don't have hair on your head, cut off any uncolored part of your body hair.



07

### Disinfect the finger

you have chosen to draw blood from.



### Hair 11

Collect a good amount of uncolored parts of your (body) hair.