



NHTGlobal



AT HOME TESTS

BioEssence Wellness Panel

Discover your Health Blueprint.



Revolutionize your personal health with NHT Global's BioEssence Wellness Panel. This groundbreaking blood test unlocks actionable insights into your current health status from the comfort of your own home – saving you the time and hassle of tedious and costly lab visits. With just a simple finger prick, it tracks 17+ essential biomarkers across multiple key areas of your well-being to provide a comprehensive snapshot of your overall health and lifestyle.

BioEssence Wellness Panel doesn't just deliver raw data. It harnesses proprietary technology from SiPhox® Health to generate personalized insights into your cardiovascular, hormonal, inflammatory, metabolic, and nutritional health. Our easy-to-understand reports take the guesswork out of interpreting your results and makes it simple to identify which specific areas of your wellness need more attention. Your health report also includes lifestyle recommendations customized just for you to help you take proactive next steps to improve your biomarkers.

BioEssence Wellness Panel gives you the insights you need to navigate your personal health with more confidence and clarity. Discover how it can empower you to take charge of your wellness journey and help unlock your full potential.

HOW IT WORKS

Take control of your health with BioEssence Wellness Panel in **FOUR** easy steps:

			
1 Register your kit. Scan the QR code included in your instructions <u>OR</u> visit siphoxhealth.com/register to register and activate your test kit.	2 Collect your sample. Collect your blood sample by following the instructions included in your test kit.* <small>*Note: the test must be taken in a fasted state within the first 2 hours after waking up.</small>	3 Mail to the lab. Mail your sample to the lab using the prepaid return envelope.	4 Receive your results. Receive your test results and personalized insights on the secure SiPhox dashboard within 3-5 business days after the lab receives your sample.

*The reference ranges and insights presented in the SiPhox Health dashboard are meant to improve readability and provide context, however, you should consult with your physician for a more formal interpretation of your results. No communication from SiPhox Health or NHT Global is meant to be or should be taken as medical advice. SiPhox Health is a wellness-only service and is not designed to diagnose or treat any disease. If you are concerned about any of the data in your dashboard, please consult your physician immediately.

BIOMARKERS MEASURED

BioEssence Wellness Panel provides insights into 17+ biomarkers spanning multiple important areas of your well-being to give you a total picture of your overall health:



KEY FEATURES

COMPREHENSIVE

- Packs 17+ health biomarkers into a single kit
- Actionable insights into your cardiovascular, hormonal, inflammatory, metabolic, and nutritional health
- Personalized tools & recommendations to improve your wellness and lifestyle

CONVENIENT

- Collect your sample at home in under 10 minutes – no lab visit required!
- Easy-to-understand results in 3-5 business days after the lab receives your sample
- Compatible with wearable devices like Apple Watch, Oura, Fitbit, and more
- FSA and HSA eligible

CLINICALLY ACCURATE

- Test analysis completed at a CLIA/CAP accredited lab
- Extensive validation performed on each assay to meet federal CLIA requirements
- Clinically accurate results without compromise

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COMPATIBLE WITH 300+ WEARABLE DEVICES

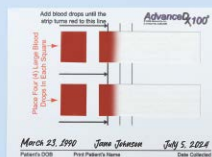
Want to enhance your health reports even further? Connect your favorite wearable device on the SiPhox dashboard! Tracking your wearable data like your activity levels, sleep quality, and heart efficiency can help you unlock more insights into your biomarkers over time and keep you on course toward meeting your health goals. BioEssence Wellness Panel is compatible with 300+ wearable devices – including Apple Watch, Oura, Fitbit, EightSleep, Whoop, Freestyle Libre, and more.

DIRECTIONS FOR USE

Please read the complete, detailed instructions provided in your test kit before you begin. **This test must be taken in a fasted state within the first 2 hours of waking.**

HOW TO COLLECT YOUR SAMPLE:

1. Fill out the sample collection card with your name, collection date, and your date of birth.
2. Rinse and dry your hands using warm water and swing your arm in a circular motion to stimulate blood flow.
3. Clean your finger with the alcohol pad. We recommend choosing the middle or ring finger of your non-dominant hand.
4. Twist off the lancet cap and firmly press the lancet between the side and middle of your fingertip to puncture the skin. (Note: if you're using a yellow lancet, then press the button to activate.)
5. Gently massage your finger and squeeze gently around the puncture site to produce a large drop of blood.
6. Drip blood onto the 2 small squares on your collection card until blood reaches the first black line. Continue dripping blood until both squares on your card have been filled.
7. Wipe your finger with the sterile gauze and apply a bandage.
8. Allow your sample collection card to dry for at least 1 hour.



DON'Ts:

- Do not consume any food or beverages, other than water, before your test.
- Do not touch, rub, smear, or wipe the collection card.
- Do not bleed onto the rectangular sections of the card.
- Do not reuse the lancets as they are designed for one-time use only. Extra lancets are provided if needed.

MANUFACTURED EXCLUSIVELY FOR



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