



Welcome To Your Test Kit

You have chosen to do a NutrEval First Morning Void (FMV) 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 box for returning your samples**)
- 1 x Foam insulator box (**keep box for returning your samples**)
- 1 x Freezer brick
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x DHL bag
- 1 x DHL shipment waybill
- 2 x Pro-forma invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

Urine Collection Materials

- 1 x Blue-top amber tub
- 1 x Green-top preservative tube
- 1 x Green-top urine tube
- 1 x Disposable pipette
- 1 x Bio-hazard bag with absorbent pad
- 3 x Collection labels

Blood Collection Materials

- 1 x Blue-top tube
- 1 x Lavender-top tube
- 1 x Red SST tiger-top tube
- 1 x Amber transfer tube for plasma
- 1 x Disposable pipette
- 1 x Bio-hazard bag with absorbent pad
- 1 x Rubber band
- 1 x Resealable bag

If any items are missing or expired, please call +44 (0)1580 201687 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 your collection

- **Important:** 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.
- Book your blood draw appointment on a Monday or Tuesday before midday as the samples must arrive at the laboratory on a working day.
- Collect your urine sample **in the morning the day before your blood draw** and freeze. The urine sample must be completely frozen before shipping.
- 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 refrigeration/freezing facilities for your samples when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call DHL (see Shipping Instruction) before 2pm to arrange for a courier to collect your samples from the address of your doctor or phlebotomist.
- DHL have a 3-hour time frame to make the pick-up, please tell them that your package needs to be collected before 5pm.

4 days before testing

- Your practitioner will advise if you need to discontinue non essential supplements.
- Avoid artificial sweeteners and MSG.

24 hours before testing

- Place your freezer brick in the freezer for a minimum of 8 hours before shipping.
- You should eat your usual diet. Avoid over-consuming any single food or extreme diets. Fluids intake should be limited to eight 8-ounce (227ml) glasses of fluid over a 24-hour period. **AVOID** seafood.
- You must fast overnight prior to your blood draw.

The day of testing

- Your urine tubes must be completely frozen prior to blood draw appointment and must be taken to your phlebotomist on the morning of your blood draw.

If you are taking any supplements

- Medications may impact results. Discontinuation is at the discretion of your practitioner if medically appropriate. Antibiotics, antifungals, amphetamines, acid blockers, fibrate and corticosteroids may impact results.
- Never discontinue prescription medications without first consulting your physician.

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. Arrange DHL to pick up your samples on the same day as your blood draw collection (Monday or Tuesday only). Your samples must arrive to the laboratory within 48 hours.

Return frozen

- 1 x Blue-top Amber tube (FMV)
- 1 x Green-top preservative tube (FMV)
- 1 x Green-top urine tube (FMV)
- 1 x Amber-top transfer tube – Plasma

Return refrigerated

- 1 x Blue-top tube
- 1 x Lavender-top tube

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Retrieve the bio-hazard bag containing your urine samples, your amber transfer tube and the freezer brick from the freezer.
 - Place the frozen freezer brick in the bottom of the foam insulator box, then place the bio-hazard bags containing your frozen and re-refrigerated samples on top of this, along with the completed Personal Information Form.
 - Place the foam insulator box into the supplied box, place the box in the DHL bag and ship (see Shipping Instruction).

Important notes

- Females should not collect during menstrual period.
- Be aware that some of the tubes contain preservatives. Do Not Rinse. Avoid contact of the skin and eyes with the fluid in the vials. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact a physician immediately.
- Abnormal kidney function or use of diuretics may influence test results.

URINE COLLECTION PROCEDURE (the morning before your blood draw)



Step 1:

Label all tubes with your name, date of birth, and collection date.



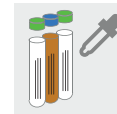
Step 2:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date and time of your urine collection.



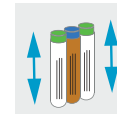
Step 3:

After waking for the day, collect your first morning urine (FMV) into a clean collection container. (Note: If you wake up to urinate during the night within six hours of your rising time, collect your urine into a sterile container, or a clean disposable container, and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day.)



Step 4:

Use the pipette to transfer urine from the collection container into the green-top preservative tube, blue-top amber tube and green-top urine tube until all three are nearly full.



Step 5:

Screw the caps onto the tubes tightly and shake the tubes to mix thoroughly.



Step 6:

Place the tubes into the bio-hazard bag and freeze. **Tubes must be delivered frozen to your healthcare providers office (where you are having your blood drawn).**

BLOOD COLLECTION PROCEDURE

Important

The blood draw procedure below is for professional use only i.e. the information is for the doctor or phlebotomist on how to take the sample. Patients must not try to take the sample themselves.



Step 1:

Write the patients name and the date and time of collection on ALL tubes.

Isopropyl alcohol

Step 2:

Wash the skin area twice before venipuncture with isopropyl alcohol rather than iodine-containing disinfectants/antiseptics, using clean, sterile cotton. Use only stainless-steel needles, with no aluminum or other metal crimp ring.



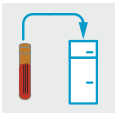
Step 3:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date and time of blood collection.



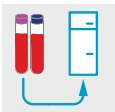
Step 4:

Draw blood into the blue-top tube, lavender-top tube and SST tiger-top tube. Please refer to the chart on page 4 and follow instructions for each tube carefully.



Step 5:

Freeze the amber transfer tube immediately prior to shipping. Keep sample completely frozen until ready to ship.



Step 6:

Place the blue and lavender top tubes into the vial sleeve and refrigerate. Do not freeze. Blood collection and processing is now complete. Ensure amber transfer tube is completely frozen before shipping.

Blue-top tube	<ul style="list-style-type: none">• Gently invert the tube 10-15 times• Refrigerate no more than 4 days prior to shipping• RETURN TO LABORATORY
Lavender-top tube	<ul style="list-style-type: none">• Gently invert the tube 5 times• Do not shake• Refrigerate• RETURN TO LABORATORY
Red SST tiger-top tube	<ul style="list-style-type: none">• Clot for 15 minutes while standing in a rack• Centrifuge for 15 minutes at 3000 RPM• Transfer serum to amber transfer tube• DISCARD TUBE
Amber transfer tube	<ul style="list-style-type: none">• Freeze• RETURN TO LABORATORY