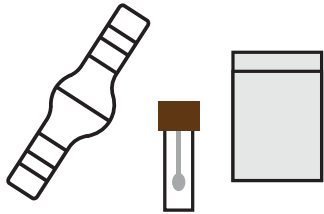


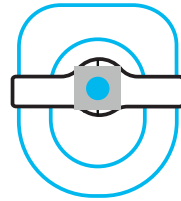
Please follow these instructions.

Take stool sample during Sunday to Monday. Mail asap, **latest** 24 h after the sampling.

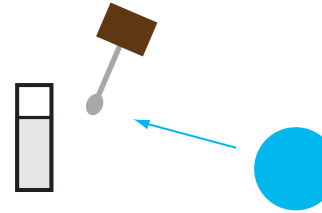
GÜTGUIDE
Balanced microbiota for health.



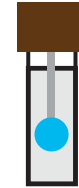
1. Open the kit and take out the stool sample tube, stool sample tool, zipper- and garbage bag.



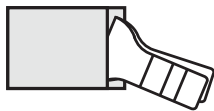
2. Unfold the stool sample tool, Reveal the adhesives and tape the tool to the toilet seat. Place 2 pieces of toilet paper on the sample tool and defecate.



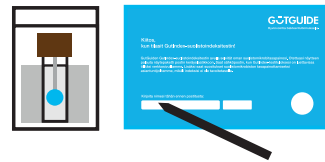
3. Take a stool sample (size of a big pea) with the spoon in the tube cap. If the stool is watery, spoon it a few times to the sample tube.



4. Close the tube cap with the stool sample inside. **DO NOT SPILL OR REMOVE THE LIQUID FROM THE TUBE.** Do not mail the stool sample without the liquid but instead ask for a new sample tube if liquid is lost.



5. Remove the tool from the seat, slide the stool to the toilet bowl and put the tool in the white bag. This bag can now be disposed of normally via domestic waste.



6. Place the sample tube back to the mailing box, slide the zipper bag. **DO NOT REMOVE THE ABSORBENT TISSUE.** Pack the sample tube back to the mailing box and write your name and date of sampling to the removable cover.



7. Close the mailing box leaving GutGuide's mailing address on the top. Seal the box with the striped tape and post it latest 24h after the sampling. Please, send the box to our laboratory by priority mail (express).

www.gutguide.fi

8. You will get a notification by email when your personal analysis is available for reading in your account at www.gutguide.fi. You also get additional advice from our experts regarding your gut health.

Thank you for ordering the GutIndex analysis!