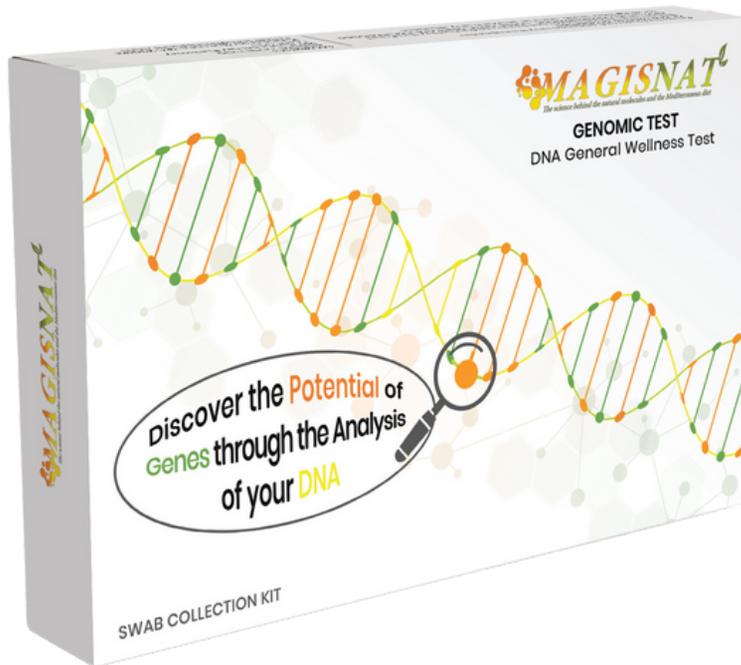


# DNA General Wellness Test



**MAGISNAT**



## Kit Instructions



[www.magisnat.com](http://www.magisnat.com)



[info@magisnat.com](mailto:info@magisnat.com)

# DNA General Wellness Test

Dear Customer,

Thank you for choosing the **MAGISNAT DNA Wellness Test**. This kit usage instructions document will guide you through the process of collecting your biological sample using the buccal swab provided in the kit. Please read the following instructions carefully before proceeding.

Please follow these instructions carefully and ensure this card is kept with your important documents.

MAGISNAT OMICS LLC Team

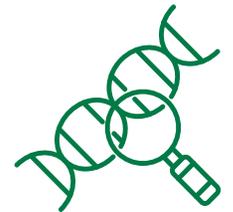


# User Registration and Account Setup

Go to the Reserved Area ([magisnatomics.com](http://magisnatomics.com)).

**Sign in** or **Create** an account if you don't have one.

- 1 Insert **Kit code** (the code is in the box) and the email address indicated at the purchase.\*
- 2 **Fill in** personal information.
- 3 **Complete** the optional questionnaire.
- 4 **Sign** the informed consent.
- 5 Wait for the **results** via email or in the reserved area.



*\*If you received this kit as a gift, please provide the same email address that was used for your purchase.*



[www.magisnat.com](http://www.magisnat.com)

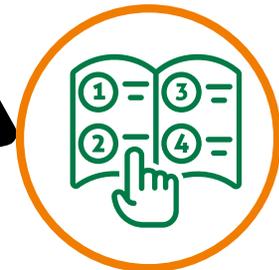
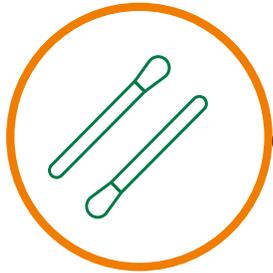


[info@magisnat.com](mailto:info@magisnat.com)

# Contents of the Kit

Two buccal swabs

The return envelope



Two collection vials

Kit instructions

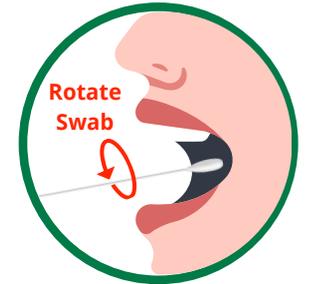
Please check and, if something is missing, promptly inform us.

# Step-by-Step Sampling Instructions

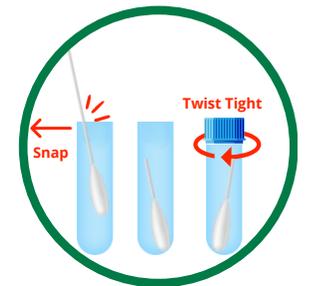
① Place the unopened swabs and vials on clean, levels surface.



② Remove one swab from its package and firmly scrape the inside of one cheek while rotating the swab for 45 seconds.  
*Note: do not eat, drink, or chew gum for 60 minutes prior swabbing your cheeks.*



③ Open one vial, insert the swab with the tip down, align the black line on the swab to the edge of the vial and snap it off with the swab tip remaining in the vial's liquid.  
*Note: if the liquid from the vial is spilled, please send in you vial anyway as the sample might still be viable.*



Please, carefully read and follow these instructions for a correct sampling.

# Step-by-Step Sampling Instructions

- 4 Use the second swab and vial to repeat the points 2 and 3 on the opposite cheek.
- 5 Ensure that the cap is securely fastened on both vials. Insert both into the plastic bag and then seal the bag.



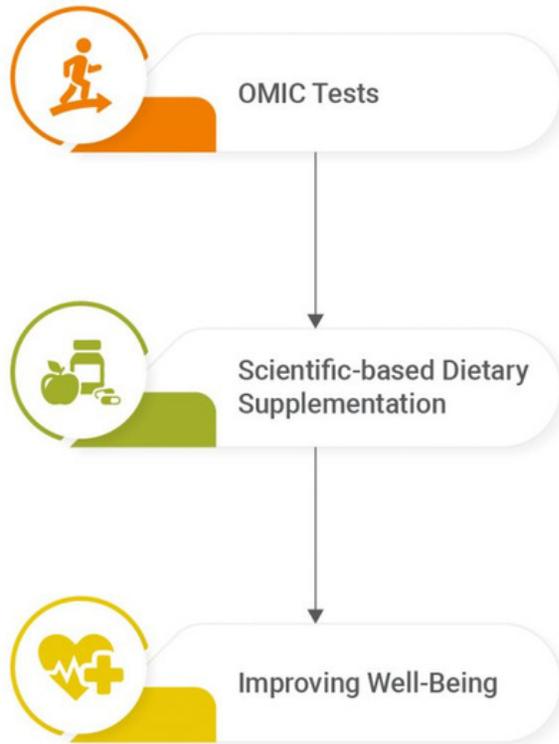
## For correct packaging and shipping:

1. Place the sealed plastic bag in the return envelope we provided and seal the envelope.
2. Send the envelope with your biological samples. The return postage is prepaid.



Please, carefully read and follow these instructions for a correct sampling.

# About Us



**MAGISNAT's** mission is centered around enhancing individual well-being through the application of **omics sciences** for the customization and monitoring of **dietary integration**. We offer product lines that are scientifically tested and formulated, addressing lifestyle factors such as diet and physical activity.



Every individual possesses a **unique genetic makeup** that interacts with lifestyle choices and diet. Our mission is to identify the specific needs of each person through **omic tests** and customize their diet, **dietary integration**, and physical activity accordingly, aiming to promote the achievement of desired well-being.



# DISCLAIMERS

The final results obtained by the Low-Risk General Wellness Tests have not been evaluated by the Food and Drug Administration, and they are not intended to diagnose, treat, cure, or prevent any disease.

All information regarding the DNA Wellness Test and the DNA Lifestyle Optimizer Tests is provided in good faith. While we have made every attempt to ensure that the information contained in these tests is accurate to the best of our knowledge, we are not responsible for any errors or omissions or for the results obtained from the use of this information.

Before taking any action based on the information provided by the DNA Wellness Test or the DNA Lifestyle Optimizer Tests, we urge you to consult with appropriate professionals as it is not a substitute for professional medical advice. In any case, we are not liable if you receive inadequate or even dangerous advice or recommendations for your health from third parties.

Genetic test results can have psychological implications, so it's important to be prepared for potential emotional distress or anxiety related to learning about health risks. The use, any losses and/or damages incurred because of the use of the DNA Lifestyle Optimizer Tests, and the reliance of any information contained in these DNA Lifestyle Optimizer Test are solely the responsibility of the user.

Any testimonials regarding the DNA Wellness Test or the DNA Lifestyle Optimizer Tests are personal and are not representative of all users. We do not claim, and you should not assume that all users have the same experiences.

We make every effort to ensure the highest standards, the analysis for the DNA Wellness Test and the DNA Lifestyle Optimizer Tests is performed in a CLIA (Clinical Laboratory Improvement Amendments)-certified laboratory and have validated the process to the best of our abilities. The sensitivity and specificity of the DNA Wellness Test and the DNA Lifestyle Optimizer Tests are computed and may be consulted at this link. As a result, different tests may yield partially different results, also due to technical details. We do not assume any responsibility if such events were to occur.

Polymorphisms, due to a phenomenon known as pleiotropy, can be associated with multiple characteristics. For the purposes of the DNA Wellness Test and the DNA Lifestyle Optimizer Tests, the considered polymorphisms are analyzed from the perspective of general well-being, even in the context of diseases or clinical conditions. Similarly, the interpreted significance of these analyzed polymorphisms may vary in other contexts, potentially leading to unsought results and/or genetic discrimination. This could affect aspects like determining family relationships, potential health conditions, ethnic associations, and more. We are not responsible for any improper use of the information provided by the DNA Wellness Test and the DNA Lifestyle Optimizer Tests. Some polymorphisms could also be categorized as associated with disease or predisposition to disease, even though they are not analyzed in this context in this test. No responsibility is assumed in this context.

The data collection and processing system is secure, and the DNA sample is discarded 180 days after the analysis. We are not liable for any data breaches resulting from cyber-attacks or rare events beyond the control of our standard security measures. If consent has been provided, the collected data, both genetic and non-genetic, may be used solely for the purpose of improving our tests and conducting scientific research approved by the ethics committee. The information may be shared, in an anonymous and aggregated form, exclusively through publications in scientific journals or books, communications in medical courses/congresses, and these as part of university and post-graduate training courses.

We make no warranty of any kind, expressed or implied, as to the accuracy, adequacy, validity, reliability, or completeness of the information regarding the DNA Wellness Test and the DNA Lifestyle Optimizer Test.

Omic tests do not possess any diagnostic, therapeutic, or preventive properties. These statements have not been evaluated by the Food and Drug Administration. These omic tests are not intended to diagnose, treat, cure, or prevent any disease.

If you have any questions, concerns, or require assistance in understanding the test, please feel free to reach out to us via email at [info@magisnat.com](mailto:info@magisnat.com) or visit our website [www.magisnat.com](http://www.magisnat.com).