



Your Code to Longevity

MyMicroBiome

USER MANUAL





Things you get inside the kit.

1

User Manual

2

Sampling Kit

3

Return Envelope

Understand your test kit



- Fecal collection device



- Fecal collection vial



- Hand gloves

Note: Toilet paper or tissues may be required

Now proceed to 3 simple steps

Fecal Sample Collection kit



Read all the instructions carefully prior to sample collection.

The Bione fecal sample kit is a self-collection kit providing materials and instructions for collecting and stabilising the fecal sample.



Do not spill or rotate the stabilizing liquid in the tube



Step 1



Register your kit online

Visit www.b1one.in/register/kit and follow the steps online.

Enter your **12 digit activation code** shown below

Kit registered for (Name):



We can't process your sample unless you register your kit online. You must register your kit before taking your fecal sample.



Step 2

Collect your Fecal Sample



- Remove the fecal collection device from the packet



- Place the fecal collection device on the toilet seat as shown in the figure (B)

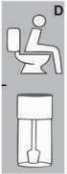


- Press it in the center so that it becomes curved as shown in the figure (C)



Step 2

Collect your Fecal Sample

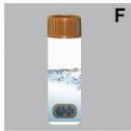


- Pass your stools on the collection device



- Grab a small piece of faeces using a scoop given in the kit and place it in the sample tube

Note: We only need a peanut size of stool



- Close the sample tube lid properly. Do not spill the stabilizing liquid from the tube.

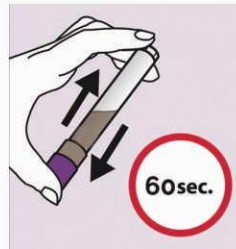


- Discard remaining faeces along with the collection device in the toilet & flush the toilet

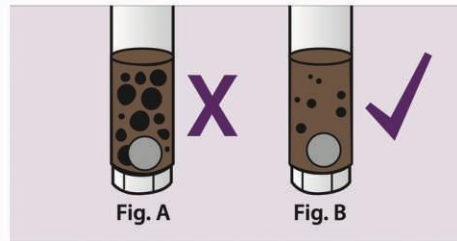


Step 2

Collect your Fecal Sample



- Close the tube and vigorously shake it for a minimum of 60 seconds so that the fecal sample is mixed with the stabilizing liquid.



Important: Continue shaking if large particles remain as shown in the picture.



Step 3

Return your sample to us

1



Place the barcoded sample containing tube in the specimen bag.

2



Insert the sample tube into the kit holder slot.

3



Peel the tape from the kit lid & seal the box.



Step 3



Return your sample to us

4



Place the sealed box in the pre-address printed courier bag.

5



Schedule sample pick-up at bione@philpakpharma.com.

6



Philpak Pharma's Bione team will assist you on the shipment / pick-up transaction.



LONGIFIT USER MANUAL



Things you get inside the kit

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Saliva Collection Kit



Read all the instructions carefully prior sample collection.

The Bione saliva kit is a self-collection kit providing materials and instructions for collecting and stabilising the saliva samples.



Do not rotate the funnel until the saliva sample collection is finished!

Prepare Yourself



Rinse your mouth for 30 minutes before the collecting of saliva sample to clean the intraoral foreign bodies

Note: Remove lipstick/lip balm before collection of the sample.

Now proceed to 3 simple steps



Step 1

Register your kit online

Visit www.b1one.in/register/kit and follow the steps online.

Enter your 12 digit activation code shown below



We can't process your sample unless you register your kit online.
You must register your kit before taking your saliva sample.



Step 2

Collect your saliva

1



Open your kit & remove the saliva collection device.

2



Raise your tongue's tip against the palate for saliva enrichment. Let the saliva flow into the funnel till the filled line on the tube. (It will take ~ 3 mins.)

3



Keep the tube upright. Gently screw off & remove the blue funnel & discard it in waste.

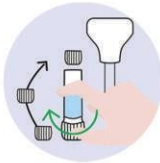
Note: Do not discard the saliva containing barcoded tube.



Step 2

Collect your saliva

4



Remove the sterilized cap placed at the bottom of the collection tube.

5



Fasten this cap to the top of the barcoded tube containing saliva and preservative solution.

6



Gently turn the tube upside down for five times to mix the saliva and the solution well.



Step 3



Return your sample to us

1



Place the barcoded saliva containing tube in the specimen bag.

2



Insert the sample tube into the kit holder slot.

3



Peel the tape from the kit lid & seal the box.



Step 3



Return your sample to us

4



Place the sealed box in the pre-address printed courier bag.

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