

Let's begin

You've made a great decision. Keep that momentum going by taking your test right away — it takes just 15 minutes. And the sooner you do it, the sooner you can get your results and recommendations.

Gut Microbiome Collection Kit

SC-2022-RUO Collection Kit

Contains 1 collection kit.
Intended for research use only.

4°C 30°C

Made in the USA
Simplify Bio, Inc.
376 Hale St. Beverly, MA 01915
simplifybio.com

THE FIRST THING YOU NEED TO DO IS REGISTER YOUR KIT.

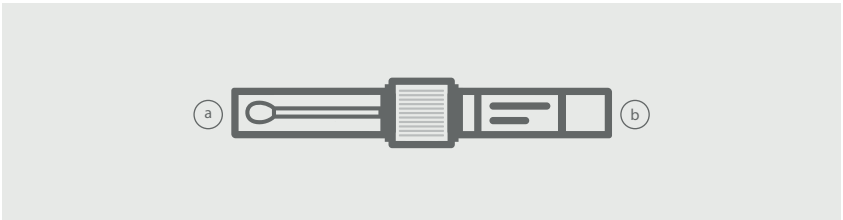
Go to account.olawell.com/user/login to sign in to your OlaWell account. Check your order number and click on "Activate Kit". Follow the instructions provided.

OR

On the box or on the tube sticker, you will find a QR code. Use your phone's camera app to scan the QR code and tap the pop up notification. Login to your OlaWell account and follow the instructions.

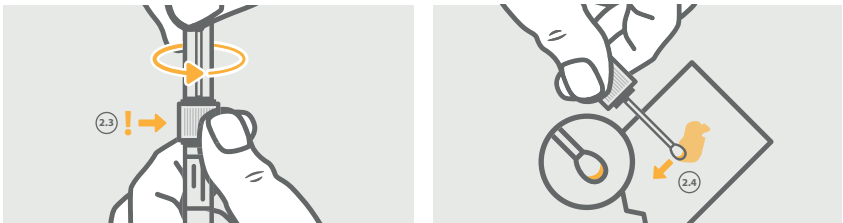
IMPORTANT: Your test CANNOT be processed if you do not register your kit and complete the questionnaire. This is how we match you to your sample and understand your food preferences. Please do not use your account to activate someone else's kit. Each OlaWell customer needs to have their own account with unique email address.

1 Get your kit Ready



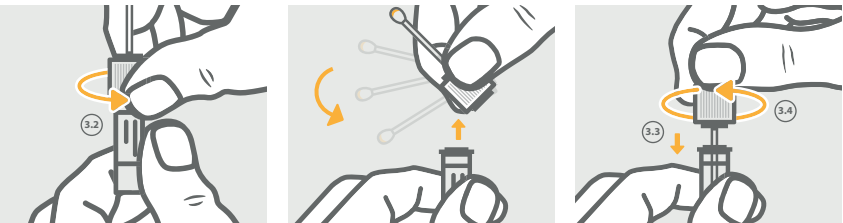
- Open your OlaWell box and take out the collection tube. The collection tube (above) consists of two ends -
 - Tube with a dry swab (Make sure the swab does not touch any other surface other than your sample, i.e., poop).
 - Tube with the sample preservation liquid.
- Keep the collection box in the bathroom. Keep it within your reach to use it when ready to collect your sample. Place the collection tube swab end (a) up into the placeholder within the box.

2 Collect your Sample



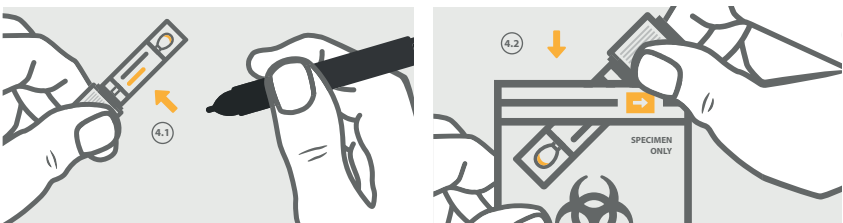
- READ THIS BEFORE YOUR BOWEL MOVEMENT.
- After finishing your bowel movement, swipe as usual with toilet paper and place the toilet paper on a flat surface.
- Grasp the ring in the middle, unscrew and discard the cover protecting the swab.
- Take the swab and run it lightly over used toilet paper, just enough to color the tip of the swab. Make sure that your sample does not cover more than the tip of the swab. **DO NOT** collect solid matter. Oversampling will lead to inaccurate results.

3 Store



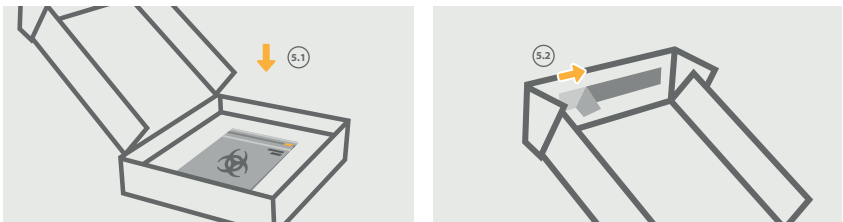
- Hold upright
- Unscrew the swab-cap without spilling the preservative.
- Carefully insert the swab containing your sample into the preservative tube without touching the outer edges of the tube.
- Screw swab-cap on the preservative tube and tightly seal the device.
- Gently invert a few times back and forth to mix preservative liquid with the sample. Do not shake.
- Flush the toilet paper and wash your hands.

4 Seal



- Write down the date of sample collection on the sticker on the tube.
- Place the collection tube into the "Specimen only/Biohazard" bag and seal it closed. Do not remove the padding inside the bag.

5 Ship



- Place the sealed specimen bag back in the OlaWell box.
- Remove the adhesive covering inside the lid.
- Seal the box securely with the adhesive.

That's it! You are done! Please ship it asap, no later than the next day after you collected your sample.

You've done your part. Now it's our turn. Questions?

Contact us at support@olawell.com

Gut Microbiome Collection Kit SC-2022-RUO Collection Kit

Intended Use: This product is intended for gut microbiome collection and preservation of DNA. For research use

Safety Information: Vial contains a liquid chemical preservative. If liquid comes in contact with skin or eyes, rinse immediately with water. Do NOT ingest. See MSDS at simplifybio.com.

Additional Support: simplifybio.com/support

Simplify

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Kit Contents

1 Collection Tube
1 Biohazard Bag
1 Mailer Box
1 Instruction Sheet

Label legend

Research Use Only
 Consult Instructions
 Use By Date
 Catalog Number
 Manufacturer
 Batch Code
 Temperature Limit