

Your DNA can give you insight into how you obtain nutrients and energy from food, helping us to tailor your dietary advice specific to you. This test covers 45 genes which give important information concerning weight management, nutrient metabolism, susceptibility to food intolerances, factors relating to cardiometabolic health as well as your preference for certain foods, eating habits and motivation to exercise.

It is important to note that your genes are only part of the picture, and the environment in which you live, and have lived for your lifetime, will influence how your genes are expressed.

Instructions – Please read fully before starting the test

This is a salivary DNA test, please follow the instructions carefully – see the test insert for images and more information. Most people take between 2 and 5 minutes to deliver the saliva sample as per instructions below.

Important notes

- Do not eat, drink, smoke or chew gum for 30 minutes before giving your sample
- Do not remove the plastic film from the funnel lid
- Do not spit above the top line on the tube (see picture on insert)

Steps

1. Spit a **small** amount of saliva into the funnel. Gently tap the base of the tube on a flat surface to help the saliva move into the tube. Check that the liquid saliva level (not bubbles) is between the lines as shown in picture 1 on the kit insert.
2. Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown in picture 2) by firmly pushing the lid until you hear a loud click. The tinted liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.
3. Hold the tube upright. Unscrew the funnel from the tube.
4. Use the small cap to close the lid tightly.
5. Shake the capped tube for 5 seconds. Discard or recycle the funnel.
6. Place the capped tube in the bio-specimen bag provided. Peel off the blue liner, and seal by pressing down on the glue line.
7. Place this bag inside the bubble wrap pouch provided and then into the return cardboard envelope.
8. Fill out the patient information form and client consent form supplied to be returned with your sample.

Patient Information Nutrigenomix

Glenville
NUTRITION

COURSES **CLINICS** CENTRES

Returning your sample

Please return your consent form to Glenville Nutrition Ireland by regular post to 10 Orwell Road, Rathgar, Dublin, D06 T265.

Please return your sample kit and patient information form to Glenville Nutrition UK using the pre-paid courier pack provided (€30 payable to Glenville Nutrition Ireland). Ensure a completed Airway Bill has been provided. Please sign and date this airway bill.

Call the FedEx customer service number 1800 535 800 24 hours (city location) or (48 hours for rural locations) in advance of required pick up to organise a courier.

Paying for the test

Please call +44 1892 515 905 to pay for the kit when you are ready to dispatch your sample as it is unsafe to include credit card details in the post. The test price is £249 stg.

Results – turn around time

Your results will be expected within 6 weeks of dispatching your test kit. Please phone the clinic to make an appointment with your nutritional therapist to discuss your results and tailor a dietary and/or supplement protocol. Appointments are €150 for 60 minutes.

Dublin	01 4020777	clinic@glenvillenutrition.ie
Galway	091 726 344	galwayreception@glenvillenutrition.ie
Cork	021 234 0201	clinic@glenvillenutrition.ie

If you have any queries regarding this test or your sample kit, please contact us and let us know how we can help.

Patient Details - To be returned with sample

Kit Barcode: _____

Patient Name: _____

Date of Birth: _____

Email: _____

Phone: _____

Clinic: Dublin / Cork / Galway / Kilkenny

Nutritional Therapist: _____
(if known)

Date sample posted: _____