



## Welcome To Your Test Kit

You have chosen to do a NutrEval Plasma 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](mailto: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 Shipping Instruction
- 1 x Personal Information Form
- 1 x DHL bag
- 1 x Freezer brick
- 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 tube
- 1 x Green-top urine tube
- 1 x Disposable pipette
- 1 x Bio-hazard bag with absorbent pad
- 2 x Collection labels

### Blood Collection Materials

- 1 x Blue-top NA Heparin tube
- 1 x Blue-top NA EDTA or K2-EDTA tube
- 1 x Blue-top preservative tube
- 1 x Yellow-top preservative 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

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto: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.
- Arrange to have your blood drawn on a Monday or Tuesday only. You need to ensure that your samples arrive to us 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.
- Arrange DHL to pick up samples same day as blood draw collection, your samples must arrive to the laboratory within 48 hours.

### 4 days before testing

- If medically appropriate, non-essential medications, supplements, and nutrient fortified foods/ beverages should be discontinued. AVOID artificial sweeteners and MSG.

### 24 hours before testing

- Place your freezer brick in the freezer.
- 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 healthcare practitioner if medically appropriate. Antibiotics, antifungals, amphetamines, acid blockers, fibrate and corticosteroids may impact results.
- Never discontinue prescription medications without first consulting your physician.

### 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.

## 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.
- If you are not able to ship on the same day as collection, keep the blue and lavender top tubes in the refrigerator and the amber transfer tube and all three urine samples frozen until the following day. Do not ship any later than the following day (Tuesday or Wednesday).

### Return frozen

- 1 x Blue-top Amber tube (FMV)
- 1 x Green-top urine tube (FMV)
- 1 x Yellow-top preservative tube
- 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, the yellow-top 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-iced 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).

## 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.



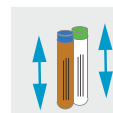
### Step 3:

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, blue-top amber tube and green-top urine tube until both 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.



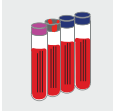
#### Step 2:

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 BOTH the blue-top tubes, lavender-top tube and SST tiger-top tube.



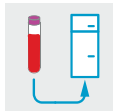
#### Step 5:

Please refer to the chart on page 4 and follow instructions for each tube carefully.



#### Step 6:

Freeze the amber transfer tube and yellow-top transfer tube immediately prior to shipping. Keep samples completely frozen until ready to ship.



#### Step 7:

Place the lavender-top tube into the vial sleeve and refrigerate. Do not freeze.

Blood collection and processing is now complete. Ensure amber transfer tube and yellow-top transfer tube are completely frozen before shipping.

<p><b>Blue-top NA-EDTA or K2-EDTA tube</b></p> <ul style="list-style-type: none"> <li>• Gently invert the tube 10-15 times.</li> <li>• Refrigerate no more than 4 days prior to shipping</li> <li>• RETURN TO LABORATORY</li> </ul>		
<p><b>Blue-top NA HEPARIN tube</b></p> <ul style="list-style-type: none"> <li>• Gently invert the tube 10-15 times</li> <li>• Centrifuge for 15 minutes at 3000 RPM</li> <li>• Transfer plasma to blue-top preservative tube</li> <li>• DISCARD TUBE →</li> </ul>	<p><b>Blue-top preservative tube</b></p> <ul style="list-style-type: none"> <li>• Immediately shake very hard at least 10-20 seconds</li> <li>• Centrifuge for 5 minutes at 2500 RPM</li> <li>• Transfer the clear supernatant into the yellow-top transfer tube →</li> <li>• DISCARD TUBE</li> </ul>	<p><b>Yellow-top transfer tube</b></p> <ul style="list-style-type: none"> <li>• Freeze</li> <li>• RETURN TO LABORATORY</li> </ul>
<p><b>Red SST tiger-top tube</b> →</p> <ul style="list-style-type: none"> <li>• Clot for 15 minutes while standing in a rack</li> <li>• Centrifuge for 15 minutes at 3000 RPM</li> <li>• Transfer serum to amber transfer tube</li> <li>• DISCARD TUBE</li> </ul>	<p><b>Amber transfer tube</b> →</p> <ul style="list-style-type: none"> <li>• Freeze</li> <li>• RETURN TO LABORATORY</li> </ul>	
<p><b>Lavender-top tube</b></p> <ul style="list-style-type: none"> <li>• Gently invert the tube 5 times</li> <li>• Do not shake</li> <li>• Refrigerate</li> <li>• RETURN TO LABORATORY</li> </ul>		