

Shipping Preparation

When to schedule your shipment

- This test kit must be shipped on a Monday, Tuesday or Wednesday ONLY, and must not be stored for more than 24 hours.
- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the bio-hazard bags containing the blood and urine samples in the refrigerator and keep your hair sample at room temperature until you are ready to ship. Do not store for more than two days.
- Schedule your shipment so that your samples will arrive at the laboratory on a working day, as we are closed over the weekend.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed, and that you have noted the date of each collection.
 - Pro-forma invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place your bio-hazard bags containing your urine and blood samples into the padded envelope and seal. Place the padded envelope into the supplied box along with your hair sample and completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Welcome To Your Test Kit

You have chosen to do a Mercury Tri Test or Mercury Tri Test with Blood Metals 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.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. 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.

Important:

This test requires three samples, blood, urine and hair. 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.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Plastic tube holder (**keep this for returning your samples**)
- 1 x Padded envelope
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

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.

Urine Collection Materials

- 1 x Bio-hazard bag
- 1 x Absorption pad
- 1 x Blue-capped Vial
- 1 x Urine collection jug
- 1 x Sample label

Blood Collection Materials

- 1 x Bio-hazard bag
- 1 x Absorption pad
- 2 x Royal blue-topped k2 EDTA tubes
- 2 x Sample labels

Hair Collection Materials

- 1 x Pink resealable bag
- 1 x Sample label

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



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Preparation

Provide the following information

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

When to schedule collection

- This test kit must be collected on a Monday, Tuesday or Wednesday and must be shipped on the same day as collection. Please ensure that you collect your urine and hair samples on the morning of or day before your blood draw, as you must take these samples along for your blood draw.
- Book your blood draw appointment on a Monday, Tuesday or Wednesday before 2pm as the samples 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 refrigerating facilities for your samples 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.

Prior to collection

- Females should not collect during menstrual period. Please wait until menstruation has ceased before collecting your samples.
- Do not eat seafood or fish products for 72 hours prior to collecting your samples. Fish oils are okay.
- Do not send hair that has been treated with a perm; all other hair treatments, including dye, are acceptable. If you do not have enough scalp hair or you have a perm, you can substitute with pubic or body hair.
- Never discontinue prescription medications without first consulting your physician.

Collection Procedure

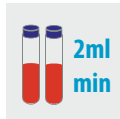
Blood Draw Procedure

Important: The blood draw procedure is for professional use 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 and date of collection on both sample labels and attach them to the blue-topped k2 EDTA tubes. Also note the date and time of the collection on the Personal Information Form. **Important:** To ensure accurate test results the requested information must be provided.



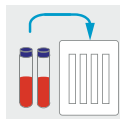
Step 2:

Draw blood into the both tubes, filling them at least halfway (minimum of 2ml per tube). We only need one tube for Mercury Tri Test and one tube for Blood Metals Panel. If you are doing both tests, we need two tubes.



Step 3:

Do not spin or freeze blood. We cannot analyse clotted blood.



Step 4:

Place the tube(s) containing the sample(s) into the clear plastic tube holder.



Step 5:

Place the tube holder into the bio-hazard bag and seal.

If unable to send blood samples immediately, store in a refrigerator to keep specimen stable. **DO NOT FREEZE.** Do not store for more than 24 hours.

Collection Procedure

Urine Collection Procedure



Step 1:

Write your name, date of birth, gender, and collection date on the sample label and stick to the side of the vial, as well as writing it on the Personal Information Form.



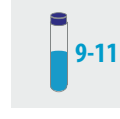
Step 2:

Empty bladder before going to bed at night. Do not collect this urine.



Step 3:

Collect your first morning urine into your collection jug (not the beginning or end of flow).



Step 4:

Transfer a portion of your urine sample into the blue-capped vial. The sample should fill up the tube between lines marked 9 and 11. **DO NOT** fill the tube to the very top. Screw cap tightly onto the tube.



Step 5:

Dispose of the remaining urine.



Step 6:

Place the blue-capped vial containing your sample into the bio-hazard bag and seal.

If unable to send urine sample immediately, store sample in a refrigerator to keep specimen stable. **DO NOT FREEZE.** Do not store for more than 48 hours.

Collection Procedure

Hair Collection Procedure

NOTE: You will need scissors or shears



Step 1:

Write your name, date of birth, gender, and collection date on the sample label and stick to the side of the pink bag, as well as writing it on the Personal Information Form.



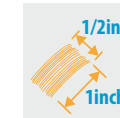
Step 2:

Pinch a section of the hair at the root of the back of your head. The amount of hair should be about 1/2 inch wide when flattened, between 100 and 200 strands of hair.



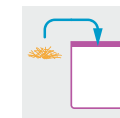
Step 3:

Cut the hair as close to the scalp as possible. You may want to ask a friend or family member to help you with this step.



Step 4:

Trim the sample so that the only portion of hair going into the pink sample bag is the one-inch section closest to the scalp (the sample should be about one inch in length, and 1/2 inch in width when laid flat). If your hair is too short, please double the width to about 300-400 strands of hair, or about half a gram in weight. There must be a sufficient amount of hair sample for analysis.



Step 5:

Place the section of hair (one-inch closest to scalp) into the pink sample bag and seal it closed.

If unable to send hair sample immediately, store hair at room temperature. Do not store for more than 48 hours.