

## ② KIT CONTENTS

### Verify Kit Contents:



1 x EDTA  
blue-top vial



1 x Biohazard bag  
with absorbent  
material



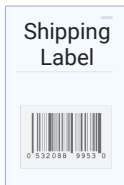
2 x Security seal



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



1 x Requisition form



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

Schedule the blood draw between Monday and Wednesday, ensuring that the next day is not a UK bank holiday or weekend.

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.

Please avoid consuming seafood or fish products for 72 hours before collecting your blood sample.

Fish oils are acceptable

## ④ COLLECTION

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

1. Draw blood into the vial provided: EDTA blue-top vial.
2. Minimum sample required - 5 ml per vial.
3. Invert the vial 8 to 10 times after the completion of the draw.

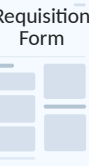
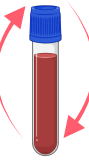
DO NOT centrifuge

4. Place the provided label to the vial and ensure the **collection date** is clearly indicated. If vial labels are not provided write **patient's full name**, **date of birth** and **collection date** on the blood vial. Be sure that the information is legible. Ensure the name matches what was provided on the requisition form.

5. Store in **refrigerator** until ready to ship.

DO NOT freeze

6. **Complete** and **sign** the lab requisition form.



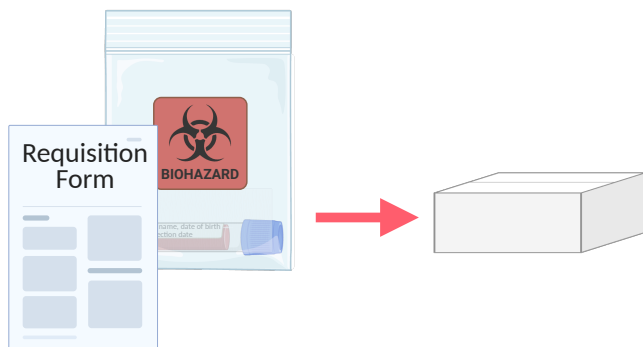
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## PACKING

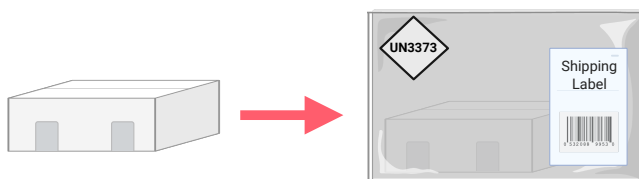
1. Place the labelled vial in the biohazard bag with absorbent material and seal.



2. Place the biohazard bag along with the completed requisition form in the return box.



3. Seal the box with the security seal. 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](mailto:info@regeneruslabs.com)

**Website** [www.regeneruslabs.me](http://www.regeneruslabs.me)

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QUICKSILVER

BLOOD METALS PANEL

BLOOD COLLECTION

## INSTRUCTIONS

Read all instructions before collecting specimens

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