

Read all instructions prior to sample collection.

Contains:



- 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.