

sample collection instructions get started with 5 easy steps!

Step 1 - get your bag ready

Use a clear and clean ziplock bag.

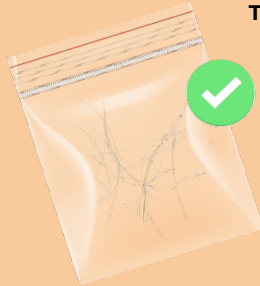
If you have ordered more than one gutChek use a separate bag for each sample.

! important

DO NOT WRITE ON THE BAG

If you are sending more than 1 sample.
You can place a sticky note on the outside of the bag
with an identifying name
or
staple your printed intake form (step 3) to the corner
of your baggy.

The bag must not have anything written or printed on it.
We may not be able to process your sample if it has.
Eg. IKEA bags or similar resealable.



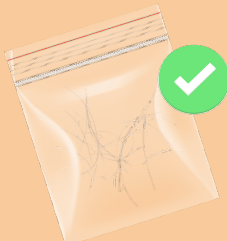
Step 2 - get your sample ready



Pull or clip as least 8 - 10 strands of hair - from your head or body.
(more if possible)

(if you have colour treated hair or use a medical product
eg. Rogaine, not to worry we can still analyze your sample.)

Place your sample into your bag and seal.



make sure nothing else is placed in the sealed bag
only the hair sample!



Now let's get your intake completed!

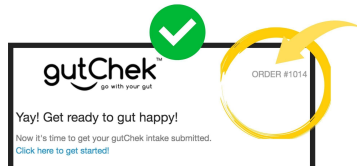


Step 3 - complete your intake

Make sure you have your order # handy for the intake form as this helps us identify your sample once it's mailed in.

gutChek Analysis intake

gutChek Order # : _____



Name: _____

Phone Number: _____

Email: _____

My gender is: _____

What day are you mailing the sample: _____

Step 4 - print your intake

****Print this page****

*Including this information with your sample is critical,
so we know who's sample we are receiving.*

or

*If you don't have a printer, please Include a separate
piece of paper with all of the above information.*



Step 5 - Mail or Courier it to us!

gutChek
what's your gut tell you?

gutChek
205, 259 Midpark Way SE
Calgary, AB T2X 1M2

***Place your printed intake and your sealed sample in an envelope,
mail or courier it to us at:***

**gutChek
Unit 205, 259 Midpark Way SE
Calgary, AB T2X 1M2**



or



**Results are typically emailed to you
within 4 to 5 days upon receiving your sample.**

get ready to gut happy!