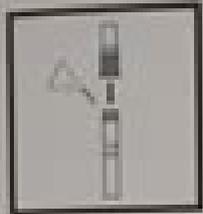


## step 2 Gather DNA.

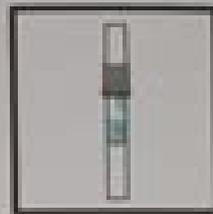
1. Chill out. Allow vials of blue gel to sit for 30 minutes before giving your saliva sample.



**Fill the tube with saliva to the black wavy line.**  
Hold the tube until your saliva has reached halfway to the top. Blow away the cap the way you'd blow away a fly. It's easy! Just don't let it happen back in.



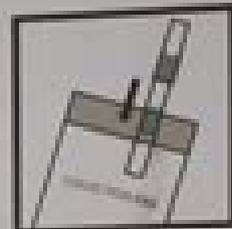
**Replace the funnel with the cap.**  
Remove the funnel from the tube. Screw on the enclosed Cap **tightly to release the solution** that will stabilize the DNA in your saliva.



**Tighten to release stabilizing fluid.**  
You will know it works when the blue solution from the Cap has emptied into the tube.



**Shake the tube for at least five seconds.**  
This will ensure your sample mixes thoroughly with the stabilizing solution, which will preserve your DNA sample.



**Place the tube in the collection bag.**  
Place the sample inside the collection bag provided in your kit. Seal the bag with the adhesive strip.



**Mail in your sample.**  
Place your sample in the prepaid mailing box. Seal the box with the adhesive strip and mail it in.

Always use the correct shipping address for your kit. If your kit does not fit inside the box, contact us at [www.familytreeDNA.com](http://www.familytreeDNA.com) for more information.

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# Idiots Guide Dna

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## **Idiots Guide Dna:**

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**The Complete Idiot's Guide to College Biology** Emily Jane Willingham Ph.D.,2010-06-01 Biology is the study of life the structure function growth origin and evolution of living things Biology and chemistry work together to create what many people think of as science And passing Biology 101 in college is the entryway to further study in the sciences if you can t do well in it you aren t moving ahead The Complete Idiot s Guide to College Biology follows the curriculum to Biology 101 so closely that it serves as a perfect study guide to it and it s also great for the AP Biology and SAT Subject Biology exams that high school students are taking in droves Students can turn to it when their textbooks are unclear or as an additional aid throughout the semester The guide covers Complicated processes such as photosynthesis and cellular respiration Explanations of complex biology from DNA to ecosystems Offers online extras including a chapter on microbes and an extended glossary Suitable for the new learner or as a refresher for former students

**The Complete Idiot's Guide to Discovering Your Past Lives, 2nd Edition** Michael Hathaway,2011-05-03 Unlock the mystery of your past lives and discover your future potential By discovering your past lives you can unlock the secret influence they have on your present one enabling you to enjoy greater balance success and happiness This edition has been revised and updated to address the questions people are asking now It includes new case histories a new chapter Healing the Past exploring past lives in which a traumatic event has impeded a person s growth in their current life as well as new information on Twin Flames two souls who begin their journey as one energy and then travel through lifetimes independently

**The Complete Idiot's Guide to Science Fair Projects** Nancy K. O'Leary,Susan Shelly,2003-12-02 Includes 50 project ideas Offering one stop shopping for all readers science fair needs including 50 projects covering all science disciplines and rated from beginner through advanced this book takes students and parents through the entire scientific method The Complete Idiot s Guide to Science Fair Projects offers a variety of experiments with the right chemistry for you In this Complete Idiot s Guide you get An explanation of the scientific method and the step by step procedure of applying it to your project More than 50 projects to choose from in the biological chemical botanical physical and earth sciences Tips on displaying your findings through the creation of graphs tables and charts An understanding of exactly what the judges look for in a winning project and paper

*The Complete Idiot's Guide to a Beautiful Lawn* Maureen Gilmer,1999 You re no idiot of course You know that grass needs sun and water and care So why does your house appear to be sitting in the middle of the Dust Bowl Don t call the

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**The Complete Idiot's Guide to Genealogy, 3rd Edition** Christine Rose, CG, CGL, FASG, Kay Germain Ingalls, CG, 2012-03-06 Up to date techniques for navigating the evolving world of genealogical research Savvy advice for overcoming frustrating obstacles and of research

*Understanding Cloning* Jay D. Gralla, Preston Gralla, 2004 The most important technology of the 21st century Do a double take with this one of a kind guide One of technology s most awe inspiring and hotly debated topics cloning is made clearer here than anywhere else It runs the gamut from genetic and bioengineering to an even handed analysis of the moral political and ethical issues surrounding these technologies Claims of cloned babies the Human Genome Project and cryogenics continue to create headlines and spur debate Congress will soon decide whether the federal government should have a say about cloning human cells for medical research

**The Complete Idiot's Guide to the Science of Everything** Steve Miller, 2008-10-07 Why are most plants green Why doesn t stomach acid dissolve the stomach itself Why are there more tornados in the Midwest than on the coast This volume answers these questions and over 200 more shedding light on the science behind them As informative as it is entertaining it addresses every major branch of science including physics chemistry biology geology meteorology astronomy and cosmology It highlights some of the big ideas that helped shape science as we know it and discusses the future of science with regards to nanotechnology genetic modification molecular medicine and string theory *Complete Idiot's Guides* have a proven track record of simplifying science with great success as with volumes on physics and chemistry Entertaining scientific overviews of this kind also successful including such titles as *The Pocket Idiot's Guide to Not So Useless Facts* and *The Complete Idiot's Guide to Understanding Einstein*

*The Complete Idiot's Guide to Chemistry* Ian Guch, 2006 With

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**The Complete Idiot's Guide to American Heroes** Jay Stevenson, Matthew Budman, 1999 You're no idiot of course You know America loves its heroes as much as baseball hot dogs and apple pie But when it comes to knowing the true stories of folk and real life heroes as well as understanding how and why they have become so much larger than life you feel like Superman facing a mountain of kryptonite Don't fall from the sky yet *The Complete Idiot's Guide to American Heroes* is an inspirational look at the exceptional men and women who have captured our imaginations from colonial times to the present In this Complete Idiot's Guide you'll find

**The Complete Idiot's Guide to Losing Weight** Susan McQuillan, Edward J. Saltzman, 1998 Common sense strategies for losing weight and keeping it off

**The Complete Idiot's Guide to Wine Basics** Tara Q. Thomas, 2004 Let's face it Wine can be intimidating Whether in the wine shop or at dinner the topic can be complex and sometimes frustrating This brand new Complete Idiot's Guide sorts through all of the basics in an easy to understand fashion Tara Thomas has travelled the world in her writings and is here to help readers with a fresh new approach to learning about wine Starting with the nine most popular varietals types of wine Chardonnay Sauvignon Blanc Riesling Pinot Gris Grigio Cabernet Sauvignon Merlot Zinfandel Pinot Noir and Shiraz Syrah *The Complete Idiot's Guide to Wine Basics* helps beginners understand the most basic rule drink what you like Thomas teaches about the process key terms tips for tasting advice on buying and more She also extensively covers wine regions including California and the Pacific NW Australia New Zealand South America South Africa Italy France Spain and more

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**The Complete Idiot's Guide to Microbiology** Jeffrey J. Byrd Ph.D., Tabitha M. Powledge, 2006-11-07 Small creatures of great importance Microbiology the branch of biology that studies microorganisms and their effects on humans is a key part of medical training curriculum Written by a top professor of microbiology and an experienced science writer this book is a basic microbiology course that can be understood by anyone including medical students professionals wanting to bone up on the subject and laypersons wanting to know about the topic Includes coverage on microbes and their relationship with each other the body s immune system infectious diseases biotechnology and bioterrorism

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- Chapter 2: Essential Elements of Idiots Guide Dna
- Chapter 3: Idiots Guide Dna in Everyday Life
- Chapter 4: Idiots Guide Dna in Specific Contexts
- Chapter 5: Conclusion

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