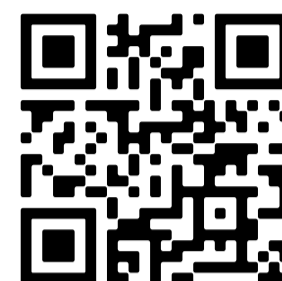




Step 1: Kit Register

- Go to app.enbiosis.com/registerkitcode
- Set up your email and password for later app.enbiosis.com/login
- Enter the kit code from the tube inside the box to register the kit

!Note that the **KIT CODE** is on the microbiome tube inside the box



★ Complete these 2 steps one after the other immediately when you receive your kit



Step 2: Questionnaire

- Complete all questions
- Submit the questionnaire



Step 3: Sampling

- Use the swab provided to collect a lentil-sized sample
- Transfer the sample to the tube and mix for 30 seconds
- Discard the swab and securely close the tube



Step 4: Shipping

- Request a return label from info@enbiosis.com once your sample is ready
- Put the tube into the envelope and seal it
- Print and attach the return label to the package
- Ship your sample back



Step 5: Results

- Go to app.enbiosis.com
- Login with your email and password
- View your results on your dashboard