

Are you ready to live a more comfortable life?

THE INFORMATION FROM YOUR OWN DNA CAN HELP

Get answers to your food and pet sensitivity questions fast!

HomeDNA Food & Pet Sensitivity is a scientifically-based analysis that identifies your unique genetic makeup, then tests areas of your DNA that may influence your sensitivity to cat and dog dander, gluten, lactose, egg, peanut, tree nut, and more. Get the reliable answers you need to actively take control and make life more comfortable again.

Personalized Results Include:

- Analysis of sensitivity-specific DNA markers
- Lifestyle and dietary suggestions to help prevent discomfort
- Recommended supplements to help manage any sensitivities
- Creative and tasty food substitutions

This product is not intended to diagnose, treat, cure, or prevent any disease. Results based on your genetics and not other factors (e.g. health, environment, and diet). Before attempting any of the recommendations offered by your DNA report, you should consult with a physician.

RESULTS REFERENCE:

View Results at **HomeDNA.com/login**

Fill in the information below and keep for your records: Email address and password created during account setup. The barcode is on the DNA sample envelope.

EMAIL:

PASSWORD:

BARCODE:

HOMEDNA[™]

SENSITIVITY

DNA TEST KIT INSTRUCTIONS

Complete Guide for Home DNA
Sample Collection

[Read Instructions Before Getting Started](#)

Included in your kit:

- DNA Collection Swabs
- DNA Sample Envelope
- Trackable Return Mailer

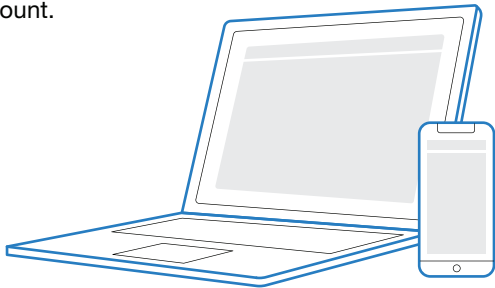
1 START: Register your kit

Step 1: Go to **HomeDNA.com/register**.

Step 2: Enter the barcode on the DNA sample envelope.

Step 3: Follow the prompts to create your account.

Step 4: Pay the required lab fee.



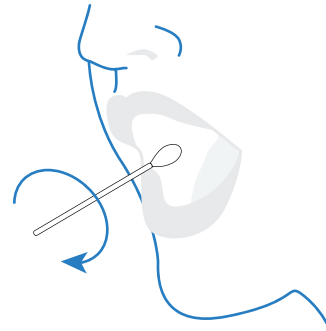
2 NEXT: Collect DNA sample

Step 1: Complete **ALL** information requested on the DNA sample envelope.

Step 2: Using 1 swab at a time, rub the tip back and forth, up and down on the inside of your cheek for 30 seconds. To prevent excess saliva, avoid the gum area. To dry, hold and wave swab for 60 seconds, then place it directly into the DNA sample envelope.

Step 3: Repeat Step 2 with the remaining swabs; be sure to use all 4.

Step 4: Place the DNA sample envelope in the trackable prepaid return mailer, seal securely and mail. Shipment can be tracked at USPS.com.

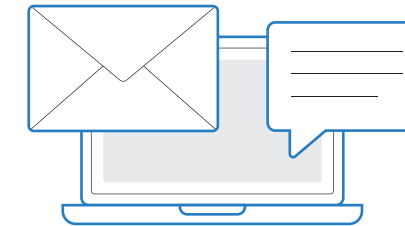


3 FINISH: View your results

Once results are ready, you will be notified via email and / or text message. Go to **HomeDNA.com/login** to access your results.

NEED ASSISTANCE?

Visit: [HomeDNA.com/faq](https://www.homedna.com/faq)



If using the trackable prepaid return mailer, allow up to 5 business days for samples to arrive at our lab.

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