

Frequently Asked Questions

What Does the Your INGA Test Kit Offer?

- A comprehensive chip designed to analyze raw genetic data to give insight into genetic nutrition and the various pathways involved in biochemical function thus allowing the functional medicine/nutrition practitioner to create protocols to support patient's individual nutritional and wellness needs. Our goal in building this completely custom array was to ensure control of the content, as well as provide a safeguard so that the content would never expire, like previously used tests.
- Manufactured by Thermo Fisher, this chip includes 200,000 SNPs with possible expansion in the future.
- Currently we have captured SNPs we felt were all the relevant and significant SNPs had on their chip for practitioners looking at pathways involved in methylation and functional biochemistry; approximately half of their 600,000 SNPs were used for ancestry purpose only, nor is there enough up-to-date research behind many of the SNPs.
- YGR DNA test kit raw data does not include ancestry information.
- The kits/saliva samples are processed through Rutgers University RUCDR Infinite Biologics.
- Cost is \$250* – includes all reports and updates to patient files (*does not include consultation fee).
- While this DNA test kit cannot be used to diagnose disease, our software allows you to analyze the raw data, assess disturbances in body function, and design supportive protocols.
- Private: no one will have access to the raw data file. The lab results will automatically and directly be added to the patients file via barcode scanning by the lab once the practitioner adds the patient/client to the program and the barcode is registered

to the patient/client. The lab eliminates any personal data associated to the barcode. It is imperative the barcode is handled carefully and accurately when applied to a particular patient or client to ensure results are scanned to the proper file. Anyone who orders a kit may use a different name to further protect their identity.

- Research is only approached by looking at the metrics and algorithms within the database and no personal information is ever associated to the patient. When we refer to research it is looking at pathways and patterns our research team is accessing for various studies, etc.
- Research for a particular area of study may be announced to our practitioners and they may reach out to their patient's and get written permission from patient's who agree to participate. We will never use personal information or sell your information.

What Should I Expect Before, During and After I Collect?

- Once an order at realtimelab.com, an email is sent to the lab for processing.
- A Your INGA test kit will be sent to the practitioner or the patient/client from the lab, located in New Jersey, to its final destination through UPS or the Postal Service.
- Remove the YGR sleeve. The box containing the collection tube and instructions will have a prepaid return label applied with the labs address – you will need to save this box to submit your samples to the lab.
- The kit will include registration instructions which will allow patients to register their barcode and sign the consent form through their portal.
- Sample Collection
 - **Please read all directions carefully** – DO NOT eat, drink, smoke or chew gum for 30 minutes before collecting the sample.
 - **Freezing or Icing the sample prior to sending is not required or recommended.**
- Simply place in the pre-labeled box and put into a mailbox.
- As of July 2018, the results may take 8-12 weeks to complete.
- An email will be sent informing the practitioner the results have been uploaded into the patient's file.