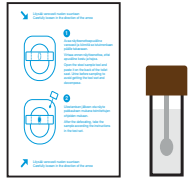


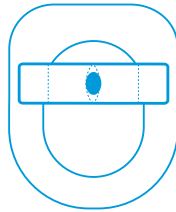
Please follow these instructions.

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

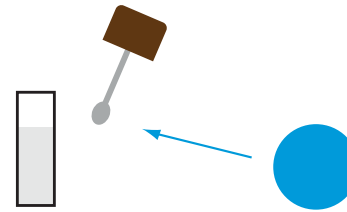
GÜTGUIDE®
Balanced microbiota for health



1. Open the kit and take out the stool sample tube and the stool sample tool.



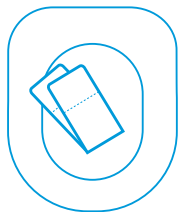
2. Open the stool sample tool and tape the tool onto the back of the toilet seat. Defecate and take the sample.



3. Do not spill or remove the liquid from the tube. In case of skin contact, rinse with water and soap. If skin irritation continues, please contact a doctor. Do not send the sample without the liquid but instead ask for a new tube.



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



5. Remove the tool from the seat, fold it and place the edges together. Drop the tool into the toilet bowl. Wait a little while for the tool to soften and flush.



6. Place the sample tube back in the zipper bag. **DO NOT REMOVE THE ABSORBENT TISSUE.** Pack the sample tube back into the mailing box and write our name and date of sampling onto 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. We have already paid the postage fee.

gutguide.com

8. You will get a notification by email when your analysis is complete. You can then view the results and recommendations from your account at > gutguide.com
For more information please contact: info@gutguide.fi