



INSTRUCTIONS FOR BIOLOGICAL SAMPLE COLLECTION

1. Hair Collection:

- Cut a small amount of hair from the neck area, close to the scalp, maintaining a length of approximately 2-3 inches.
- Ensure the collected hair includes the attached follicles (a minimum of 4 hairs) and place it in a plastic bag.
- Clearly label the bag with your name, collection date, and circle the sample type as "Hair."

2. Cheek Swab Collection:

Ideally performed in the morning before eating, drinking, or brushing teeth. Collection may be done later in the day if one hour has passed without consuming anything other than pure, clean water.

- Swab the inside of both sides of your cheeks with two cotton swabs, allowing them to air dry for 15 minutes.
- Place the dried swabs into the collection bag, breaking the sticks if necessary to seal the bag.
- At the top of the bag, clearly label the bag with your name, collection date, and circle the sample type as "Cheek."
- For reduced mold contamination, if not mailing immediately, store samples in the freezer.

3. Nail Collection:

- Wash hands with soap and water, ensuring thorough drying.
- Trim several nails (finger or toe) and place clippings in a bag.
- Polished nails are acceptable.
- Clearly label the bag with your name, date, and sample type as "Nails."

4. Urine Collection:

- Optional - Only send if requested or unable to collect Hair and Cheek samples.
- Collect urine on two cotton swabs, allowing them to dry for 30 minutes.
- Place the dried swabs into a collection bag, breaking the sticks for sealing.
- Clearly label the bag with your name, collection date, and circle the sample type as "Urine."
- For reduced mold contamination, if not mailing immediately, store samples in the freezer.

5. Other Requested Samples:

a. Scraping of Skin and/or Discharge: Use a Q-tip or cotton ball to collect substance and place it in a labeled plastic bag. b. Reacting to Pollen: Place the pollen/plant into a labeled plastic bag. c. Animal Dander: Place animal hair into a labeled plastic bag. d. Household Dust: Vacuum and place collected dust into a labeled plastic bag.

6. Images:

- Take a full frontal (head to toe) picture without living items in the background.
- Email/text the image to client@KaiChiHealth.com or 520-333-2626.
- No need for fashion considerations; a door makes a suitable background.

Imprint Signatures (for optional purchase):

- Liquid Tincture: Generally, 2-3 bottles ranging from \$18 - \$40 each.
 - Reusable Quartz Necklace on a 24" chain, approximately \$35 (optional).
 - Laser: Copper coiled, red or green laser, approximately \$180 (optional).
 - Patches: Ten patches (30-day supply) for \$19 (optional).
- *If you already possess our laser or quartz, securely remail for re-imprinting.

7. Mail the signed disclosure form (see attached), samples, and a check (KaiChi Health) for \$175 which will show as a credit on your final invoice.

Diana Kai
KaiChi Health LLC
PO Box 399
Rillito, AZ 85654

e-Mail: client@KaiChiHealth.com
Phone/Text: 520-333-2626

As you prepare to send your biological samples, please notify us on the day of shipment for coordination. Samples have an optimal shelf life of 4-6 days if not frozen, so consider mailing them on a Monday, Tuesday, or Wednesday. Ensure samples are stored in the freezer before mailing for quality preservation. Please reach out with any questions.

THE FOOD AND DRUG ADMINISTRATION HAS NOT EVALUATED THESE STATEMENTS.
WE DO NOT DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.