



DNA Saliva and Buccal Swab Test Kit

DOES YOUR DNA HOLD SECRETS ABOUT YOUR HEALTH?

Disclaimer: Your Functional Genomics is not a medical test and is not covered by insurance, therefore, results cannot be used to diagnose disease or health conditions and is for informational and educational purposes only. YFG does not cover your entire genome and does not include ancestry information.

What you need to know.

What does the Your Functional Genomics (YFG) DNA test kit offer?

- YFG offers a privately customized saliva DNA test kit for your practitioner to easily investigate influential DNA genes and pathway function, as well as measure ones' ability to make and use the enzymes that are critical components of your health.
- YFG is not an ancestry or disease predisposition test. Its purpose is to help health professionals identify where there may be weakness that could potentially lead to – excess free radicals, which are harmful – less than optimal antioxidants that are protective and helpful – impediments impacting optimal digestion – impaired removal of toxins and unwanted substances – an imbalance of neurotransmitters that may lead to stress and anxiousness – less than ideal mitochondrial function needed for peak energy.
- Your health practitioner will be better equipped to address and support imbalances by creating personalized nutritional wellness protocols to compensate for potential roadblocks to optimal wellness.
- Customized specifically for assessing an individual's biochemical nutritional processes and its function in one's unique genetic pattern, as well as the relationships between researched genetic variants known as SNPs-single nucleotide polymorphisms, along with presenting symptoms, and labs.
- Based on the analysis of your results, your health professional may recommend other tests or lab work, lifestyle, or dietary changes, along with suggestions for targeted specific nutrients to support proper function when potential weakness is being expressed.

Is my information shared?

- We promise your data will never be sold or shared. We pledge that your individual data is never used for any purpose other than for your health care professional consultation.
- At the lab, only your barcode is used to link you to your results, and is not tied to your name or any identifiable personal information.

How do I order a YFG DNA saliva test kit?

- YFG saliva or buccal swab test kits can only be ordered by your health practitioner who has an active and current subscription plan to the **Functional Genomic Analysis™ (FGA)** proprietary cloud-based software program. This software empowers practitioners to look deeper into SNP potential and how to support with precision nutrition for optimal outcomes.
 - Your practitioner may request an account at www.functionalgenomicanalysis.com
 - Once approved, your practitioner will order your test kit after they have added you as a client.
 - Your practitioner will provide you with your login credentials to your personal online portal.
 - **Your client portal must be set up for you to digitally agree to the Terms of Use and the Consent to Use legal documents and for you to register your individual barcode.**
- Your raw data is run through a secure cloud-based software program, Functional Genomic Analysis, for analysis. Using scientifically supported research, your practitioner can provide you with comprehensive reports and knowledge to better understand your genomic profile, labs and symptoms and the influence of increasing exposures to environmental toxins. These reports serve as a guide for you and your practitioner to understand how to create an individualized wellness plan for you.
- Functional Genomic Analysis is helping health professionals support impaired function due to environmental toxicity combined with inherited functional weakness, with targeted and personalized holistic care based upon the complex interactions of genomics, presenting symptoms and labs.

What is your refund policy?

Test kits are non-refundable. Our straightforward refund policy is designed to protect the integrity of our test kits and the client/patient privacy. Before making a final decision, it is imperative that you are aware of our policy.

Once opened, a test kit cannot be re-sold or transferred. Please understand that additional costs will apply should you need to replace or exchange a kit. We also recommend reading through our instructions carefully, prior to collecting samples. Or reach out to the practitioner who recommended this test kit to you.

What if I decide not to proceed with the test and need to return my kit?

- Please reach out to the practitioner who referred this assessment kit to you. You will be responsible for any charges associated with shipping your test kit back to the practitioner's office who recommended this kit to you.
- Please **do not** return unopened or unused test kits to the lab using the pre-paid label (USA boxes only have a pre-paid label, international boxes have no label), it will automatically be destroyed.
- If you attempt to return an unopened test kit to the testing lab it will be automatically destroyed and you will lose your chance to have the practitioner refund you. Your practitioner may reuse the test kit if it was not tampered with and offer you a refund. Please check with the practitioner's office regarding their refund policy.

How do I know what collection apparatus to have my practitioner order for me?

- **Saliva collection tube** – We recommend that clients/patients practice collecting two teaspoons of liquid saliva (w/o bubbles) within 30-minutes prior to ordering a kit due to our non-refund policy. Please read the instructions inside the test kit box prior to beginning the collection steps.
- **Buccal swab collection** – Often recommended for children or adults who are not able to produce enough saliva for the tube collection.

Does the Your Functional Genomics DNA test kit include Ancestry Data?

- No, Your Functional Genomics DNA test kit **does not include any ancestry information.**

How did you determine what SNPs to include in the chip?

- The Your Functional Genomics DNA Test Kit includes approximately 230,000 SNPs. We live and function at the cellular level. Functional genomics provides insight as to how your DNA impacts enzymatic activity and function throughout the body and how this may serve as a roadblock to optimal wellness. By addressing imbalances that may cause inflammation, poor detoxification, mitochondrial dysfunction, and much more, we are able to offer nutritional support to compensate where function is potentially impaired.

How do I know my data is safe?

- Our goal in building this completely custom array is to ensure control of the content. This allowed us to provide a safeguard so that the data will never be sold. We pledge to never sell your data, share or give it to anyone without your consent. The only way your data is ever used is statistical in nature, creating averages of genetic variants found across the entire database. Your individual data is never used for any purpose other than for your consultation with your health care professional.
- At the testing lab, only your barcode is used. The lab eliminates any personal data associated with the barcode.
 - Anyone who orders a kit may use a different name to further protect their identity.
- Clients/Patients may opt to have their sample destroyed at the lab by emailing their practitioner.

How do the results of the Your Functional Genomics DNA test kit get added to the Functional Genomic Analysis software to be analyzed?

- After you register your unique barcode, Your Functional Genomics DNA test kit results are automatically uploaded to an established client account created by your practitioner within the FGA practitioner's portal. Your practitioner will set you up with your client portal for you to access and sign required documents (*Terms of Use and Consent to Use*) and to register your barcode.
 - **It is imperative the barcode associated with the Your Functional Genomics DNA test kit is handled carefully and accurately when being registered.**

How long does it take for the results to become available?

- Allow **6-12 weeks** once the kit arrives at the lab for the results to be uploaded.

What does a terminal failure mean, and how is this handled?

- A sample may fail concordance for several reasons. It is not understood why some samples are difficult to analyze and others pass with no issues. The lab makes two attempts to provide accurate results, however, if it fails the second time, then it is classified as 'terminal failure'. A client may repeat the test again for free. Should there be a second failure, the client/patient will absorb the cost with the understanding it may fail again. **Proper collection is imperative to help minimize the risk of a terminal failure.**

Can the raw data be downloaded?

- Yes, YFG raw data can be downloaded. It is not recommended to print this file, nor are we aware of any other third-party software that allows for this particular raw data file to be uploaded.

What should I expect when submitting a sample?

- Once your practitioner has placed a USA based shipping order (see international protocols below) for a Your Genomic Resource DNA test kit through the Functional Genomic Analysis website*, you will receive a test kit in the mail within 5-7 business days.
- *Your practitioner will know how to handle INTERNATIONAL orders.
- The kit will include registration instructions which will allow you to register your barcode and sign the Consent Form and Terms of Use through the Client Portal.
 - Please read all directions carefully
 - DO NOT eat, drink, smoke, brush teeth or chew gum for 30 minutes to one hour before collecting the sample.
 - All saliva must be collected within 30-minutes.
 - Freezing or icing the sample prior to sending is **not required or recommended**. It is very stable once the preservative solution is mixed with the saliva.
- Before mailing your sample to the lab, YOU MUST remove the Your Functional Genomics colorful sleeve wrapped tightly around the box.
 - The plain white box containing the collection tube and instructions will have a prepaid return label applied* to it with the lab's address.

*This does not apply to International Orders: The label provided is NOT valid on international orders. If your client is shipping internationally back to the USA, they must go to a courier of their choice, and they will be responsible for filling out the customs form and shipping back to the lab in New Jersey.

- Results will take 6-12 weeks from the time it arrives to the lab to complete.
- An email will be sent informing you that the results are completed and ready to view.

ADDITIONAL INFORMATION ABOUT YOUR GENOMIC RESOURCE

- Please reach out to your practitioner to provide you with any additional information or answers to any questions you may have regarding your test kit. As agreed upon in the Terms of Use, you are a patient/client of the health professional that recommended this functional genomic assessment to you. Should you have questions, or need assistance, please contact your health care professional or a representative in their office for assistance.

- It is imperative that you provide your practitioner with an accurate and up to date mailing address. There is a very short window in which this information can be corrected. Once the test kit leaves the lab, your practitioner can provide you with a tracking number.
- We are not responsible for the handling and the shipping of the YFG test kit once it leaves the distribution center or if it fails to arrive at the lab. We recommend you reach out to the USPS with the tracking number to rectify the situation. Should a test kit fail to arrive at the lab due to an insufficient mailing address or post office negligence a replacement fee will apply.