

## Instructions for stool samples shipment

Storage of stool samples for shipment depends on downstream application. Please use one of the following devices.

**For 16S metabarcoding:**

<https://www.zymoresearch.com/products/dna-rna-shield-lysis-and-collection-tubes>

Use the cod. R1103 - 2 mL screwcap tube pre-filled with DNA/RNA Shield (1 mL) and ultra-high density BashingBeads - 0.5 mm beads, for homogenization.

**For shotgun metagenomics and metatranscriptomics:**

<https://www.zymoresearch.com/collections/fecal-collection/products/dna-rna-shield-fecal-collection-tube>

Instructions:

- Compile the spreadsheet with LABEL\_ID and SAMPLE\_ID of each sent tube;
- Place the tubes on a vacuum-sealed, or at least well closed, plastic bag and put them in a padded envelop (shipment can be done at room temperature).