Read all instructions prior to sample collection.

A. sample collection card  
B. silica packet  
C. lancet  
D. bandage  
E. gauze pad  
F. alcohol wipe  
G. test request form  
H. return envelope

**Warnings and precautions:** slight pink discoloration on the collection card is normal and part of testing system. Avoid taking any omega-3 capsules 12 hours before collecting sample. Persons with bleeding disorders or taking blood thinners should consult their physicians prior to using this kit.

**User Instructions:**

1. **Remove all components**, but leave the silica packet in the plastic bag.

2. Peel off one of the barcode stickers on the Test Request Form and place it **on the sample collection card**, covering the name/date fields. (Fig. 1).

3. Fill out the information requested on the Test Request Form.

4. **Collect the sample:**
   - **Suggestions to increase blood flow:** Wash hands thoroughly with warm water, hold your arm down at your side for 20 seconds, or rub hands together for 20 seconds.
   - Clean the side of your fingertip (index, middle, or ring) with the alcohol wipe (Fig. 2). Remove excess alcohol with the gauze pad.
   - Twist off the blue protective lancet cover. Place the lancet lightly on the side of your clean finger and press downward firmly into your finger until a click is heard (Fig. 3). This will release a small spring-loaded needle and you will feel a faint sting.
   - Allow a drop of blood to collect on your finger. Lightly squeezing your finger can help. Lightly touch the blood drop to the center of the dotted circle. **Completely fill the circle with blood** (Fig. 4).
   - When finished, apply pressure to the finger with the gauze pad; apply adhesive bandage if you wish.

5. **Let the blood spot dry for 15-20 minutes.** Then fold the collection card flap so it covers the blood spot.

6. Place the sample collection card in the plastic bag with the silica packet and seal the bag. Place this bag and the Test Request Form in the pre-paid return mail envelope, then **mail** on the same day (Fig. 5).

7. Discard the lancet and other supplies **in the trash**.
To watch a video of these instructions go to omegaquant.com/how-it-works.

Follow these instructions to collect your blood sample.

Dried Blood Spot Collection Instructions

Indications for use: OmegaQuant’s dried blood spot collection kit is intended to be used for collection of a blood sample to be transported to a laboratory for certified testing.

Special conditions for use: Fatty acid testing is intended for nutritional status assessment and not to diagnose, cure, treat or mitigate any diseases.

Storage: 15ºC (59ºF) 30ºC (86ºF)