

INSTRUCTIONS FOR USE



Read all instructions prior to sample collection.



- A. sample collection card
- B. lancet
- C. bandage
- D. gauze pad
- E. alcohol wipe
- F. 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:

STOP Register this test kit now at www.omegaquant.com/start. Your sample will NOT be processed unless it is registered.

- 1 Remove all components.
- 2 Fill out the information requested on the sample collection card (Fig. 1).
- 3 Collect the sample:



Fig. 1

- **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.



Fig. 2

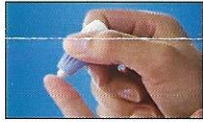


Fig. 3



Fig. 4

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

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



Fig. 5

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

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

Contact us if you have any questions:

omegaquant.com/faq
info@omegaquant.com
 Toll-free: (800) 949-0632

Storage: 15°C (59°F) - 30°C (86°F)

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

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.

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Label Legend:

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

REF OMQ-100.001
 USA 57106
 Sioux Falls, South Dakota,
 509 W. 12th Street, Suite 8
 OmegaQuant Analytics, LLC
 because knowing matters
OMEGA QUANT

Dried Blood Spot Collection Instructions

Register your kit at omegaquant.com/start. Your sample will NOT be processed unless it is registered.

(If you cannot register your kit immediately, write down the 9-digit barcode on the sample collection card and register it later.)

Barcode # _____



15°C 30°C