



Welcome To Your Test Kit

You have chosen to do a CytoDx Blood Draw Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

Please read the instructions carefully and follow them step by step. In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Important

Please note that the blood draw procedure for this test needs to be carried out by a doctor or phlebotomist. Please read the Shipping Preparation and Shipping Instruction thoroughly before booking a blood draw appointment.

Shipping Materials

- Box containing the collection kit (**keep this box for returning your samples**)
- Padded envelope
- Gel freezer pack
- Shipping Instruction
- Personal Information Form
- Return shipping materials

Collection Materials

- 1 x Yellow-capped Serum Separator Tube (SST)
- 1 x Plastic transfer tube
- 1 x Pipette
- 1 x Bio-hazard bag with absorbent pad
- 1 x Plastic tube holder

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.



Preparation

When to schedule your shipment

- Book your blood draw appointment on a Monday, Tuesday or Wednesday before 2pm as the sample must arrive at the laboratory on a working day.
- You must make the doctor or phlebotomist aware of the Shipping Preparation and Shipping Instruction included with this test and ensure that they have the correct centrifuging/freezing facilities for your sample when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call the shipping company (see Shipping Instruction) before 2pm to arrange for a courier to collect your samples from the address of your doctor or phlebotomist.
- The shipping company have a 3-hour time frame to make the pick-up, please tell them that your package needs to be collected before 5pm.

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

Important Note:

- It is not necessary to discontinue nutritional supplements prior to this test.
- Never discontinue prescription medication without first consulting your physician.
- You must fast for 12 hours prior to collection. Do not eat solid food. Drink only water when necessary.
- Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- Freeze your gel freezer pack before attending your blood draw appointment and take the frozen gel freezer pack along to your appointment.
- You must ship your sample within 48 hours of collection.

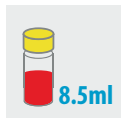
Collection Procedure

Important: The blood draw procedure below is for professional use only i.e. the information is for the doctor or phlebotomist on how to take the sample.



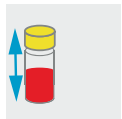
Step 1:

Write the patient's full name, date of birth, gender as well as the date and times of each collection on **ALL** tube(s). Also note the date and times of the collection on the Personal Information Form. **Important:** To ensure accurate test results the requested information must be provided.



Step 2:

Draw 8.5 ml. of venous blood into SST.



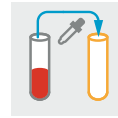
Step 3:

Let the tube **stand** at room temperature for a minimum of **20-30 minutes** to activate the clotting mechanism.



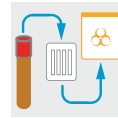
Step 4:

Place the tube in a centrifuge and spin at 1000-2000 g for 15 minutes. Sample must not be hemolyzed.



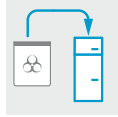
Step 5:

Transfer serum to the plastic transfer tube using the disposable pipette.



Step 6:

Place the plastic transfer tube into the plastic tube holder and put inside bio-hazard bag along with the frozen gel freezer pack.



Step 7:

Place the bio-hazard bag into the freezer and keep frozen until you are ready to ship.

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. Do not ship your sample on a Thursday or Friday as we are closed over the weekend.

When you are ready to ship

- Ensure that the following information is provided:
 - Personal Information Form: make sure the form is completed.
 - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).

Prepare your shipment:

- The doctor/phlebotomist must retrieve the bio-hazard bag containing your sample and gel freezer pack from the freezer and place into the padded envelope. Then place the padded envelope and your completed Personal Information Form into the supplied box.
- Place the box in the return shipping bag and ship (see Shipping Instruction).