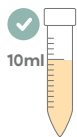
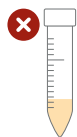


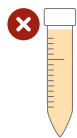
Urine Collection Examples



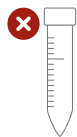
A good example that clearly shows the sample tube has been filled to the 10ml line with urine and preservative.



Not enough urine has been collected.



Too much urine has been collected.



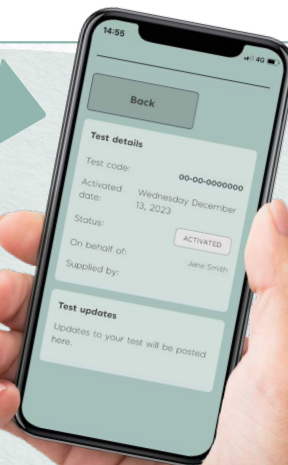
The preservative was taken out leaving the tube empty before urine was poured in.

Checklist

- I have read all the instructions carefully.
- My sample collection tube looks like the correct examples provided, and I have ensured not to lose any preservative.
- I have activated my test on the portal.

What next?

Following recommendations either from the report or a health professional, re-test in 3-6 months to assess your progress.



WAIT

Before you start, please read these instructions. They will help us give you accurate results.



Start your journey to optimal health

Preparation

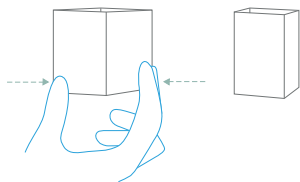
- Collect first thing in the morning, and before eating anything.
- Optional: Drink some water if you are having trouble passing urine.
- Put on the provided gloves.



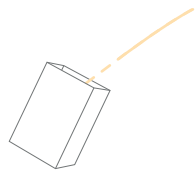
1

Sample Collection

Press the two marked areas together on the collection device. It will lock into position.



Urinate mid-flow into the collection device, until half full.
Not directly into the tube.

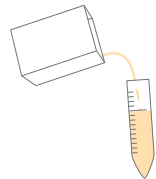


2

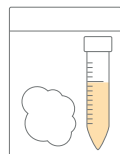
Sample Collection

Carefully transfer your urine from the collection device to the sample tube, filling it to the 10ml mark.

The preservative needs to stay in the tube.



Tightly screw the cap back onto your sample tube, ensuring not to cross-thread, and place back into the bag provided with the cotton wool.



3

Activation

Activate your kit on the portal using the unique activation code at:

portal.neovos.com

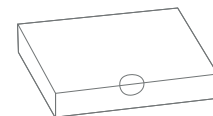


Important: We cannot process samples unless they have been activated.

4

Seal and Return

Place the bag into the return box and seal it using the sticker.



Drop the box off at any Royal Mail post box. The return is pre-paid.