

## ***Instructions for Saliva Sample Screening***

Begin by using a clean Q-Tip without touching the cotton ends. Swab your mouth with Q-tip first thing in the morning before any food or drink. Get both ends of the Q-tip wet. Drop it into a zip lock bag and close. Put the date and your name on the bag with a magic marker.

Include in a mailing envelope the saliva sample, the completed Client Information Form and the completed Disclaimer Form.

Please contact Palm Beach Nutrition & Wellness to arrange payment at 561-689-1070 or email [support1@palmbeachnutrition.com](mailto:support1@palmbeachnutrition.com).

### ***Mail that SAME DAY to:***

Palm Beach Nutrition & Wellness  
Attn: Kim Butler  
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West Palm Beach, FL 33407