



Welcome To Your Test Kit

You have chosen to do a Comprehensive Male/Female I or II 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.

Check Your Kit

Shipping Materials

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

Collection Materials

Blood Spot Collection

- 1 x Blood Spot Card
- 4 x Lancets
- 2 x Plasters
- 2 x Alcohol prep pad
- 1 x Sterile gauze pad pack
- 1 x Resealable bag

Saliva Collection

- 1 x Large plastic tube in a resealable plastic bag with an absorption pad
- 3 x Small plastic tubes in a resealable plastic bag with an absorption pad

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

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.



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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.
- Test Questionnaire: fill out BOTH sides of the questionnaire (except section 3a and section 6).

Prior to collection

- Avoid anti-aging/anti-wrinkle facial creams for three days prior to collecting your sample as they may contain undisclosed hormones.
- Do not eat, drink (except water) or brush your teeth prior to your first collection of the day and for the two hours prior to collecting throughout the day.

When to schedule your collection

Blood Spot Sample

- Collect your blood spot sample in the morning within one hour of waking, and before eating or drinking anything (except water).
- Men, Children & Non-Menstruating Women: may collect any day of the month.
- Menstruating women should collect as follows:
 - If you are testing FSH for fertility reasons, collect on day 3 of menstrual cycle.
 - If you have a coil/IUD, please see when to time your collection in the 'If you are taking hormones chart'.
 - If testing Estradiol (E2), Progesterone (Pg) or Testosterone (T):
- Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period)
- Irregular Cycles: If you know when your period will start, choose 5 days before.
- Unpredictable: Collect any day when not bleeding.

Saliva Collection

- Your samples should be collected over the course of ONE DAY. You can collect on any day of the month. Please follow schedule below:

MORNING (collect into the large tube)	6:00 AM to 8:00 AM. Collect sample within 30 minutes of waking (it is best to spend 20-30 minutes on the first collection, as this allows for the best cortisol reading).
MIDDAY (collect into a small tube)	11:00 AM to 1:00 PM
AFTERNOON (collect into a small tube)	3:00 PM to 5:00 PM
LATE EVENING (collect into a small tube)	10:00 PM to 12:00 AM

Shipping Preparation

When to schedule your shipment

- Please ship your samples as soon as possible. If you cannot ship your samples the same day you finish your collection, such as over a weekend or holiday, leave the Blood Spot Card at room temperature and store the saliva tubes in the freezer until you are ready to ship. DO NOT store for more than 3 days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Blood Spot Card: make sure you have filled out all information on the back of the card.
 - Personal Information Form: make sure the form is completed.
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed (except section 3a and section 6).
 - Pro-forma/commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable plastic bag(s) along with the completed Personal Information Form & questionnaire into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).

If you are taking hormones

Carefully read the schedule below. If you are currently undergoing hormone therapy, please read the schedule on the back page and consult your practitioner if you have any doubts or further questions.

Hormone Type	Timing
Topical or Oral	<p>The day before testing, continue use of hormones as prescribed. Important: make sure any night dosage is applied at least 12 hours before planned morning collection (for example, dose before 8:00 PM for an 8:00 AM collection).</p> <p>If using oral progesterone, your dosage can be right before bed.</p> <p>To avoid direct contamination of your sample during collection:</p> <ul style="list-style-type: none">• Do not use bare hands for topical hormone application for at least two days prior to sample collection.• Do not apply hormones to face, neck or lips for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator).• Make sure that all surfaces you come in contact with, such as worktops, door handles, taps, towels etc. are clean and free of hormone residue (change sheets, pillowcases and hand towels the night before collecting).
Patches, Vaginal Rings, Pellets or Injectables	Test half-way between doses. For example, collect 3 days after a once-a-week patch, or 2 weeks after a once-a-month injection.
7-Keto DHEA	Avoid for 3 days prior to collecting. Does not apply to regular DHEA.
Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)	Contact your practitioner about appropriate timing.
Coil/IUD	Depending on your cycle, please collect accordingly: <ul style="list-style-type: none">• Regular cycle: collect on day 19, 20 or 21.• Irregular cycle: collect on a day when you are not bleeding.• No cycle: collect any day.

Saliva Collection Procedure

Important: If an error is made during collection, simply rinse out the entire tube with hot water (no soap), shake out remaining water, and start again.



Step 1:

Write your full name, date, and collection time on the label attached to the tube. Also note time of collection on the Personal Information Form and Test Questionnaire.



Step 2:

Rinse your mouth thoroughly with water and wait five minutes before you begin your collection.



Step 3:

Wash and dry hands with a clean towel.



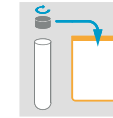
Step 4:

Begin collecting saliva by first allowing saliva to pool in your mouth, then spit into the tube.



Step 5:

Fill tube at least half full with saliva. Allow any froth to settle before finishing (collection usually takes 15-30 minutes, depending on saliva production).



Step 6:

When done, screw the cap back on tightly, place it back into the plastic bag and store in a refrigerator until ready to ship.



Step 7:

Repeat steps 1-6 for midday, afternoon, and late evening collections.

Tips for a successful sample collection

- Each saliva sample must fill the tube at least half way, not including bubbles.
- If experiencing a dry mouth, try to stimulate saliva flow by pressing tip of tongue against teeth; smelling (not eating) a lemon or other food; or yawning.
- Freeze any samples not being shipped within 24 hours.

Blood Spot Collection Procedure

Tips for a successful blood spot collection

- Do not touch filter paper area with your hands.
- Collect only when your hands are warm. You can warm your hands by rubbing them together and swinging your arms or rub hands under warm water as this encourages blood flow. Moving around will also increase your blood flow, so try moving around before starting collection.
- You may use a belt or item of clothing as a tourniquet to encourage blood flow. Tie item firmly around the upper portion of the arm that will be used for collection.
- Preferably stand up and keep your hand at waist level during collection, this will encourage blood flow.
- Do not touch the drop of blood onto the circles. Rather, allow the blood to drop from your finger onto the card.
- Collect enough blood so that ALL circles are completely filled.

Acceptable collection card example



Unacceptable collection card example



Collection Procedure



Step 1:

Write your full name, date and time of collection on the back of the Blood Spot Card. Also note date and time of collection on the Personal Information Form.



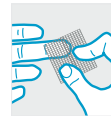
Step 2:

Before collecting blood, wash and dry your hands with a clean towel and open the sterile gauze pad for later use.



Step 3:

Position the Blood Spot Card on a suitable surface (below waist level) so that the collection circles are facing upwards.



Step 4:

Select a finger to draw blood from (middle or ring finger of non-dominant hand is typically best). Open an alcohol pad and use it to wipe finger. Allow finger to dry for at least one minute.



Step 5:

Pick up a lancet and hold the thick end of the lancet. Twist the narrow tab at the opposite end and remove. The lancet is now primed.



Step 6:

Press the now exposed white tip firmly against your fingertip to release the needle. Once the needle has made a small puncture in your finger, it will immediately retract and is then safe to dispose of. Wipe away the first blood drop with the sterile gauze pad.



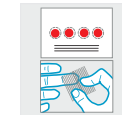
Step 7:

Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



Step 8:

When the blood is ready to fall, let it drop onto the centre of the circle. Continue collection until ALL circles have been filled (to fill all the circles you may have to repeat from step 4).



Step 9:

When you have filled all circles on the Blood Spot Card, blot finger dry with the sterile gauze pad and apply a plaster.



Step 10:

Allow the card to dry for a minimum of four hours. Once dry, place it into the supplied resealable plastic bag. Store in a cool dry place until ready to ship.