

# GENLETICS



## Technical note

The effects of various behaviours on sample retrieval, using the Genletics test kit.

We wanted to test to see if our typical daily habits would affect how much sample is retrieved using our test kits.

We tried a few different things immediately before taking a sample, from brushing our teeth to eating a pineapple. We even tried a few things after taking a sample, heating it to 60 degrees Celsius and freezing it to 20 degrees below zero.

The good news shown below is that, nothing adversely affected sample recovery as much as we thought it would. Drinking hot drinks before taking a sample had the worst effect, but still gave very high sample recovery.

So our advice, carry on as usual and let the testing fit seamlessly into your day.

