



At-Home Hormone Testing Kit



Register your kit on
our website



Collect your samples at
home



Send to lab with prepaid
shipping label

We are excited you have chosen True You so you can begin your journey of discovering your results so you can get back to doing what you love.

Follow these instructions for the freedom to perform your at-home hormone testing panel.

Get to know the true you.

What Comes In Your Kit

Safety First & Legal

Get Going

What to Expect

Contact Us



What Comes In Your Kit



Alcohol Pad



Collection Strip



Lancet



Saliva Swab
with cap



2 Biohazard
Bags



Bandage



Prepaid
Shipping
Label



Envelope

Safety First & Legal

Take a moment to read over and take notice of these safety disclaimers. This product is not intended to diagnose, treat or replace professional healthcare. Use caution when handling sharp objects. Keep away from children and pets. Manufacturer is not liable for injuries resulting from improper use of True You.

Risks include but are not limited to:

Pain at the injection site. Redness. Infection. Allergy to latex.



Get Going

After registering your kit on our website using the serial number, wash your hands thoroughly before taking your samples. This is a two-step process that involves a blood sample and a saliva sample.

1

Firmly grasp the saliva swab and swirl around the cotton tip for 2 minutes on the inside of the cheek. Carefully place the provided cap on the cotton end to protect the sample.

Place in biohazard bag included and seal.

2

On your non-dominant hand, sanitize the ring fingertip with the provided alcohol pad.

Twist and pull the cap off the lancet and apply it to the selected fingertip with light pressure. Push down on the purple button until you hear a noticeable click. Touch the fingertip to the top end of the collection strip and ensure blood fills until it reaches the purple line. Discard the lancet properly by placing the provided cap back on and disposing. Place the collection strip into the second provided biohazard bag.

3

Put both biohazard bags into the provided envelope, seal, and stick the prepaid shipping label in a visible place on the envelope. Now, you are ready to ship.

What to expect: True You will provide your results within 2 weeks to the email address registered to the serial number.

Should you have any questions or concerns, please contact us using any of the following:



