



Welcome To Your Test Kit

You have chosen to do an Cardio ION Profile 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**)
- 2 x Plastic tube holders (keep these for returning your samples)
- 3 x Small ice packets
- 1 x Gel freezer pack
- 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/Commercial 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.

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

Blood Collection Materials

- 2 x Bio-hazard bags
- 2 x Absorption pads
- 4 x Red/grey-capped Serum Separator Tubes (SST)
- 1 x Royal blue-capped tube
- 1 x Light blue-capped tube
- 1 x Lavender-capped tube
- 4 x Red-capped amber transfer tubes
- 1 x Light blue-capped clear transfer tube
- 1 x Lavender-capped clear transfer tube
- 3 x Disposable pipettes

Urine Collection Materials

- 1 x White-capped vial (**the inside of the vial is coated with transparent thymol preservative which is not visible to the eye**)
- 1 x Pipette
- 1 x Label
- 1 x Bio-hazard bag
- 1 x Absorbent pad



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Preparation

Important: This test requires a urine sample and a blood draw. 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. You should collect your urine sample at home the day before your blood draw. Your samples must be shipped together.

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

- Your urine sample should be collected in the morning, the day before your blood draw appointment unless you wake up at night to urinate (see Urine Collection Procedure). You must take your frozen urine sample with you to your blood draw appointment.
- Your blood sample must be collected on a Monday, Tuesday or Wednesday and ALL samples must be shipped on the same day as blood collection.
- 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 and freezing 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

For blood draw collection:

- DO NOT have anything to eat or drink (other than water) after 9:00pm on the night before your blood is due to be drawn.
- Never discontinue prescription medications without first consulting your physician.

For Urine Collection:

- **Important:** This sample should be done at home the morning before your blood draw appointment.
- Decrease your fluid intake to avoid excessive dilution of the urine.
 - For adults, restrict intake to no more than three glasses containing 8 oz (230 ml) of fluid in 24 hours. Make sure that no more than 8 oz (230 ml) of fluid is consumed after 8:00 PM on the evening prior to urine collection.
 - Empty your bladder before going to bed at night (do not collect this urine).
 - If you are taking any supplements it is NOT necessary to discontinue nutritional supplements prior to this collection. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplement intake.

Important notes

- Do NOT collect urine during menstruation.
- Be aware that the urine vial contains preservative. DO NOT RINSE.
- Freeze the ice packets and gel freezer pack prior to collecting your samples.

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, Keep the light blue-capped clear transfer tube, lavender-capped clear transfer tube and ALL four red-capped amber transfer tubes in the freezer along with the small ice packets, your urine sample and your gel freezer pack. Keep the bio-hazard bag containing the royal blue-capped tube in the refrigerator until you are ready to ship. Do not store for more than 24 hours.
- Schedule your shipment so that your samples will arrive to the laboratory on a working day, as we are closed over the weekend.

Return frozen

- 1 x Light blue-capped clear transfer tube
- 1 x Lavender-capped clear transfer tube
- 4 x Red-capped amber transfer tubes
- 1 x White-capped Vial (urine)
- 3 x small ice packets
- 1 x Gel freezer pack

Return at room temperature (refrigerated if next day)

- 1 x Royal blue-capped tube

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 collection.
 - Pro-forma/Commercial invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place ALL your frozen transfer tubes into the slots or ends of the plastic tube holder and slot the small ice packets at either end of the plastic tube holder with one in the middle. Place your absorbent pad over the tubes. DO NOT place the royal blue-capped tube in with the frozen tubes. Snap the plastic tube holder closed.
 - Place the plastic tube holder containing the frozen samples into one of the bio-hazard bags, and place the royal blue-capped tube in its own tube holder into the other bio-hazard bag. Seal both bio-hazard bags.
 - Place the bio-hazard bags containing your blood samples into the padded envelope along with the bio-hazard bag containing your urine sample and gel freezer pack. Seal the padded envelope and place into the shipping box along with your completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).

Urine Collection Procedure



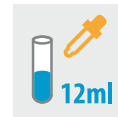
Step 1:

Write your name, date of birth, gender, and collection date on the label and attach it to the white-capped vial. Also note date of collection on the Personal Information Form.



Step 2:

Collect urine (if any) during the night and first morning urine into a clean container (such as a clean cup or jar).



Step 3:

Transfer urine, using the disposable pipette, into the white-capped vial up to the 12ml mark (DO NOT OVERFILL).



Step 4:

Screw the cap tightly onto the vial and dispose of the remaining urine.



Step 5:

Place the plastic vial containing your sample and gel freezer pack into the bio-hazard bag and seal.



Step 6:

Place the bio-hazard bag containing the sample and the gel freezer pack into the freezer until you are ready to attend your blood draw appointment (you must take the bio-hazard bag containing your frozen sample and Gel freezer pack along to your blood draw appointment and ask them to freeze until your blood samples are ready to ship. **ALL** samples must be shipped together in one box).

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. Please use the tick boxes supplied to mark off each step as they are completed.



Step 1:

Write patient's first and last name, date of birth, gender and date of collection on the Personal Information Form, as well as on all tubes using a permanent marker.
IMPORTANT: To ensure accurate test results, you must provide the requested information.

Step 2:

Light blue-capped tube & light blue-capped clear transfer tube

- Draw blood into the light blue-capped tube, fill tube completely.
- Invert light blue-capped tube gently 10 times immediately after the draw.
- Centrifuge light blue-capped tube for 15 minutes, the plasma must be free of hemolysis or red blood cells.
- Remove the light blue-capped tube after centrifuging – DO NOT invert the tube.
- Using one of the disposable pipettes, transfer plasma (at least 2.5-3ml) from the light blue-capped tube to the light blue-capped clear transfer tube.
- Cap the light blue-capped clear transfer tube tightly and FREEZE.
- You may dispose of the light blue-capped tube.

Step 3:

Red/grey-capped Serum Separator Tubes (SST) & red-capped amber transfer tubes

- Draw blood into ALL 4 red/grey-capped SST tubes
- Place tubes in a rack at room temperature for 20-30 minutes to allow the blood to clot.
- After 30 minutes, centrifuge the red/grey-capped SST tubes for 15 minutes. The serum must be free of hemolysis or red blood cells.
- Using one of the disposable pipettes, transfer all of the serum into the red-capped amber transfer tubes. (DO NOT fill more than $\frac{3}{4}$ full to allow for freezing).
- Cap the red-capped amber transfer tubes tightly and FREEZE.
- You may dispose of the 4 red/grey-capped SST tubes.

Step 4:

Royal blue-capped tube

- Draw blood into the royal blue-capped tube, fill tube completely.
- Invert royal blue-capped tube gently 15 times immediately after the draw.
- Cap the royal blue-capped tube tightly and place the tube into the single plastic tube holder, leave at room temperature. DO NOT centrifuge or transfer.

Step 5:

Lavender-capped tube & lavender-capped clear transfer tube

- Draw blood into the lavender-capped tube, fill tube completely.
- Invert light lavender-capped tube gently 10 times immediately after the draw.
- Centrifuge lavender-capped tube immediately for 15 minutes, the plasma must be free of hemolysis or red blood cells.
- Remove the lavender-capped tube after centrifuging – DO NOT invert the tube.
- Using one of the disposable pipettes, transfer plasma (at least 2.5-3ml) from the lavender-capped tube to the lavender-capped clear transfer tube.
- Cap the lavender-capped clear transfer tube tightly and FREEZE.
- You may dispose of the lavender-capped tube.