

Read all instructions prior to sample collection.

Contains: A. B. C. D. E. F. G. H.



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



Fig. 1

- 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).



Fig. 2



Fig. 3



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).



Fig. 5

- 7 Discard the lancet and other supplies in the trash.

Follow these instructions to collect your blood sample. To watch a video of these instructions go to omegquant.com/how-it-works.

Dried Blood Spot Collection Instructions



OmegaQuant Analytics, LLC
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REF OMQ-100.001

Sample collection card manufactured for OmegaQuant by Eastern Business Forms. Dried blood spot collection kit made in USA by OmegaQuant.

Label legend:	
	Manufacturer
REF	Catalog number
LOT	Lot number
	Do not re-use
	Caution, consult instructions for use
15°C 30°C	Storage instructions
	Collect blood by

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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: 15°C (59°F) 30°C (86°F)

Contact us if you have any questions:
omegquant.com/faq
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 Toll-free: (800) 949-0632

Your sample will be processed, and the results sent to you in 2-4 weeks.