

② KIT CONTENTS

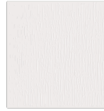
Verify Kit Contents:



1 x Blood spot collection card



1 x Lancet



1 x Sterile wipe



1 x Clear zip-lock bag with desiccant



1 x Requisition form



1 x Plaster



1 x Return shipping box (your kit arrived in this)



1 x Shipping label



1 x Shipping bag

If you are missing any components, please call the Regenerus Laboratories customer service department on **+44 20 3750 0870** for assistance

③ PREPARATION

Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner

This is a fasting test:

Do not eat for 12 hours before collecting the sample. It is usually easiest to do this after waking.

Blood Collection Tips:

- Make sure you are well-hydrated by drinking at least 500 ml of plain water 1 to 2 hours before the test.
- Take a hot shower or bath, or soak your hands in warm water for about 4 to 5 minutes, until your skin feels warm.
- Increase blood flow by clenching and releasing your fist for 1 minute, gently massaging your forearm down to your hand, or making slow windmill motions with your arms.
- If possible, stand up and keep your arm straight, or ensure your hands remain below your waist while collecting the sample.

Pressing too hard on your fingertip can damage the blood cells, making the sample unusable. Instead, gently 'milk' the palm of your hand by stroking it downward to encourage blood flow. Use the sterile wipe to remove any clotted blood, allowing for continued collection

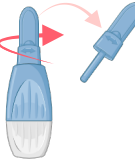
Samples must be received at Regenerus Labs between Monday and Thursday, with the last dispatch day being Wednesday. To ensure timely shipping, schedule the courier collection at least 24 hours in advance.

Samples collected and shipped outside of this timeframe may be considered too old and may be rejected.

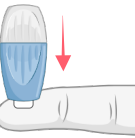
④ COLLECTION

Please ensure you read and understand the preparation information prior to collection

1. Choose a fleshy fingertip and clean the area with a sterile wipe.
2. The lancet is single-use only. Twist and remove the thin light blue tip. The lancet contains a small spring-loaded needle inside.



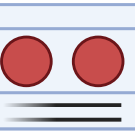
3. Hold the lancet in your dominant hand and position it against the cleaned fingertip. Press the lancet to release the needle. Try to stay still and avoid flinching.



4. Gently massage the finger (avoiding the tip) to encourage blood flow until a large drop of blood forms. Wipe away the first drop with a sterile wipe.



5. Hold your fingertip above each circle on the collection card until **two circles** are saturated to the back of the card.



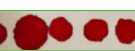
Do not touch the circles and do not fold the collection card

6. If needed, repeat the process with additional lancets on another finger until **two circles** are fully saturated to the back of the card.

VALID
Front



Back



7. Air-dry completely by propping the card up or leaving it taped to a table for at least 3 hours. Keep it away from moisture and sunlight, and ensure the blood does not contact the cover.

INVALID
Front



Back



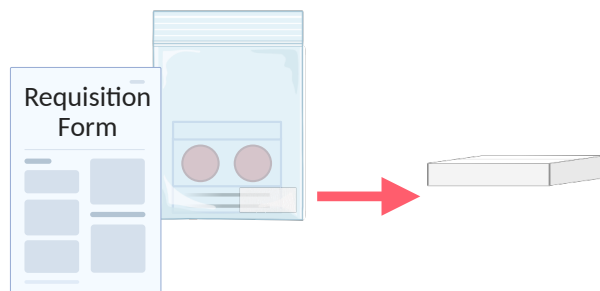
8. Once fully dried, tuck the cover into the flap as indicated. Insert the blood spot collection card into the zip-lock bag with the desiccant and seal tightly. Store in refrigerator until ready to ship.



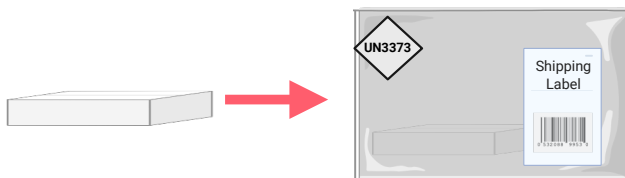
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PACKING

1. Fill in your information on the blood collection card, in the relevant spaces, ensuring **patient's full name**, **date of birth** and **collection date** is present. Be sure that the information is legible. Ensure the name matches what was provided on the requisition form.
2. **Complete** and **sign** the lab requisition form.
3. Retrieve the zip-lock bag containing the blood spot collection card and desiccant from the refrigerator. Place the bag, along with the completed requisition form, in the return box.



4. Place the box in the appropriate return bag and apply the pre-paid return shipping label to the outside.



The test cannot be performed without a properly filled requisition form

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SHIPPING

Please follow the instructions on the enclosed shipping document

For health & safety reasons, you **must** use all packaging enclosed and seal each bag correctly before returning your sample.

Regenerus Labs reserves the right to dispose of any sample received which does not meet this criteria.

We **do not** receive samples on weekends or bank holidays. Please ensure that your samples are received by Regenerus Labs between Monday and Thursday.

Failure to do so may require the test to be rejected and needing to be repeated.

Telephone +44 20 3750 0870

Email info@regeneruslabs.com

Website www.regeneruslabs.me

regenerus labs
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OMEGAMETRIX

FATTY ACID

BLOOD COLLECTION

INSTRUCTIONS

Read all instructions before collecting specimens

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