

Ready to finally take control of your weight?

THE INFORMATION FROM YOUR OWN DNA IS THE KEY

Eliminate the Guesswork for Achieving and Maintaining a Healthy Weight

HomeDNA Healthy Weight is a scientifically-based weight management program that identifies your unique genetic makeup.

HomeDNA Healthy Weight provides the only diet and exercise recommendations you will ever need because they are based on your unique DNA!

Personalized Results Include:

- Analysis of weight-specific DNA markers
- Recommendations for:
 - Best foods to eat
 - Ideal nutrients and supplements to take
 - Exercises to achieve and maintain weight
- Exclusive access to online resource library

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 (all categories), licensed professional trainer (Exercise category), and/or a dietician/nutritionist (Food/Nutrients categories).

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™

HEALTHY WEIGHT

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.



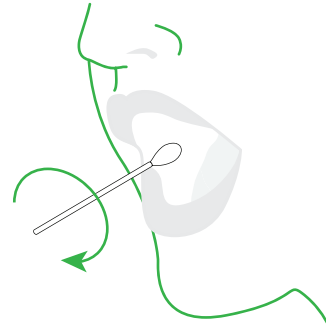
2 NEXT: Collect DNA sample

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.



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

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)



RET-8001-HW 180808-SS