BLOOD SPOT COLLECTION INSTRUCTIONS

PLEASE NOTE BEFORE YOU COLLECT SAMPLE

- Sample should be collected
  Upon awakening (within the first 30 minutes)
- If testing for lipids
  Fasting for 10-12 hours before sample collection is required
- Important Tip
  Rub hands together/ swing arm and gently massage your forearm with the other hand to encourage blood flow before nicking finger

DO'S

- Keep collection supplies by ready a night before collecting your sample.
- Wash your hands with warm water and dry with a clean towel before handling the kit contents.

DON'T'S

- Do NOT touch the blood collection area within the marked circles on the blood collection card.
- Do NOT overlap blood drops on the same spot.
- Do NOT reuse the lancets provided in the kit. The lancets are for single use only.

HOW TO COLLECT A SAMPLE

2. Wash your hands under warm water and dry with a clean towel.
3. Verify kit contents and place them on a flat surface like a table (preferably below your waist level). Open the top flap of the blood collection card and keep it straight on the table. Write your name, collection date and time in the provided space on the card.
4. Clean outer edge of middle and/or ring finger of your non-dominant hand with alcohol wipe and allow to dry for 20-30 seconds.
5. Twist cap off the provided blue-white lancet and press the white section firmly against the outer side of cleaned finger-tip until you hear lancet click. Quickly wipe away the small first blood drop with sterile gauze pad.
6. Position finger over printed circle of blood spot card and gently massage the entire length of finger to form a large, hanging blood drop. Do not squeeze too hard.
7. Touch the hanging drop to the center of the circle (one large drop per circle) without touching finger to the collection area inside circle. DO NOT OVERLAP BLOOD DROPS ON THE SAME SPOT.
8. Continue collecting blood drops until all the circles are filled. If you are unable to get sufficient blood, repeat from step 2 using a different finger and the second lancet provided in the kit.
9. After blood collection is complete, gently press the gauze pad to stop bleeding and apply bandage.
10. Leave blood spot card open to dry for a minimum of 30 minutes. After drying, close the top flap and place the card into the aluminum pouch with dessicant pack and seal. Place the sealed pouch in the refrigerator until ready to mail.

HOW TO PACKAGE AND MAIL YOUR SAMPLES

The day after you collect the sample, place the following into the pre-addressed return envelope:
1. Tightly sealed aluminum pouch containing the blood spot card.
2. The completed and signed requisition form. Without your signature we cannot process your sample.

Close the mailer, place the shipping label and mail the package to AYUMETRIX.
GUIDELINES FOR HORMONE USERS

Do not stop your hormone use but follow the chart below for optimal sample collection timings

<table>
<thead>
<tr>
<th>HORMONE</th>
<th>HORMONE USE AND SAMPLE COLLECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topical Hormones (Cream or Gel)</td>
<td>Do not apply any topical hormone on the day of sample collection. Collect sample 12-24 hours after the last dose</td>
</tr>
<tr>
<td>Sublingual Hormones or Troches</td>
<td>Collect sample 6-10 hours after the last dose</td>
</tr>
<tr>
<td>Oral Hormones (Pills) (progesterone)</td>
<td>If taking Progesterone: Collect sample 6-10 hours after the last dose. For all other hormones: Collect sample 12-24 hours after the last dose</td>
</tr>
<tr>
<td>Injections and Pellets</td>
<td>Collect sample mid regimen between injections/pellets</td>
</tr>
<tr>
<td>Transdermal Patches</td>
<td>Collect sample 1-2 days after applying the patch</td>
</tr>
<tr>
<td>7-Keto DHEA</td>
<td>Collect sample 72 hours after the last dose</td>
</tr>
</tbody>
</table>

TOPICAL HORMONE USERS

DO NOT APPLY any topical hormones with Bare hands for a minimum of two days before collecting sample. Use gloves or hormone applicators.

DO NOT APPLY hormones to your face or neck The night before collecting sample.

APPLY hormones to areas that can be covered by clothing This is to prevent any undesired hormone contamination

For additional questions

Please refer to FAQ's at www.ayumetrix.com

OR

Call us at 1-800-215-8898

OR

Contact us at info@ayumetrix.com