

CODE: 8009

# myDNAge

## EPIGENETIC PROFILE

### THE PROCESS

#### [Watch the collection video here first](#)

- Your test kit will be provided by MFM
- This test requires **1 blood sample via finger prick**
- The sample must be posted **within 24 hours**
- Return your sample via the enclosed postage pouch to an Australia Post office or an Express Post Box
- Activate the test online as soon as sample is taken - this takes 20 mins
- Take a photo of the shipping barcode on the postage packaging for your reference
- Notify your health coach when you have completed the test

### ACTIVATING YOUR KIT

1. Create account by signing up here: [www.mydnage.com/activate](http://www.mydnage.com/activate)
2. Log in and follow the instructions to [Activate your kit](#)
3. Your sample ID is located inside the test kit box or on the blood collection tube
4. Share report
  - a. Organisation name: MELBOURNE FUNCTIONAL MEDICINE
  - b. Organisation email: support@mfm.au
  - c. Organisation address: 186 BUCKHURST ST, SOUTH MELBOURNE, VIC, 3205, AUSTRALIA
  - d. Usage scope: AIDING FX MED PRACTITIONER IN SUPPORTING HEALTH OPTIMISATION
5. Terms of service
  - a. Click **YES** to the question "Do you want to share your myDNAge report"
6. Complete the survey questions which cover:
  - a. occupation, diet and exercise habits
  - b. supplements and interventions
  - c. diseases and conditions
  - d. genetic variants and family history
  - e. height, weight (in feet/inches and pounds so you will need to convert from kgs and cms)



#### **READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST**

Ensure sample is collected correctly.  
The lab charges a \$50 retesting fee for incorrect samples