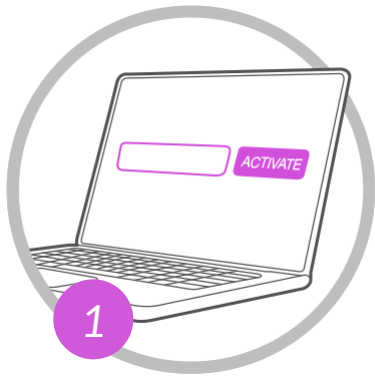


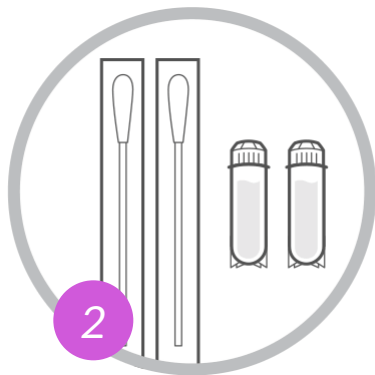
# Instructions

Follow these instructions to collect your DNA sample

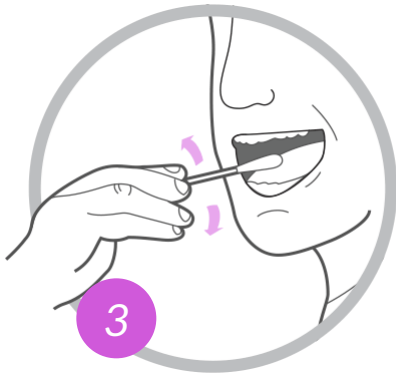
**Note:** For best results, please do not eat, drink, chew gum, or smoke for 30 minutes before collecting your DNA sample.



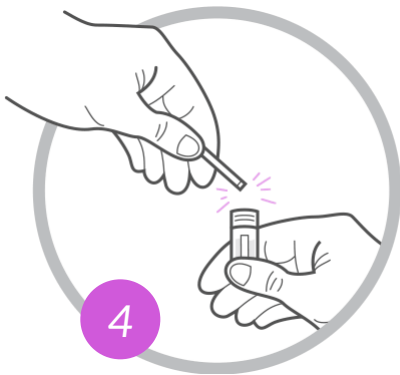
Activate your kit online. Do NOT skip this step. It is necessary to get your results. Visit [www.myheritageDNA.com/setup](http://www.myheritageDNA.com/setup)



Open the test kit and lay out the unopened swabs and vials on a clean surface.



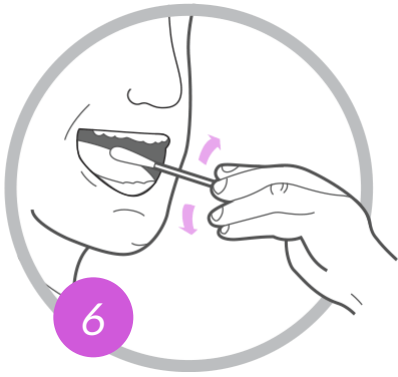
Remove one cheek swab from its wrapper and use the swab head to scrape the inside of one of your cheeks, while rotating the swab, for 30-60 seconds.



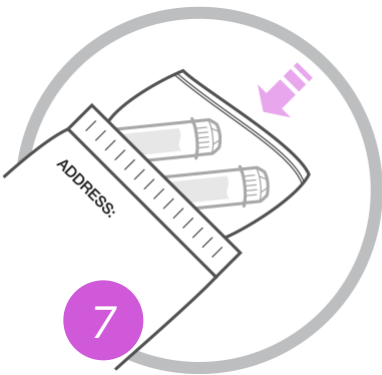
Open one vial and insert the swab inside, swab-end down. Once the swab touches the bottom of the vial, break the swab against the inside edge of the vial at the marked black line, leaving the swab-end inside the liquid in the vial.



Close the vial cap tightly.



Swab your other cheek with the second swab. Insert the swab into the second vial, break the swab-end off at the marked line, and close the vial cap tightly.



Make sure the vial caps are closed tightly. Place both vials on the cotton pad in the clear plastic bag, and close the ziplock. Now, place the bag in the enclosed addressed envelope and seal the envelope.