



Patient: **SAMPLE**
PATIENT

DOB:

Sex:

MRN:

3401 TRIAD™ Bloodspot Profile - Blood and Urine

Methodology: LC/Tandem Mass Spectrometry, Colorimetric



Summary of Abnormal Findings

Biomarkers	Findings	Metabolic Pathway
Fatty Acid Metabolism		
Adipate	Borderline High	Fatty acid oxidation
Ethylmalonate	Borderline High	Fatty acid oxidation
Carbohydrate Metabolism		
L-Lactate	H	Glycolysis
b-Hydroxybutyrate	Borderline High	Ketone production
Energy Production Markers		
Citrate	Borderline High	Citric acid cycle
Cis-Aconitate	H	Citric acid cycle
Isocitrate	H	Citric acid cycle
Succinate	Borderline High	Citric acid cycle
Malate	H	Citric acid cycle
Hydroxymethylglutarate	H	HMG-CoA pathway
B-Complex Vitamin Markers		
No Abnormality Found		
Methylation Cofactor Markers		
No Abnormality Found		
Neurotransmitter Metabolism Markers		
Homovanillate	H	Dopamine metabolism
Oxidative Damage and Antioxidant Markers		
p-Hydroxyphenyllactate	Borderline High	Gut bacterial metabolism
Detoxification Indicators		
Pyroglutamate	Borderline High	Glutathione pathway



Summary of Abnormal Findings

Biomarkers	Findings	Metabolic Pathway
Sulfate	Borderline Low	Transsulfuration pathway
Bacterial - General		
p-Hydroxybenzoate	H	Gut bacterial metabolism
p-Hydroxyphenylacetate	Borderline High	Gut bacterial metabolism
Indican	Borderline High	Gut bacterial metabolism
L. acidophilus/General Bacteria		
D-Lactate	Borderline High	Bacterial or human metabolism byproduct
Clostridial Species	No Abnormality Found	
Yeast/Fungal		
D-Arabinitol	H	Yeast product

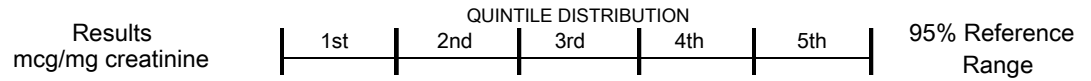


Organix® Comprehensive Profile - Urine

Methodology: LC/Tandem Mass Spectrometry, Colorimetric

This report is not intended for the diagnosis of neonatal inborn errors of metabolism.

Ranges: Ages 13 and over



Nutrient Markers

Fatty Acid Metabolism

(Carnitine & B2)

Item	Results	mcg/mg creatinine	Quintile Distribution	95% Reference Range
1. Adipate	8.3		6.2	<= 11.1
2. Suberate	1.6		2.1	<= 4.6
3. Ethylmalonate	6.1		3.6	<= 6.3

Carbohydrate Metabolism

(B1, B3, Cr, Lipoic Acid, CoQ10)

4. Pyruvate	1.3		3.9	<= 6.4
5. L-Lactate	38.2	H	8.5	0.6 - 16.4
6. β-Hydroxybutyrate	3.9		2.1	<= 9.9

Energy Production (Citric Acid Cycle)

(B comp., CoQ10, Amino Acids, Mg)

7. Citrate	866		601	56 - 987
8. Cis-Aconitate	90	H	51	18 - 78
9. Isocitrate	147	H	98	39 - 143
10. α-Ketoglutarate	16.1		19.0	<= 35.0
11. Succinate	14.5		11.6	<= 20.9
12. Fumarate	<DL		0.59	<= 1.35
13. Malate	4.5	H	1.4	<= 3.1
14. Hydroxymethylglutarate	6.1	H	3.6	<= 5.1

B-Complex Vitamin Markers

(B1, B2, B3, B5, B6, Biotin)

15. α-Ketoisovalerate	<DL		0.25	<= 0.49
16. α-Ketoisocaproate	<DL		0.34	<= 0.52
17. α-Keto-β-Methylvalerate	0.17		0.38	<= 1.10
18. Xanthurenate	<DL		0.34	<= 0.46
19. β-Hydroxyisovalerate	2.1		7.6	<= 11.5

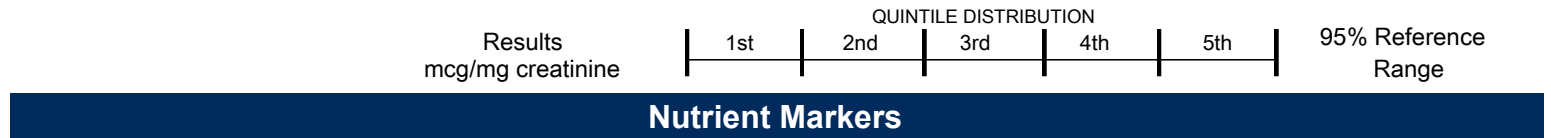


Organix® Comprehensive Profile - Urine

Methodology: LC/Tandem Mass Spectrometry, Colorimetric

This report is not intended for the diagnosis of neonatal inborn errors of metabolism.

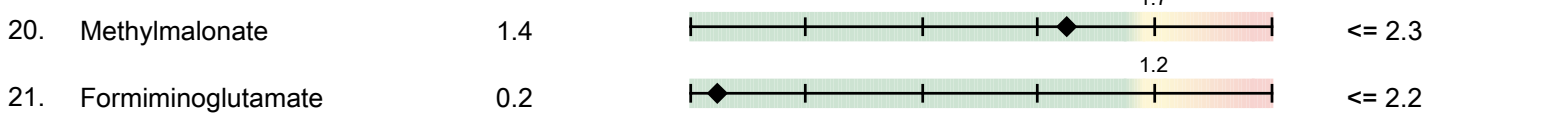
Ranges: Ages 13 and over



Nutrient Markers

Methylation Cofactor Markers

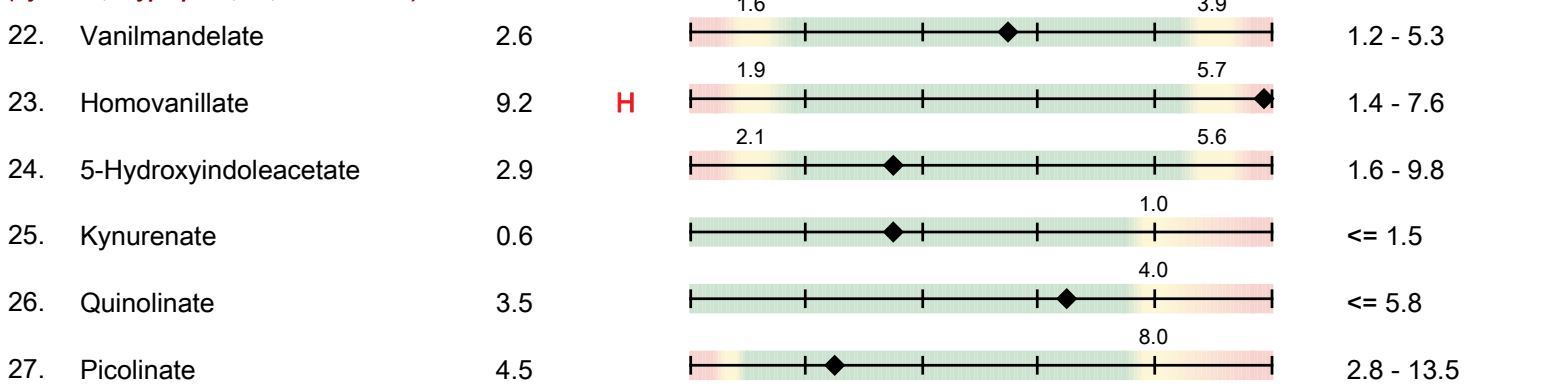
(B12, Folate)



Cell Regulation Markers

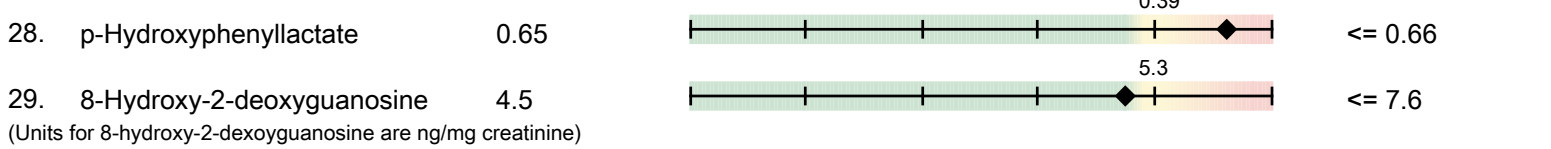
Neurotransmitter Metabolism Markers

(Tyrosine, Tryptophan, B6, Antioxidants)



Oxidative Damage and Antioxidant Markers

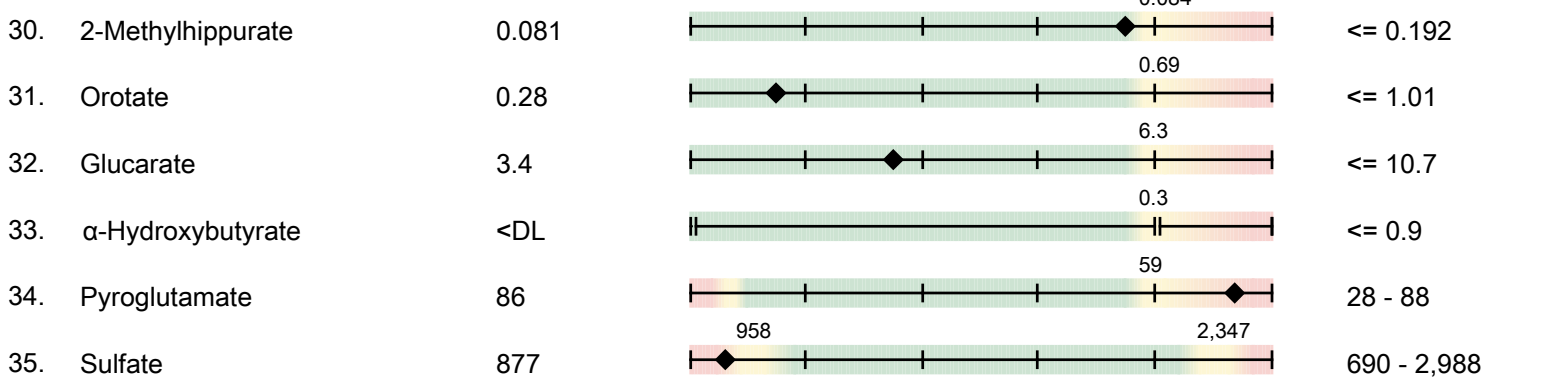
(Vitamin C and Other Antioxidants)



Toxicants and Detoxification

Detoxification Indicators

(Arg, NAC, Met, Mg, Antioxidants)



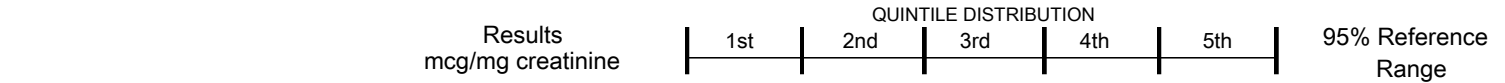


Organix® Comprehensive Profile - Urine

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Compounds of Bacterial or Yeast/Fungal Origin

Bacterial - General

36. Benzoate	<DL		0.6		<= 9.3
37. Hippurate	353		548		<= 1,070
38. Phenylacetate	0.07		0.11		<= 0.18
39. Phenylpropionate	<DL				<= 0.06
40. p-Hydroxybenzoate	3.6	H	1.1		<= 1.8
41. p-Hydroxyphenylacetate	31		19		<= 34
42. Indican	90		64		<= 90
43. Tricarballoylate	0.47		0.73		<= 1.41

L. acidophilus / General Bacterial

44. D-Lactate	3.5		2.0		<= 4.1
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Clostridial Species

45. 3,4-Dihydroxyphenylpropionate	<DL				<= 0.05
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Yeast / Fungal

46. D-Arabinitol	80	H	36		<= 73
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Creatinine = 120mg/dL

<DL = less than detection limit

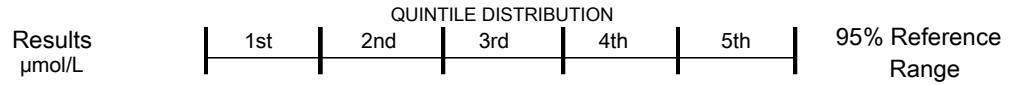
>UL = greater than upper linearity limit



Bloodspot Amino Acids 20 Profile - Blood

Methodology: High Performance Liquid Chromatography

Ranges: Ages 13 and over.



Essential Amino Acids

Limiting Amino Acids

Rank	Amino Acid	Results $\mu\text{mol/L}$	Quintile Distribution (min-max)	95% Reference Range
1.	Lysine	91	92 - 183	63 - 220
2.	Methionine	14	12 - 28	10 - 33
3.	Tryptophan	33	28 - 45	24 - 52

Branched Chain Amino Acids

Rank	Amino Acid	Results $\mu\text{mol/L}$	Quintile Distribution (min-max)	95% Reference Range
4.	Isoleucine	37	35 - 77	28 - 96
5.	Leucine	73	71 - 139	59 - 162
6.	Valine	128	126 - 229	105 - 266

Other Essential Amino Acids

Rank	Amino Acid	Results $\mu\text{mol/L}$	Quintile Distribution (min-max)	95% Reference Range
7.	Phenylalanine	42	43 - 72	37 - 86
8.	Histidine	50	31 - 84	22 - 99
9.	Threonine	53	67 - 143	54 - 169

Conditionally Essential Amino Acids

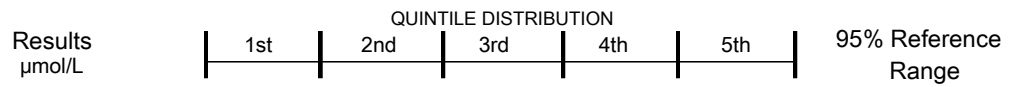
Rank	Amino Acid	Results $\mu\text{mol/L}$	Quintile Distribution (min-max)	95% Reference Range
10.	Arginine	41	28 - 71	17 - 91
11.	Taurine	190	145 - 245	124 - 282
12.	Glycine	470	243 - 449	207 - 559
13.	Serine	99	95 - 219	79 - 310



Bloodspot Amino Acids 20 Profile - Blood

Methodology: High Performance Liquid Chromatography

Ranges: Ages 13 and over.



Functional Categories

Vascular Function

14. Arginine	41	28	71	17 - 91
15. Taurine	190	145	245	124 - 282

Neurotransmitters and Precursors

16. Phenylalanine	42	43	72	37 - 86
17. Tyrosine	49	44	85	36 - 99
18. Tryptophan	33	28	45	24 - 52
19. Glutamic Acid	206	112	207	97 - 258
20. Taurine	190	145	245	124 - 282

Sulfur Amino Acids (Glutathione - related)

21. Methionine	14	12	28	10 - 33
22. Taurine	190	145	245	124 - 282

Urea Cycle and Ammonia Detoxification

23. Arginine	41	28	71	17 - 91
24. Citrulline	21	19	41	16 - 51
25. Ornithine	40	68	158	50 - 210
26. Glutamine	412	307	520	209 - 573
27. Asparagine	47	49	77	42 - 88
28. Aspartic Acid	107	44	180	26 - 233

Ratios

29. Phenylalanine/Tyrosine	0.86			≤ 1.19
30. Glutamic Acid/Glutamine	0.50	0.26	0.51	0.22 - 0.88
31. Tryptophan/LNAA*	0.100	0.061	0.093	0.050 - 0.105

*Large neutral amino acids (Leu+Ile+Val+Phe+Tyr)



IgG4 results:

Negative	Foods to Avoid		
	Mild +1 and +2	Moderate +3 and +4	Severe +5
Almond	Egg, Whole		
Aspergillus			
Beef			
Cantloupe			
Cashew			
Chicken			
Corn			
Crab			
Garlic			
Lobster			
Milk			
Mustard			
Oat			
Orange			
Pea, Green			
Peanut			
Pinto Bean			
Pork			
Rice			
Salmon			
Shrimp			
Soybean			
Strawberry			
Sunflower			
Tomato			
Tuna			
Turkey			
Walnut			
Wheat			



Commentary

This test has been developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared by the U.S. Food and Drug Administration.



3401 TRIAD™ Bloodspot Profile - Blood and Urine

Triad Profile Analyte Pattern Analysis

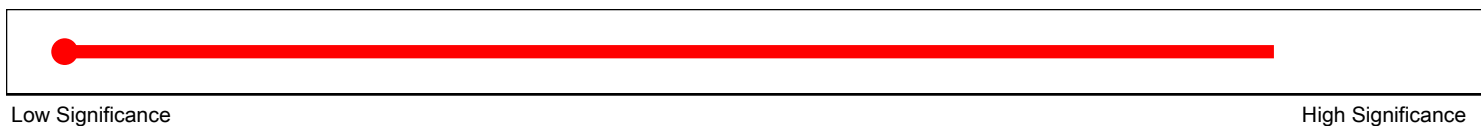
A multi-analyte report can provide greater insight about health risks and special nutrient needs. Patterns of abnormalities can reinforce the degree of significance indicated by a single measurement. Analytes from the various profiles in the TRIAD report are combined below into categories associated with clinical/metabolic conditions.

The categories included cover the most common areas of concern relevant to these profiles. Above each thermometer are listed the analytes used to calculate the degree of significance. An ↑ or ↓ appears when the patient result is outside the fourth quintile of the population.

The thermometer advances to the right as the number and severity of relevant abnormalities increases. The longer the filled bar, the greater the degree of significance or likelihood that a health threat may exist in that category. The preceding laboratory reports provide the detail upon which these thermometers are based.

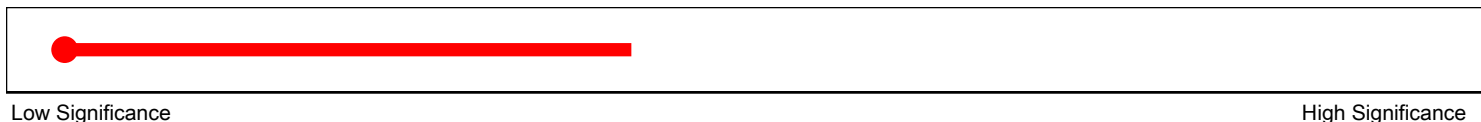
Fatigue (Mitochondrial Impairment)

Isoleucine	Leucine	Phenylalanine ↓	Adipate ↑
Suberate	α-Ketoglutarate	Succinate ↑	Malate ↑
Xanthurenate	Methylmalonate	Formiminoglutamate	



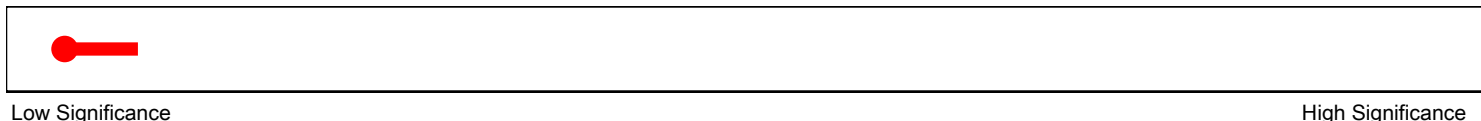
Mental/Emotional

Tryptophan	Tyrosine	Xanthurenate	Methylmalonate
Formiminoglutamate	Quinolate	Vanilmandelate	5-Hydroxyindoleacetate
Homovanillate ↑			



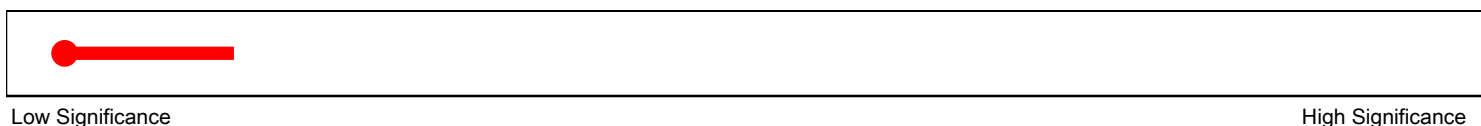
Intestinal Hyperpermeability (Leaky Gut)

Positive IgG scores of 1+ or higher were found for 1 foods.



Digestive Insufficiency

Histidine	Isoleucine	Leucine	Lysine ↓
Methionine	Threonine ↓	Valine	Methylmalonate
Pyruvate	α-Keto-β-Methylvalerate	Glutamine	

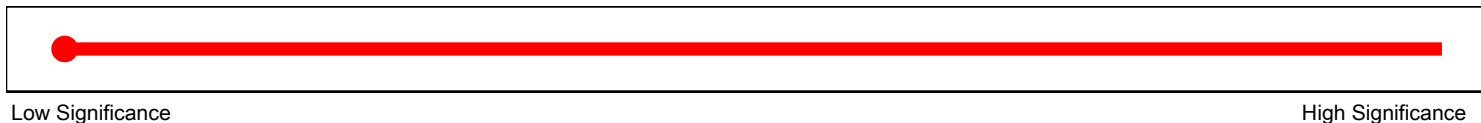




3401 TRIAD™ Bloodspot Profile - Blood and Urine

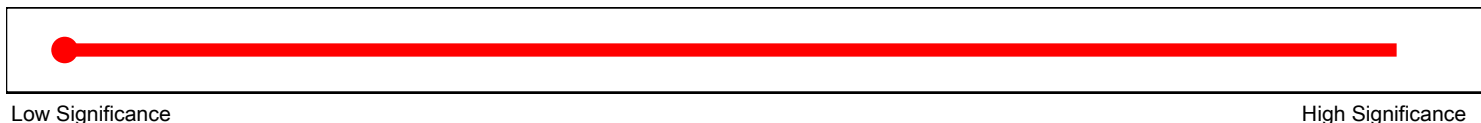
Toxic Exposure

2-Methylhippurate		Glucarate		Sulfate	↓	Orotate
Citrate	↑	Cis-Aconitate	↑	Isocitrate	↑	Quinolate



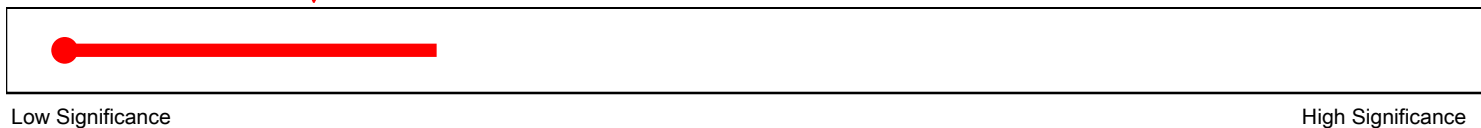
Mitochondrial Functional Impairment

Adipate	↑	Suberate		Ethylmalonate	↑	Pyruvate
L-Lactate	↑	β-Hydroxybutyrate	↑	Succinate	↑	Fumarate
Malate	↑	Hydroxymethylglutarate	↑			



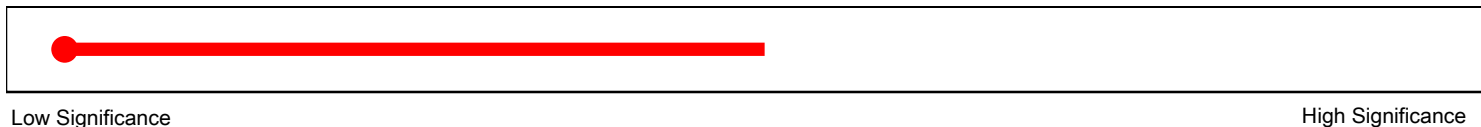
Amino Acid Insufficiency

Arginine		Histidine		Isoleucine		Leucine
Lysine	↓	Methionine		Phenylalanine	↓	Threonine
Tryptophan		Valine		α-Ketoglutarate		Succinate
Sulfate	↓					



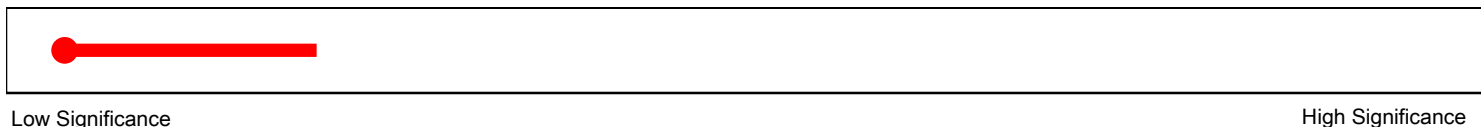
Gut Dysbiosis

D-Arabinitol	↑	Phenylacetate		Phenylpropionate		p-Hydroxyphenylacetate
Indican	↑	Tricarballoylate		D-Lactate	↑	3,4-DHPP*



Detoxification Capacity

Methionine		Glycine		Taurine		Sulfate
Pyroglutamate	↑	α-Hydroxybutyrate				↓



*3,4-DHPP = 3,4-Dihydroxyphenylpropionate



3401 TRIAD™ Bloodspot Profile - Blood and Urine

Methylation

Xanthurenate

Methylmalonate

Formiminoglutamate



Low Significance

High Significance

*Thermometers are affected when more than nine foods cause reactions of +1 or higher.



3401 TRIAD™ Bloodspot Profile - Blood and Urine

Additional Considerations

This page is provided as a starting point that may guide decisions about medical treatment based on the test results. It is derived only from the laboratory results included in this report. Final recommendations should be based on consideration of the patient's medical history and current clinical condition.

Nutrient	Nutrient Need	Clinician Recommendations
Vitamin C	Optional: 0-1000 mg	
Vitamin E (mixed tocopherols)	Optional: 0-100 IU	
Vitamin B-1 (Thiamin)	Low: 10-25 mg	
Vitamin B-2 (Riboflavin)	Low: 10-25 mg	
Vitamin B-3 (Niacin)	Low: 10-50 mg	
Vitamin B-5 (Pantothenic Acid)	Low: 10-25 mg	
Magnesium	Optional: 0-200 mg	
Carnitine	Optional: 0-500 mg	
Coenzyme Q10	Moderate: 60-100 mg	
Lipoic Acid	Low: 50-100 mg	
N-Acetylcysteine	Optional: 0-200 mg	
L-Lysine	Low: 500-1000 mg	
L-Phenylalanine	Low: 250-500 mg	
L-Threonine	Moderate: 500-1000 mg	

Various conditionally essential nutrients and other potentially beneficial interventions appear in this section only if relevant abnormalities are present.

TRIADSM BLOODSPOT PROFILE

BLOOD SPOT SPECIMEN COLLECTION INSTRUCTIONS

STEP 1

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):

0410 TRIAD BLOODSPOT PROFILE - Urine and Blood Spot

PLEASE NOTE:

All patient specimens require two unique identifiers (patient's name and date of birth), as well as date of collection.

Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as on the collection card, using an ink pen, or the test may not be processed.

SPECIMEN

Blood spot, non-fasting

COLLECTION MATERIALS

- IgG Foods absorbent collection card (on specimen collection insert page)
- 2 Disposable lancets
- Yellow rubber band
- 2 Sterile alcohol prep pads
- Adhesive bandage
- Absorbent pad

SHIPPING MATERIALS*

- Test Requisition Form
- Resealable plastic bag
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

**International shipping may vary, please see shipping instructions for more details.*



Call 800.221.4640 or visit our website at www.gdx.com

Please read all instructions carefully before beginning.

PATIENT PREPARATION

- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- It is not necessary for the patient to fast
- It is not necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- The use of immunosuppressive drugs, such as cortisone, can give false negative results. Discontinue the use of such drugs for 60 days before testing to allow antibody reactions to be seen.

BLOOD SPOT COLLECTION

1. **WRITE** patient's first and last name, date of birth, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as where indicated on the IgG Foods absorbent collection card with the four circles, using an ink pen.
2. **COMPLETE** the Test Requisition Form. Fill in "Date Specimen Collected" on the Test Requisition Form under section #4. Fold and place the form inside the specimen collection kit box with payment.

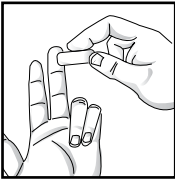


3. **REMOVE** the clear cover from the lancet. One end of the lancet has a small hole in the center; this will be the end that you push against your finger to engage the needle.

4. **WARM** your hands under warm water for a few minutes. Dry hands, then select your middle finger. Gently massage the entire length of the finger to increase the temperature and improve circulation.

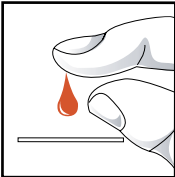


5. **CLEAN** the tip of your finger with the alcohol pad.
6. **HANG** your arm down and gently shake your fingers a few seconds to increase blood pools in the finger.
7. **HOLD** your hand lower than heart level; again gently massage the lower portion of the finger. Firmly grasp the lower portion of the finger for a few seconds to restrict return circulation.



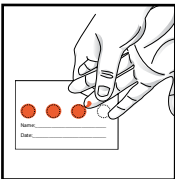
8. **CHOOSE** a site on the middle fingertip. Push the red tip end of the lancet firmly against your fingertip to depress the tip and release the needle. The needle will immediately retract safely after depression.

9. **DISPOSE** of the lancet in a suitable container (out of the reach of children and pets).



10. **USING** your thumb, **GENTLY MASSAGE** entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the **tip of the drop** to a circle on the absorbent collection card. Do not smear.

DO NOT TOUCH FINGERTIP TO THE CARD.



11. **REPEAT** until blood has soaked to the border of the circle on the absorbent collection card. Continue this procedure for all **FOUR** circles. Check the back of the card. Compare all blood saturated circles to the illustration shown as "YES" (see insert). Both the front and back of the card should look the same as the "YES" illustration.

12. If you are unable to get sufficient blood from the first collection, **RETURN** to **STEP 3** using a different finger. To increase blood pools in the finger, the yellow rubber band may be used. After you warm your hands under water for a few minutes, **WRAP** the yellow rubber band twice around your forearm - about where you would wear a watch, then **PROCEED** to **STEP 5**. When finished, remove the yellow rubber band.

13. If necessary, use the absorbent pad to **DRY** the site on your finger after your collection. Use the enclosed adhesive bandage as needed.

14. **ALLOW** absorbent collection card to air dry overnight, approximately 24 hours, before placing in the resealable plastic bag for shipping. If the card is not completely dry, your sample may be unusable.

15. **CONTINUE** to Step 2, the urine specimen collection.

FREQUENTLY ASKED QUESTIONS

- Q. I have used the lancet, but I didn't produce enough blood to fill all 4 circles. What do I do?*
- A.** Simply repeat the procedure using the second lancet we enclosed. Warming hands under warm water for a few minutes can also increase blood supply to the fingertips. Using the rubber band can help keep the blood in the fingertips.
- Q. I'm afraid to stick myself. Are there any other options?*
- A.** No, we must have this tiny amount of blood to perform these tests. Once you try this new lancet, you will be surprised how quick and painless this process is. We have tested dozens of devices to offer you the easiest and most painless method of blood collection. Alternatively, you may want to ask a friend to help you.

SPECIMEN PREPARATION

- 1. ALLOW** absorbent collection card to air dry for approximately 24 hours before placing in the resealable plastic bag for shipping. If it is not completely dry, your sample may be unusable.
- 2. FOLD** the insert page in half, enclosing the dry absorbent collection card. Place inside the resealable plastic bag and seal.
- 3. SEE** Step 3 for additional packaging instructions.

TRIADSM BLOODSPOT PROFILE

URINE SPECIMEN COLLECTION INSTRUCTIONS

STEP 2

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):

0410 TRIAD BLOODSPOT PROFILE - Urine and Blood Spot

PLEASE NOTE:

All patient specimens require two unique identifiers (patient's name and date of birth), as well as date of collection.

Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

SPECIMEN

Overnight Urine, 12 ml, frozen

COLLECTION MATERIALS

- Clean collection container (NOT included in this kit)
- Clear cap plastic vial with thymol preservative
- Disposable pipette

SHIPPING MATERIALS*

- Absorbent pad
- Ice pack
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

**International shipping may vary, please see shipping instructions for more details.*



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Please read all instructions carefully before beginning.

PATIENT PREPARATION

- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- **IT IS NOT** necessary to discontinue nutritional supplements prior to this specimen collection. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- **DECREASE** fluid intake to avoid excessive dilution of the urine
 - For adults, restrict intake to three 8 oz. glasses or less for 24 hours
 - Make sure that no more than 8 oz. of this is consumed after 8:00 PM the evening prior to urine collection
- **DO NOT** collect urine during menstruation
- Vial contains preservative - **Do Not Rinse**

URINE COLLECTION

1. **WRITE** patient's first and last name, date of birth, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on clear cap plastic vial, using a permanent marker.
2. **EMPTY** bladder before going to bed at night. **DO NOT** collect this urine.
3. **COLLECT** urine (if any) during the night and first morning urine into a clean container.
4. **PIPETTE** urine, using a fresh disposable pipette, into the clear cap plastic vial to the 12 ml mark (**DO NOT OVERFILL**). Screw the cap on tightly.
5. **DISPOSE** of remaining urine.
6. **FREEZE** the clear cap plastic vial and ice pack.
7. **CONTINUE** to Step 3, the fasting blood spot specimen collection.

TRIADSM BLOODSPOT PROFILE

BLOOD SPOT SPECIMEN COLLECTION INSTRUCTIONS

STEP 3

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):

0410 TRIAD BLOODSPOT PROFILE - Urine and Blood Spot

PLEASE NOTE:

All patient specimens require two unique identifiers (patient's name and date of birth), as well as date of collection.

Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as on the collection card, using an ink pen, or the test may not be processed.

SPECIMEN

Blood spot, fasting

COLLECTION MATERIALS

- Amino Acid absorbent collection card (on specimen collection insert page)
- 2 Disposable lancets
- Yellow rubber band
- 2 Sterile alcohol prep pads
- Adhesive bandage
- Absorbent pad

SHIPPING MATERIALS*

- Test Requisition Form
- Resealable plastic bag
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

**International shipping may vary, please see shipping instructions for more details.*



Call 800.221.4640 or visit our website at www.gdx.com

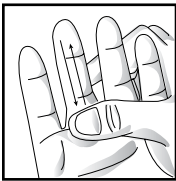
Please read all instructions carefully before beginning.

PATIENT PREPARATION

- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- Patient must be fasting for 8 hours. Patient may have water.
- It is not necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.

BLOOD SPOT COLLECTION

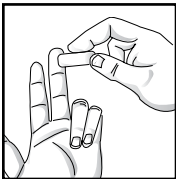
1. **WRITE** patient's first and last name, date of birth, and date of collection on the Test Requisition Form, as well as where indicated on the amino acid absorbent collection card with the four circles, using an ink pen.
2. **COMPLETE** the Test Requisition Form. Fill in "Date Specimen Collected" on the Test Requisition Form under section #4. Fold and place the form inside the specimen collection kit box with payment.
3. **REMOVE** the clear cover from the lancet. One end of the lancet has a small hole in the center; this will be the end that you push against your finger to engage the needle.



4. **WARM** your hands under warm water for a few minutes. Dry hands, then select your middle finger. Gently massage the entire length of the finger to increase the temperature and improve circulation.

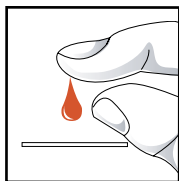


5. **CLEAN** the tip of your finger with the alcohol pad.
6. **HANG** your arm down and gently shake your fingers a few seconds to increase blood pools in the finger.
7. **HOLD** your hand lower than heart level; again gently massage the lower portion of the finger. Firmly grasp the lower portion of the finger for a few seconds to restrict return circulation.



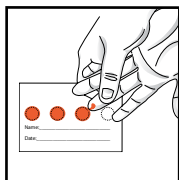
8. **CHOOSE** a site on the middle fingertip. Push the red tip end of the lancet firmly against your fingertip to depress the tip and release the needle. The needle will immediately retract safely after depression.

9. **DISPOSE** of the lancet in a suitable container (out of the reach of children and pets).



- 10. USING** your thumb, **GENTLY MASSAGE** entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the **tip of the drop** to a circle on the absorbent collection card. Do not smear.

DO NOT TOUCH FINGERTIP TO THE CARD.



- 11. REPEAT** until blood has soaked to the border of the circle on the absorbent collection card. Continue this procedure for all **FOUR** circles. Check the back of the card. Compare all blood saturated circles to the illustration shown as “YES” (see insert). Both the front and back of the card should look the same as the “YES” illustration.

- 12.** If you are unable to get sufficient blood from the first collection, **RETURN** to **STEP 3** using a different finger. To increase blood pools in the finger, the yellow rubber band may be used. After you warm your hands under water for a few minutes, **WRAP** the yellow rubber band twice around your forearm - about where you would wear a watch, then **PROCEED** to **STEP 5**. When finished, remove the yellow rubber band.
- 13.** If necessary, use the absorbent pad to **DRY** the site on your finger after your collection. Use the enclosed adhesive bandage as needed.
- 14. ALLOW** absorbent collection card to air dry overnight, approximately 24 hours, before placing in the resealable plastic bag for shipping. If the card is not completely dry, your sample may be unusable.

FREQUENTLY ASKED QUESTIONS

- Q.** *I have used the lancet, but I didn't produce enough blood to fill all 4 circles. What do I do?*
- A.** Simply repeat the procedure using the second lancet we enclosed. Warming hands under warm water for a few minutes can also increase blood supply to the fingertips. Using the rubber band can help keep the blood in the fingertips.
- Q.** *I'm afraid to stick myself. Are there any other options?*
- A.** No, we must have this tiny amount of blood to perform these tests. Once you try this new lancet, you will be surprised how quick and painless this process is. We have tested dozens of devices to offer you the easiest and most painless method of blood collection. Alternatively, you may want to ask a friend to help you.

SPECIMEN PREPARATION

1. **ALLOW** absorbent collection card to air dry for approximately 24 hours before placing in the resealable plastic bag for shipping. If it is not completely dry, your sample may be unusable.
2. **FOLD** the insert page in half, enclosing the dry absorbent collection card. Place inside the resealable plastic bag and seal.
3. **EACH** blood spot card should be in a separate bag.
4. **PLACE** the frozen urine collection, frozen ice pack, and absorbent pad from Step 2 into the biohazard bag and seal.
5. **STAPLE** payment to the bottom right-hand corner of the completed Test Requisition Form. **FOLD** and **PLACE** them in the side pocket of the biohazard bag, containing the frozen urine collection.
6. **PLACE** all bags (3 total) into the specimen collection box.
7. **REFER** to enclosed Shipping Instructions for return shipping.

CHECKLIST (PRIOR TO SHIPPING)

1. **VIAL (STEP 2)**
 - Patient's first and last name, date of birth, and date of collection are written on the vial
 - The vial is capped tightly
2. **FROZEN (STEP 2)**
 - Clear cap plastic vial
 - Ice pack
3. **ABSORBENT COLLECTION CARDS (STEPS 1 AND 3)**
 - Patient's first and last name, date of birth, and date of collection are written on the collection cards
 - Absorbent collection cards have dried for 24 hours
 - Absorbent collection cards are in separate bags
4. **TEST REQUISITION FORM**
 - Test Requisition Form is complete
 - Payment is included